

CELEBRATE AUTUMN

A NEWSLETTER OF THE
CHILD HEALTH AND DISABILITY
PREVENTION PROGRAM

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

PUMPKIN PATCH FESTIVAL



Open everyday in October.
Includes farm animal petting zoo,
hay maze, air pillow obstacle course
and slide, train ride, BBQ booth, plus
other snacks such as popcorn and
snow cones!

Some attractions are weather dependent. Please note that the majority of independent vendors are only available on weekends.

Again this year for the small kids: a kids energy buster play area with play toys, teeter totter, wing, slide and lots of things to climb on.

October 1–31 / 11 a.m.–6 p.m. M–F / 10 a.m.–6 p.m. Sa–Su

Nash Ranch Pumpkin Patch, 10925 Old Oregon Trail, Redding



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
3 p.m.–6 p.m.
Burney Sporting Goods Parking Lot
37427 Hwy 299 E., Burney

Anderson Market

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

Palo Cedro Honeybee Festival

The 41st Annual Palo Cedro Honeybee Festival, sponsored by the Palo Cedro Community Park. There are lots of honeybee-related activities, entertainment and a pancake breakfast that kicks off each morning at 8 a.m.

8:30 a.m.–5 p.m. Saturday, September 24

8:30 a.m.–4 p.m. Sunday, September 25

Bishop Quinn Community Center, 21893 Old 44 Drive & Palo Cedro



Young Naturalists (Grades 3–9)

- Young Naturalists emphasizes environmental stewardship in youth through hands-on activities and project-based learning. Young Naturalists utilizes the Project Wild curriculum, which is a wildlife-based conservation and environmental education program that fosters responsible actions toward wildlife and natural resources. A healthy snack is provided during the program. Visit cityofredding.org/departments/parks-recreation/mlk-jr-center for more information.



Shasta County
**Health & Human
Services Agency**



Well Fed=
Less Lead

LEAD CAN HURT YOUR FAMILY

Lead is a metal that should not be found in the body because it can cause serious health problems. Children exposed to lead may not look or act sick, but may have problems such as:

- Learning disabilities
- Lowering intelligence
- Speech delays
- Hearing damage
- Brain, kidney, and liver damage

Talk with your health care professional about testing your child for lead.

For more info, shastahhsa.net and search for “lead poisoning.”

Eating healthy foods can keep your child safe from lead.



CAMP KING (Grades K-8)

Campers will be busy playing games, making arts and crafts, spending time laughing with friends, using computers and more during the Fall Break Camp. Campers must wear appropriate bottoms, closed-toed shoes and bring a sack lunch.

For more information, visit: cityofredding.org/departments/parks-



Your family should go to the dentist regularly. When you find a dentist you like, continue going to that dental office. This creates a dental home that your family feels safe and comfortable visiting. Having a dental home allows the dentist to establish a relationship with your family, provide preventive treatment and find small issues before they become big. Visit SmileCalifornia.org/find-a-dentist/ to find a dental home today.

Children who develop a familiar relationship with their dentist are less likely to experience dental anxiety and are more likely to visit the dentist regularly into adulthood.

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.



TUNA SALAD with PEARS

Ingredients | Serves 2

- 2 Tbsp. Yogurt unsweetened
- 1 Tbsp. Lemon juice
- 5 oz. Tuna in water or oil
- 1 Pear, chopped
- 1 stalk Celery, finely diced
- 1 Carrot, grated
- 2 Tbsp. Parsley fresh or dried, (optional)
- 2 Tbsp. Nuts, chopped, (optional)



Photo: My Tu Duong

Directions

1. To make the dressing, mix yogurt and lemon juice in a small bowl. For thin dressing, add a tablespoon of water or milk.
2. If tuna is packed in oil, drain it to remove any extra oil. Then mix it with the dry ingredients in a bowl.
3. Toss tuna mixture with dressing. Serve.