

# CELEBRATE SUMMER



## A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

2660 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

### The Children's Health and Disability Prevention Program is Ending

The Children's Health and Disability Prevention Program is ending on July 1, 2024, due to the conclusion of the of grant. This will be the last issue. If you need information for free or low-cost immunizations, contact Shasta County Health Clinic at (530) 226-5591.



### I LOVE SUMMER



### RABA Bus offers free rides until Sept. 30

- Local routes in Redding and Anderson.
- Intercity routes to and from Shasta Lake and Anderson, plus the Beach Bus to Whiskeytown Lake.
- The commuter route to Burney.
- On-demand response service for persons with disabilities unable to access RABA routes.
- For general information, visit [rabaride.com](http://rabaride.com) or call (530) 241-2877.



### WELL FED = LESS LEAD

For babies, breastmilk provides the best nutrition and has many health benefits!

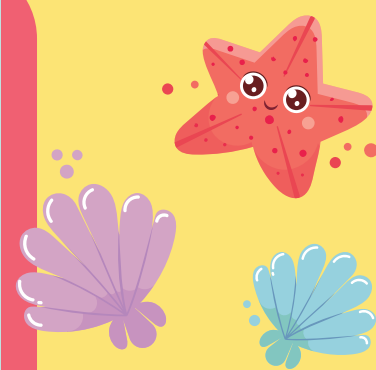
Eating healthy foods can protect your family from lead, which is a toxic heavy metal. Because young children put their hands (and other things!) in their mouths, they are at higher risk for getting lead in their tummies. Having a snack or meal every 2-3 hours that is low in fat, and high in iron, calcium, and vitamin C can make it harder for lead to move from the stomach to the blood.



Summer is not only a great time to enjoy outdoor activities, it is also a great time to schedule dental appointments so your children don't miss school! Start the school year with a healthy and bright smile. A reminder to kindergarten parents that Oral Health Assessments are required for all Kindergarten students. Prevent cavities in your child's teeth by maintaining a good dental schedule.

### Is it time for your child's second dental check-up?

Summer is a great time to schedule dental appointments so your children don't miss school.



FREE

## 42nd Annual Mosquito Serenade

Anderson River Park is the place to be for Music Under the Stars! Admission is free for all ages! Wednesdays, June 5 – Aug. 14, except for June 19.

Food vendors and opening act at 6 p.m. Headliner band at 7 p.m. Anderson River Park, 2800 Rupert Rd., Anderson

Please remember: no dogs, smoking/vaping, glass containers, or soliciting allowed at the Mosquito Serenade Concerts. Food is available for purchase.

Visit [facebook.com/p/Mosquito-Serenade-100063543374647/](https://facebook.com/p/Mosquito-Serenade-100063543374647/) or (530) 378-6656 for more information.

HEALTHY SHASTA PRESENTS

# FARM CLUB 2024

FOR KIDS 3-15 YEARS OLD

RECEIVE \$4 IN TOKENS EACH WEEK TO BUY FRUITS, VEGETABLES, OR FOOD PLANTS

VISIT THE GREEN HEALTHY SHASTA TENT AT MARKETS BELOW TO SIGN UP

@ REDDING FARMERS MARKET  
777 CYPRESS AVE.

SATURDAYS, JUNE 8-29  
7:30AM- NOON

@ BURNEY FARMERS MARKET  
37427 HIGHWAY 299 E

WEDNESDAYS, JULY 3-31  
3-6PM

JUNE 1 - JULY 31  
SUMMER READING 2024

READ, RENEW, REPEAT



SPECIAL THANKS



Sign Ups Start  
May 15, 2024



Visit [kidsbowlfree.com](https://kidsbowlfree.com) and select a bowling center near you; go into Shasta Lanes or Country Bowl, pick up a card and register for two free games per day until August 31.

- ★ Shasta Lanes, 11093 Black Marble Way, Redding
- ★ Country Bowl, 2615 Bechelli Ln., Redding



FREE

## LUNCH AT THE LIBRARY

11:30 a.m. – 12:30 p.m., Mon. – Thur., June – July

Lunches are free for school-aged kids only.

Shasta County Library-Redding  
1100 Parkview Ave., Redding

Call (530) 245-7250 for more information.

Hello SUMMER



Scan to view newsletter online.



Shasta County Health & Human Services Agency

