chop Health Shasta Lake

Support HEALTHY Markets in Shasta Lake!

Shop Healthy Shasta Lake

Who we are:

Our group is made up of individuals and community partners who are passionate about improving the health of our small community. We encourage community members to shop locally. Our members are proud to live in the Shasta Lake area, a growing community surrounded by majestic landscapes and unlimited recreational activities.

Our vision:

We want our local markets to reflect our community. We support **our** local markets as they promote healthier lifestyles in our community.

Our goal:

Our group was formed with the purpose of **increasing access to healthier choices within our community.** We are collaborating with *Healthy Stores for a Healthy Community*, a statewide effort to improve health through changes in community markets.

Shop Healthy Shasta Lake will work with markets to:

- Provide more fruit, vegetable and healthy snack choices.
- Reduce tobacco, alcohol and junk food advertisements.
- Reduce youth access to flavored tobacco and alcohol products that are marketed toward youth.
- Increase healthy food options at/near check-outs.
- Provide healthy food tastings, recipes and cookbooks.
- Promote efforts to offer healthy choices in local media.

For more information or to get involved, please contact Mary Messier at 530-245-6639 or Jennifer Gideon at 225-5135 or visit www.healthyshasta.org

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