

# 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 225-5134 or visit  
[www.healthyshasta.org](http://www.healthyshasta.org)*