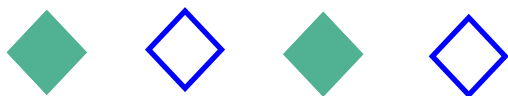


Children and Weight Coalition of Solano County

is helping families to be more active and have healthy foods for their families. This brochure gives you ideas of places to go to be active, where to get information on planning healthy meals and snacks, and where to get food if your family is hungry.



The Food Stamp Program helps participants to purchase nutritious foods for a better diet.

To apply for Food Stamps in Solano County, call Eligibility Services at 1-800-400-6001.

Diane L. Metz
Nutrition, Family & Consumer Sciences
University of CA Cooperative Extension
501 Texas Street, Fairfield, CA 94533
Phone 707-421-6792
Fax 707-429-5532

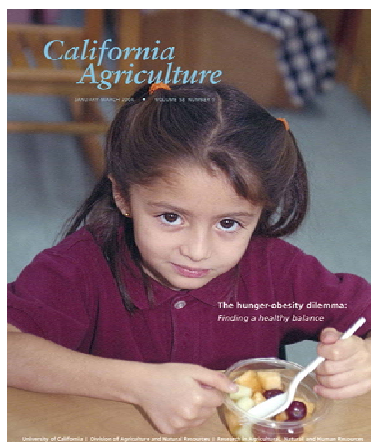
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EAT SMART and BE ACTIVE

Using the Children and Weight Coalition's Strategic Plan, the group is implementing solutions to address the growing epidemic of childhood overweight by focusing on three areas: home and family, school, and community environments.

Nutrition education and physical activity education will be disseminated throughout the county using funds from Kaiser Permanente's HEALS Initiative to augment existing funding.

Together We'll Make a Difference!



Contact Co-chairs of the Coalition, Sally Livingston or Diane Metz, for more information on nutrition, physical activity or places to secure food in emergency situations.

Send email to:
SKLivingRD@aol.com OR
DLMetz@ucdavis.edu.

Children and Weight Web Site:
<http://www.cwcsc.com>.



CHILDREN AND WEIGHT COALITION

of Solano County



Making a Difference for Families



- **Fun Activities**
- **Healthy Foods**
- **Food Assistance Resources**



UNIVERSITY of
CALIFORNIA

Agriculture & Natural Resources

BE ACTIVE & HAVE FUN

- Benicia State Recreation Area
648-1911
- Benicia Parks & Community Services
746-4285
- Dixon Recreation & Community Services 678-7000
- Fairfield Community Services
428-7465
- Rio Vista Recreation 374-6747
- Suisun Recreation 421-7200
- Vacaville Community Services
449-5654
- Greater Vallejo Recreation District
648-4600
- Solano County Parks
 - ◊ Sandy Beach Park 374-2097
2333 Beach Dr., Rio Vista
 - ◊ Lake Solano Park 530-795-2990
8685 Pleasants Valley Rd., Winters
- YMCA 421-8746
586 E. Wigeon Way, Suisun



LEARN ABOUT HEALTHY FOODS



- David Grant Medical Center,
Travis Air Force Base 423-2387
- Kaiser- Permanente Health
 - ◊ Fairfield 427-4243
 - ◊ Vacaville 453-5161
 - ◊ Vallejo 651-2170
- NorthBay Healthcare 454-3100
- School Food Service (see next panel)
- Solano Co. Health and Social Services
 - ◊ Clinical Nutrition 1-800-700-0045
 - ◊ Child Health & Disability Prevention Program (CHDP) 784-8671
 - ◊ WIC (see next panel)
- UC Coop. Extension, Nutrition, Family & Consumer Sciences Dept. 421-6792
 - ◊ Food Stamp Nutrition Education Program (FSNEP) 435-2802



FOOD ASSISTANCE RESOURCES

- Food Bank of Contra Costa and Solano 421-9778
 - ◊ Food for Children 421-9778
 - ◊ Food Pantries—check with Food Bank or local WIC office
- Food Stamps 1-800-400-6001
- School Districts offer free & reduced-cost breakfast and lunch
 - ◊ Benicia Unified 747-8300
 - ◊ Dixon Unified 678-5582
 - ◊ Fairfield-Suisun Unified 399-5000
 - ◊ River Delta 374-6381
 - ◊ Travis Unified 437-4604
 - ◊ Vacaville Unified 453-6117
 - ◊ Vallejo City Unified 556-8921



- WIC (Special Supplemental Nutrition Program for Women, Infants and Children)
 - ◊ Dixon 678-0717
 - ◊ Fairfield, Rio Vista, Suisun, and Travis AFB 435-2200
 - ◊ Vacaville 446-6346
 - ◊ Vallejo-Benicia 553-5381