

CELEBRATE SUMMER

A NEWSLETTER OF THE
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM

2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122



GET YOUR NEW PARENT KIT!

Caring for a newborn can be overwhelming, but Help Me Grow Shasta connects parents and caregivers to resources to help care for little ones! Online, parents/caregivers are welcome to request a New Parent Kit. This **free** kit includes the Parent Guide, Numbers Touch-and-Feel book, What to Do When Your Child Gets Sick book and more! Kits are available in English and Spanish. helpmegrowshasta.com



Farmers Markets offer fresh produce

Redding Market

Saturday, April 2 – December 10
7:30 a.m. – Noon
Redding City Hall
777 Cypress Ave., Redding

Market by Sundial Bridge

Sunday, June 5 – October 9
8 a.m. – Noon
Sundial Bridge Overflow Lot
800 Sundial Bridge Dr., Redding

Marilyn Miller Market

Tuesday, June 7 – October 11
7:30 a.m. – Noon
Next to Dairy Queen
1700 Churn Creek Rd., Redding

Burney Market

Wednesday, June 8 – September 28
7:30 a.m. – Noon
Next to Dairy Queen
1700 Churn Creek Rd., Redding

Anderson Market

Thursday, June 9 – October 13
7:30 a.m. – Noon
Shasta Gateway Shopping Center
(Factory Outlets)
1699 Hwy 273 #100, Anderson

Fourth of July Freedom Festival Monday, July 4, 6 p.m.

Redding Civic Auditorium
700 Auditorium Dr., Redding

Come celebrate Independence Day with fireworks, music, food and more. Fireworks begin at dark. This is a **free** community event.

FREE HEALTH EXAMS & IMMUNIZATIONS

Uninsured or no preventive care insurance?
The Child Health and Disability Program (CHDP) provides **free** children's health exams and immunizations. Call to find out if you qualify: (530) 225-5122 or (800) 300-5122.



Shasta County
**Health & Human
Services Agency**



Did you know that good oral health habits, like regular brushing, flossing, and dental visits, can help children succeed in the classroom? Having a healthy mouth is an important part of school readiness. A healthy mouth helps children talk, smile and develop into who they're meant to be.

Visit SmileCalifornia.org to learn more about oral health and school readiness. To find a dentist near you, call (530) 225-5122.



Protect Your Family From Lead

Good Nutrition is one way to protect your family from lead. Start with breastmilk. It provides the best nutrition and many health benefits for babies. It is important that your family eats healthy meals and snacks lower in fat. Too much fat can increase lead absorption. Eat more baked, broiled and boiled foods instead of fried foods. Eat lean meats such as chicken, turkey and fish instead of high fat meats such as sausage, bacon and hot dogs.



Happy Summer



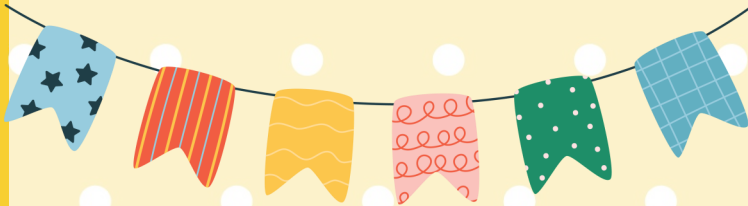
Dollar Day & Kids Day

Shasta District Fair

Wednesday, June 22, Noon – 11 p.m.
1890 Briggs St., Anderson

Everyone 13 and over, including adults are \$1.
12 and under are **free**.

Sponsored by WaterWorks Park and Power 94.7



MOSQUITO SERENADE BEGINS JUNE 8

Gather on Wednesday nights this summer for **free** live concerts in Anderson River Park.

Wednesdays, June 8–August 17
6 p.m. eats, drinks & opener | 7 p.m. headliner band
2800 Rupert Rd., Anderson

For more information, see ci.anderson.ca.us

Melon Slushy Cooler



Photo attribution: Getty Images

Ingredients

Serves 4

2 cups melon, cantaloupe, honeydew or watermelon, chopped

2 cups water, cold

Directions

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Source: [Nutrition Education and Obesity Prevention Branch](#)

