

I Want to Grow Up Healthy, So Please...

Remember, I know how much to eat, but I need help in choosing foods that will help me learn and grow.

Let me say "no" to foods.

Don't use foods to reward, bribe, punish or comfort me.

Understand that I may not eat all my food. Remember my tummy is small.

Offer me a variety of healthy foods daily, especially fruits and vegetables, at regular meals and sit-down snacks.



Everyone who cares for children has an important role in promoting their nutritional health. Being a good role model is the best teacher because children learn from us as we talk and eat together. These early years are an opportunity to develop healthy habits for a lifetime.

Diets rich in fruits and vegetables may lower the risk of some types of cancer, cardiovascular disease, diabetes and other chronic diseases. If you feel you are at risk, please see a health care provider. Your health care provider may be able to provide screenings for blood pressure and diabetes, as well as give you tips for preventing chronic disease.

Health Care Providers

Del Norte Clinics provide screenings for Diabetes and blood pressure (Medi-Cal accepted)

Chico Family Health Center 342-4395
680 Cohasset Rd. Chico, CA 95926

OPT for Fit Kids provides nutrition education classes and individual family sessions. (Medi-Cal accepted)

1311 Mangrove Ave Ste B
Chico CA 95926 Phone: 345-0678

For information about Medi-Cal/Healthy Families insurance contact:
1-800-880-5303

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Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.