

PRESS RELEASE

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TRI-COUNTY COMMUNITY NETWORK RECOGNIZED WITH LEADERS IN EATING AND ACTIVITY AWARD

SHASTA COUNTY – In Eastern Shasta County, the Tri-County Community Network’s (TCCN) “Home Away from Home” preschool received the 2023 Leaders in Eating and Activity Practices (LEAP) award from the University of California’s Nutrition Policy Institute.

LEAP Awards honor schools, early childhood education, and afterschool programs for their success in encouraging healthy eating and active living. TCCN’s “Home Away from Home” preschool was one of 124 early care and education programs across California to receive this award.

Marrisa Martin, Executive Director of TCCN, said “TCCN’s core mission is to provide improved healthcare, community wellness and services in our tri-county area. Partnering with Shasta County’s CalFresh Healthy Living Program gave us an opportunity to promote healthy lifestyles in a fun and interactive way.”

In 2023, TCCN “Home Away from Home” preschool teamed up with Shasta County’s CalFresh Healthy Living program for nutrition education. Preschool children enjoyed lively and colorful activities to learn about fruits and vegetables. Parents were taught lessons with the Around the Table: Nourishing Families program. They learned to lower stress, why food is sometimes used for comfort, and new ways to care for their family's nutrition. All this happened as they cooked together and built stronger connections with each other. A parent participant said, “I learned more about what nutrients are found in different foods. I enjoyed the open and honest conversations we had about food and eating at home.”

TCCN’s “Home Away from Home” preschool achieved the LEAP Award for its work in:

- Providing breastfeeding support for all mothers.
- Increasing fruits and vegetables by offering preschool students, one to two servings daily. TCCN staff encourages students to try new fruits and vegetables they might not otherwise have tried. The students really enjoyed this. Also, TCCN staff model healthy eating.

- Increasing physical activity by implementing the Color Me Healthy curriculum. Color Me Healthy makes learning about fruits and vegetables fun through dance, music, and play. Also, TCCN added posters and signs that helped make the healthy choice the easy choice.

We applaud TCCN for its dedication to supporting the health and well-being of the children and the community it serves.

Do you want to be part of nutrition or physical activity promotion activities? Whether you're a parent, caregiver, staff, or community member, we welcome your interest and involvement! Contact Howard Wilson at hwilson@co.shasta.ca.us or 530-225-3747.

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