

# Child Health and Disability Prevention Program Celebrate Fall!

Family Fun Activities

Fall 2019

## Farmers' Markets

### Redding Market (EBT)

Saturdays, April 6-December 14

7:30 a.m.-noon

777 Cypress St, Redding

### Sunday Turtle Bay Market (EBT)

Sundays, June 9-October 13

8 a.m.-noon

844 Sundial Bridge Dr., Redding

### Churn Creek Market

Tuesday June 11-October 15

7:30 a.m.-noon

1700 Churn Creek Rd., Redding

### Anderson Market (EBT)

Thursdays, June 6-September 26

7:30 a.m.-noon

Shasta Outlets parking lot, Anderson

### Burney Market (EBT)

Wednesdays, June 12-Sept. 25

3 p.m.-6 p.m.

37143 State Highway, Burney

## FREE Community & Cultural Events

### Honey Bee Festival

September 21, 8:30 a.m.-5 p.m.

September 22, 8:30 a.m.-4 p.m.

Bishop Quinn Community Center

21893 Old 44 Dr., Palo Cedro

Free admission, \$1/car parking,

children's activities, art/crafts,

vendors. Call 941-1558.

### Nash Ranch Pumpkin Patch

Open October 2 - 31 from

10 a.m.-6 p.m.

Corn maze, train rides, air pillow bounce house, farm animal petting zoo and more. Call 241-0763.

### Free Old Time Fiddle Jam

First Sunday of each month, 1 p.m.-4 p.m.

St. James Lutheran Church  
2500 Shasta View Blvd, Redding.

Call 221-6474.

### Home Depot free kids workshop

Workshops provide a lively environment mixing skill-building, creativity, and safety for future DIYers. Call 222-1313 or go to [www.homedepot.com](http://www.homedepot.com).

### FREE Child Health Exams

Call CHDP at 530-225-5122 or  
800-300-5122

### Turtle Bay Five and Dime Discount Day

Five and Dime Discount Days is a year-round access program offered by Turtle Bay Exploration Park, offering affordable access to all park visitors on the 5th and 10th of every month. General park admission is reduced to \$5 for children and \$10 for adults as part of the organization's mission of providing park access to a growing audience and to improve access for everyone in Shasta County.

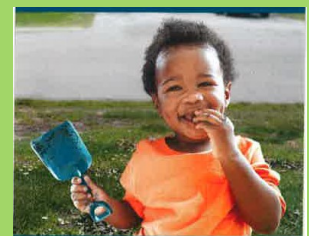
### Return of the Salmon Festival

Saturday, October 19,  
9 a.m.-3 p.m. at the  
Coleman Fish Hatchery.

Free activities for kids,  
view salmon spawning and visit  
education booths. Call 365-8622.

### Don't forget about Lead Poisoning Prevention Week, October 20-26!

"Dust and dirt with lead can hurt. Keep kids away from lead where they play!"



## Fall Holiday Reminders



Don't forget to carve out some time to brush your child's teeth and schedule a dental appointment.



November 1<sup>st</sup> – National Brush Day  
November 29<sup>th</sup> – National Floss Day



Shasta County  
Health & Human  
Services Agency

# EVENTS AT THE LIBRARY

## Redding Library

### Children's Story Times

- ◆ **Babies, Books, & Play**  
Mondays at 10:30 a.m.
- ◆ **Read & Sing Story Time**  
Tuesdays at 10:30 a.m.
- ◆ **Read & Play Story Time**  
Wednesdays at 3:30 p.m.
- ◆ **Read & Create Story Time**  
Thursdays at 3:30 p.m.
- ◆ **Read & Discovery Story Time**  
Fridays at 10:30 a.m.
- ◆ **Children's Creativity Hour**  
Saturdays at 11 :00 a.m.



### Teen Advisory Board

- Tuesdays from 6-7:30p.m.
- ◆ **Game Night**  
Mondays from 4 -5:30 p.m.



### Read with Me & Ruff Readers

Third Saturday of the month, 1-3 p.m.  
Come read to a dog. The Reading Education Assistance Dogs (R.E.A.D.) program improves children's reading and communication skills by employing a powerful method: reading to a dog.  
For more information call 245-7250.

### COTTONWOOD LIBRARY

Children's Story Time  
Wednesday at 11 a.m.  
347-4818

### Anderson Library Storytime

Thursdays at 3:30 p.m.  
365-7685

### Burney Library Storytime

Wednesdays from  
11 a.m.-noon  
335-4317



### Kids Night

K-6th grade. Fridays, 5:30-7:30 p.m.  
Play active games, arts and crafts, use of computer lab, nutritious meal.

### Girls Circle

Ages 13-18. Mondays, 5:30-7:30 p.m.  
Examines identity, assertiveness and goal setting. A dinner will be provided.

### King's Brotherhood

Boys ages 8-12. Mondays, 5:30 - 7:30 p.m.  
Play sports, computer lab, snacks and more

### Positively Girls Club!

Girls, 8-12 years. Mondays, 5:30-7:30 p.m.  
Girl talk, fun activities, and exciting field trips around the city.

### Computer Lab, Lending Library

Ages 7 and up. Open computer lab and lending library, first come first serve basis.

For more information, call 225-4375.

## LEAD IN DUST AND DIRT CAN HURT!

Two **tricky** tips to keep lead from spoiling the fun this fall:

1. If staying cozy inside . . . Wet mop floors, wet wipe windowsills, vacuum and wash all surfaces often to reduce dust!
2. If enjoying the cool weather outside . . . Use grass or other plants, bark, gravel or concrete to cover bare dirt outside where your child plays.



### Whole Wheat Pumpkin Applesauce Muffins

2 cups whole wheat flour	1/4 cup canola oil
1 tsp baking powder	1/2 cup applesauce
1/4 tsp baking soda	1/3 cup buttermilk
1 tsp salt	2 eggs lightly beaten
2 tsp pumpkin pie spice	1/4 cup chopped pecans (optional)
2/3 cups brown sugar	1/4 cup raisins (optional)



Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line the cups with paper muffin liners.

Whisk together the flour, baking powder, baking soda, salt, and pumpkin pie spice; set aside. Combine the brown sugar, white sugar, oil, applesauce, pumpkin, buttermilk, and beaten eggs and mix until well blended. Pour the pumpkin mixture into the dry ingredients and stir until combined. Fold in the raisins and pecans, if desired.

Divide the batter evenly in the prepared muffin pan. Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool the muffin pan on a wire rack for 5 minutes before removing the muffins from the pan.

If you don't have buttermilk on hand, add 1 teaspoon vinegar or lemon juice to 1/3 cup milk; let stand for 5 minutes before using in the recipe.

www.allrecipes.com