



Good Nutrition = Good Health

We have been studying the effects of good nutrition and educating your students on the food groups that are needed each day. We understand that attitudes towards food can be cultural and economical. That is why we are providing this community outreach.

Proper Nutrition has become a national concern. Students are eating far more high fat and processed foods than healthier choices, such as fresh fruits and raw vegetables. The convenience of “fast food” outlets at affordable rates has also increased the sales of such foods. Some families can not afford to buy healthier choices because of their economic status. However, there are options!

Medi-Cal/Healthy Families 1-800-880-5305

Changing the way we eat as adults affects the choices of the next generation.

If you or someone you know would like more information about programs available in your area please call:

Siskiyou County Department of Human Services 841-2700

CHDP providers:

Siskiyou Medical Group (Dunsmuir) 235-2205

MtShasta Medical Clinic (Mt. Shasta) 926-5105

Fairchild Medical Center (Yreka) 842-3507

(They provide free physicals and nutrition information)

Opt Fit for Kids (Chico State) 345-0678



“Healthy children learn better”