

Sutter Lakeside to give away family meal planning and recipe guide

Contributed by Editor

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LAKE COUNTY – Sutter Lakeside Hospital and Center for Health and staff from its Healthy Kids are Contagious school site program will be giving away a limited number of the new Positive Choices Meal Planning and Recipe Guide for Families at local markets over the coming weeks.

Positive Choices is a simple guide that features healthy thoughts and recipes, and helpful information for busy families.

The purpose of the guide is to raise awareness and provide tools for families interested in changing their eating habits without having to piece together sound information from the volumes of literature and resources that are available.

It's a reference guide with handy tools for busy moms, dads, grandparents, caregivers and child care facilities. The Positive Choices Guide gives you tips on how to clear you house of unhealthy food and stock your pantry with positive choices. It can help the reader plan a weekly outline of meals to keep your food budget manageable.

Physicians, nutritional experts, registered dietitians and host of local experts contributed to this project with the express desire to help families know not only where and how to start but how to maintain long-term success using easy to prepare dishes and foods that kids will like and families can find within our community.

If you are interested in receiving a free copy, you can visit the Healthy Kids are Contagious staff at one of the following locations and dates:

CLEARLAKE Saturday, Oct. 4 Foods Etc., 10 a.m. to 11 a.m. Safeway, 12 p.m. to 1 p.m.

LAKEPORT Saturday, Oct. 11 Bruno's, 10 a.m. to 11 a.m.

LUCERNE Saturday, Oct. 11 Lakeview Market, 12 p.m. to 1 p.m.

Positive Choices can also be downloaded from the Web by visiting www.sutterlakeside.org.

For more information contact the Healthy Kids are Contagious program by calling 262-5039 or e-mail healthykids@sutterhealth.org.

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