

SL SALT LAKE COUNTY
HEALTH DEPARTMENT

Coloring BOOK

Printing made possible thanks to the Salt Lake County Health Department Tobacco Permitting Team.

Dear Parents and Guardians,

Discover the many ways the Salt Lake County Health Department (SLCoHD) and its partners support a healthy community through this fun coloring book! It introduces you to just some of the many programs available, and we encourage you to color alongside your child to explore how these programs can benefit your family. **For a chance to win prizes, simply return colored pages in person or via mail to TOP Star Program, ATTN: Hillary Bryan 7971 S 1825 W, West Jordan UT 84088 (2nd floor) by June 12, 2025.**

Each program offers five exciting prizes. Children can color and return pages related to the programs they're interested in, and each returned page will be entered into that program's prize drawing.

As a bonus, all participating children will also be automatically entered to win one of our grand prizes: a scooter, a jumbo Star Wars art kit, or a \$50 Costco gift card. Please note that since all prizes are drawn randomly and have different age ranges, a child might win a prize that isn't immediately suitable for their age. If this happens, we recommend saving it for when they are older, enjoying it as a family, or gifting it to another child who would appreciate it.

Parents, don't miss out on the fun! You'll find a coloring page just for you on the last page, offering a chance to win a prize. You can also participate in a short survey (*QR code on the back cover*) for another prize opportunity (*1 of 8 \$10 Chick-Fil-A gift cards*).

We hope you enjoy this activity! For questions, comments, or feedback, please contact Hillary Bryan at hbryan@SaltLakeCounty.gov.

Contest Rules:

1. The coloring contest is open to children ages 0-12. Parents and teens may join by coloring the bonus page.
2. To be eligible, entries must be original artwork with complete contact details and use traditional coloring tools (crayons, colored pencils, markers, etc.).
3. Participants must reside in Salt Lake County.
4. Children can color multiple pages, but may only submit one entry per program.
5. Submitting a program's page enters children into that program's prize drawing; however, submission does not guarantee a win.
6. Mail-in entries are accepted, but SLCoHD is not responsible for delayed or lost submissions.
7. The deadline for submissions is June 12, 2025. Any submissions received after this date will not be entered into the prize drawings.
8. Participants are only eligible to win once.
9. Winners will be contacted via email in mid-June with instructions for in-person prize pick up.
10. Winners must pick up their prizes within two weeks. Prizes not claimed by this deadline will be given to the next runner-up.
11. Participation signifies agreement to these rules.

Eat Healthy with WIC!



Women, Infants, and Children (WIC): For 50 years, WIC has been a superhero for moms, babies, and kids. They provide tasty, healthy food to moms-to-be, new moms, and little ones. Plus, they help families learn fun ways to stay strong and eat well. Want to know more? Call 801-WIC-KIDS or 801-942-5437.

Prizes: Water Bottle, Swag Bag

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Teaching Obesity Prevention in Early Childcare and Education Settings (TOP Star): TOP Star helps daycares and preschools show kids how to eat healthy, be active, and support breastfeeding parents. Learning these great habits early helps kids grow strong. To learn more, email TOPStar@SaltLakeCounty.gov.

Prizes: 10 Pack Hot Wheels Cars; Clay Bead Making Kit; Don't Break the Ice Game; Squishmallow; Lego Set

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

Stores that check ID help



Free small prize
for every child
who returns
this page!
(While supplies last.)

kids stay tobacco-free!

Tobacco Permitting: The tobacco permitting team helps make sure that stores follow the rules and don't sell things like cigarettes or vapes to kids under 21. When stores follow these rules, it helps keep everyone safe and healthy. If you have any questions, we are here to help! You can email us at: Tobacco@SaltLakeCounty.gov.

Prizes: Crayola Crayon Tub; Slime Kit; Bluey Talking Plush; Fidget Cube; Kinetic Sand Construction Sandbox

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Salon Hygiene: Did you know there are people called salon inspectors who make sure hair salons and nail places are clean and safe? They follow rules that say how to keep everyone healthy. They talk about things like washing hands, keeping tools clean, and making sure everyone has a license to do hair and nails.

Prizes: Prize Bag, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



SAFE ROUTES TO SCHOOL



Safe Routes to School: Walking to school is fun and healthy, but we need to take care to be safe. Learn the best and safest ways to walk to school at SafeRoutes.Utah.Gov and enjoy the journey.

Prizes: Safety Vest, Bike Lights, Sticker Pack

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Park RX: Spending time outside is wonderful for our bodies and minds. Park Rx Utah reminds everyone to enjoy the beauty of nature and get moving. Follow them on Facebook (Park RX Utah) and Instagram (@ParkRXUtah) to discover more.

Prizes: Outdoor Activity Kit

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



How many does Milo have?



Math Introductions and Learning Opportunities (MILO): Math can be a magical adventure! MILO helps kids ages 0-5 learn about numbers in fun and exciting ways and grown-ups get great ideas to help kids enjoy math. Learn more at stem.utah.gov/milo.

Prizes: Swag

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

CDC Tips for Raising Happy Kids



Mental Wellness: Kids grow strong and smart when they feel safe and loved. Playing and making friends is super important too. This program helps grown-ups create happy spaces for kids to thrive. To learn more, email PreventSuicide@SaltLakeCounty.gov.

Prizes: Crazy Eights Game, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

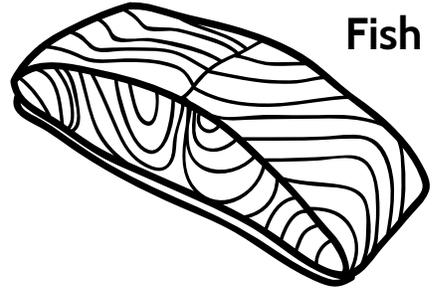
Email _____ Home ZIP Code _____

Which are safe to eat?

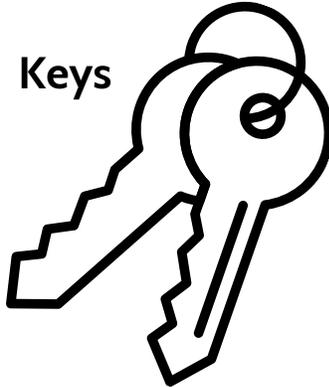
Dirt



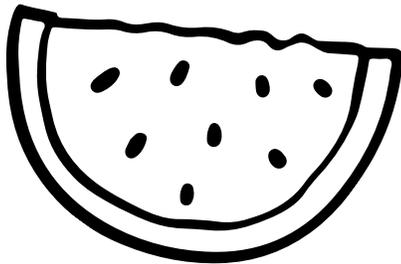
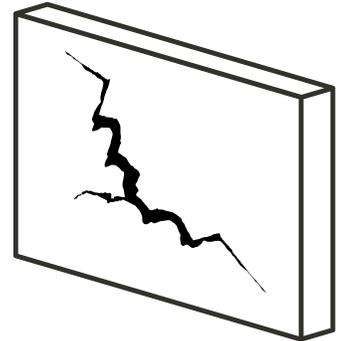
Fish



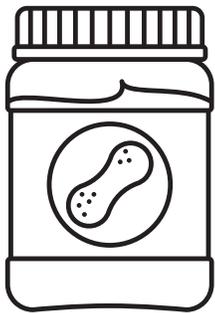
Keys



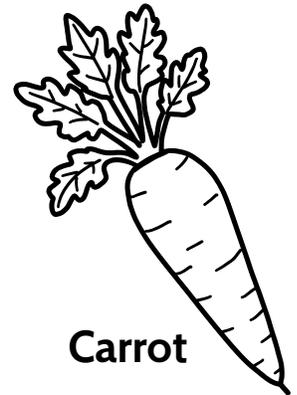
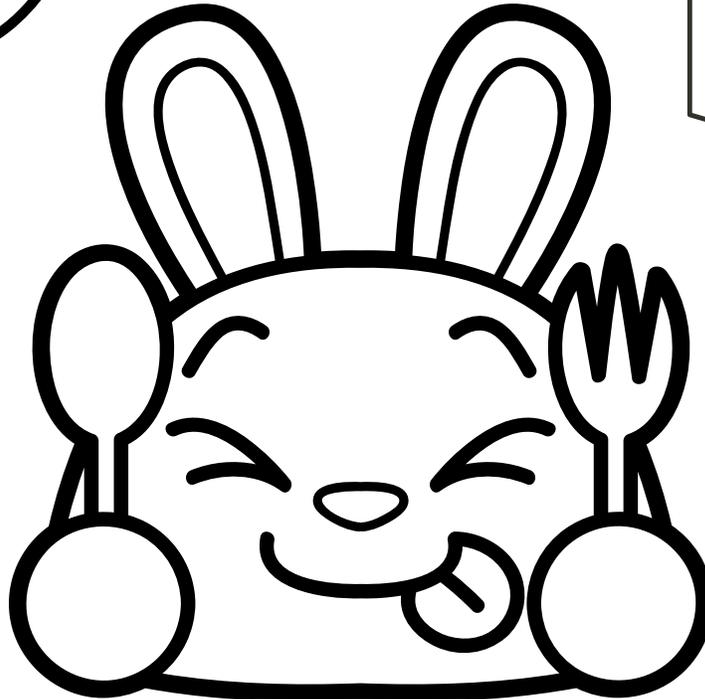
Paint off a wall



Watermelon



Peanut Butter



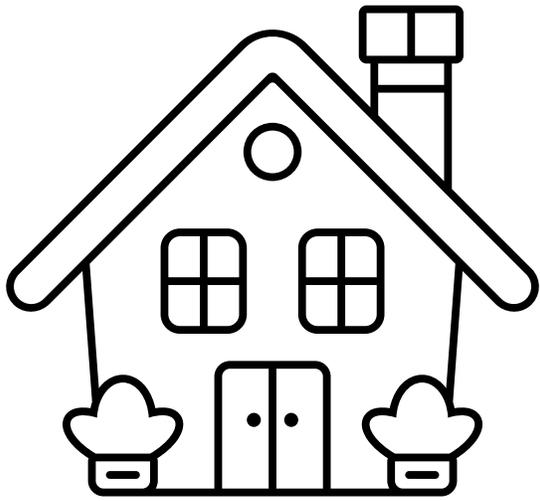
Carrot

Lead Poisoning Prevention: Lead is a sneaky metal that can hide in homes and make kids sick. A special team from the health department helps families find and address lead sources, so their homes are safe. Want to learn more? Call or text 801-382-8877. **Answer:** *It is not safe to eat or put dirt, keys, or paint in your mouth.*

Prizes: Coloring Book, \$5 Walmart Gift Card, Color in Bag, Book

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



In-Home Visiting Program

The Salt Lake County Health Department offers free home visits to help parents during pregnancy and their child's early years, and to guide them towards doing things on their own.

A trained helper comes to visit!

- They see how big and strong you're getting.
- They help you learn to play with your friends.
- They help your parents when they have tricky questions.



Find out if you qualify:

385-468-3955

homevisiting@SaltLakeCounty.gov
slco.to/HomeVisiting

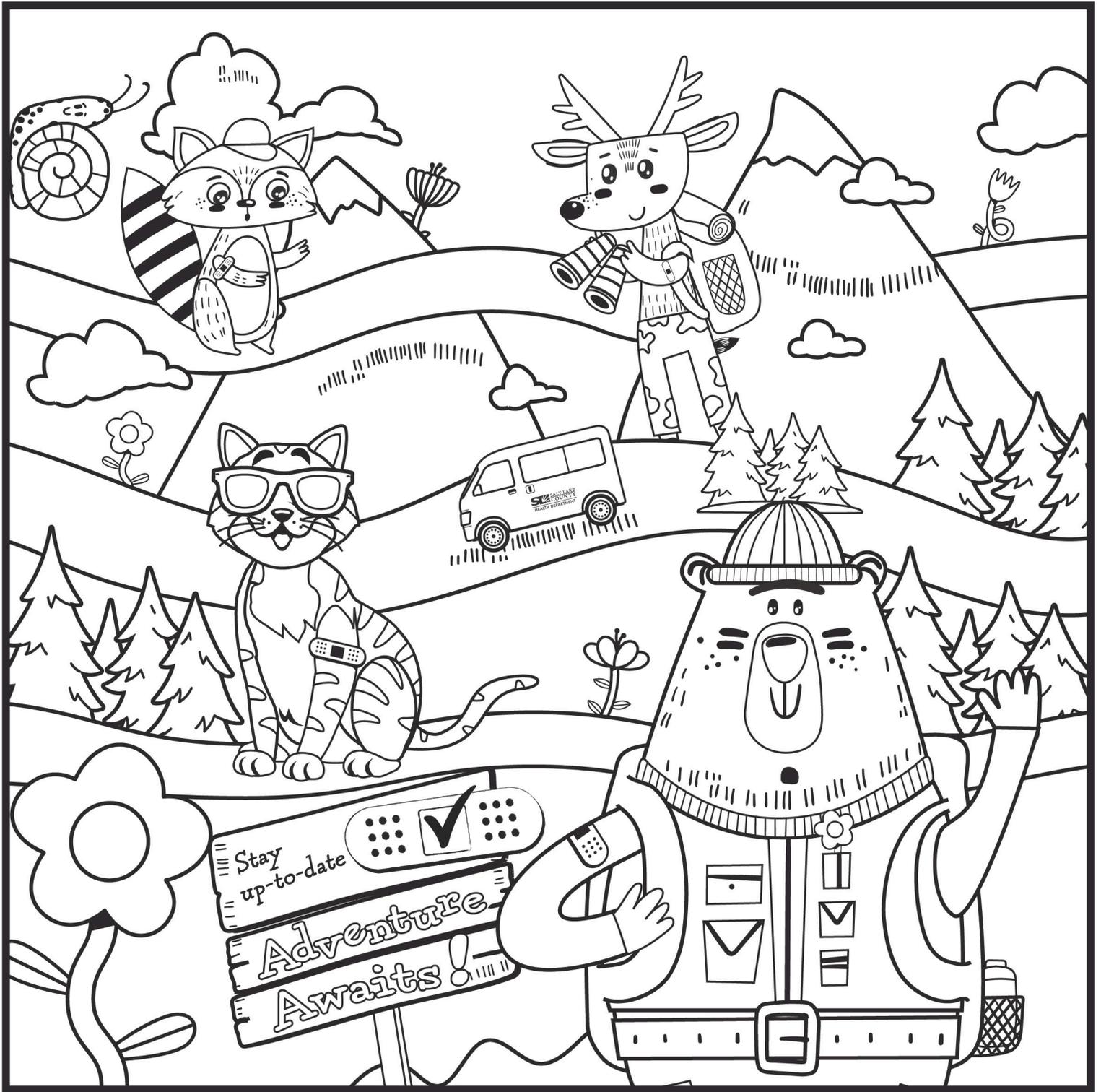


In-Home Visiting Program: The Home Visiting Program sends friendly helpers to visit families with little kids up to age 5. They share cool tips on parenting, learning, and keeping little ones healthy and happy.

Prizes: Book, Target Gift Card; Book, \$10 Chick-Fil-A Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

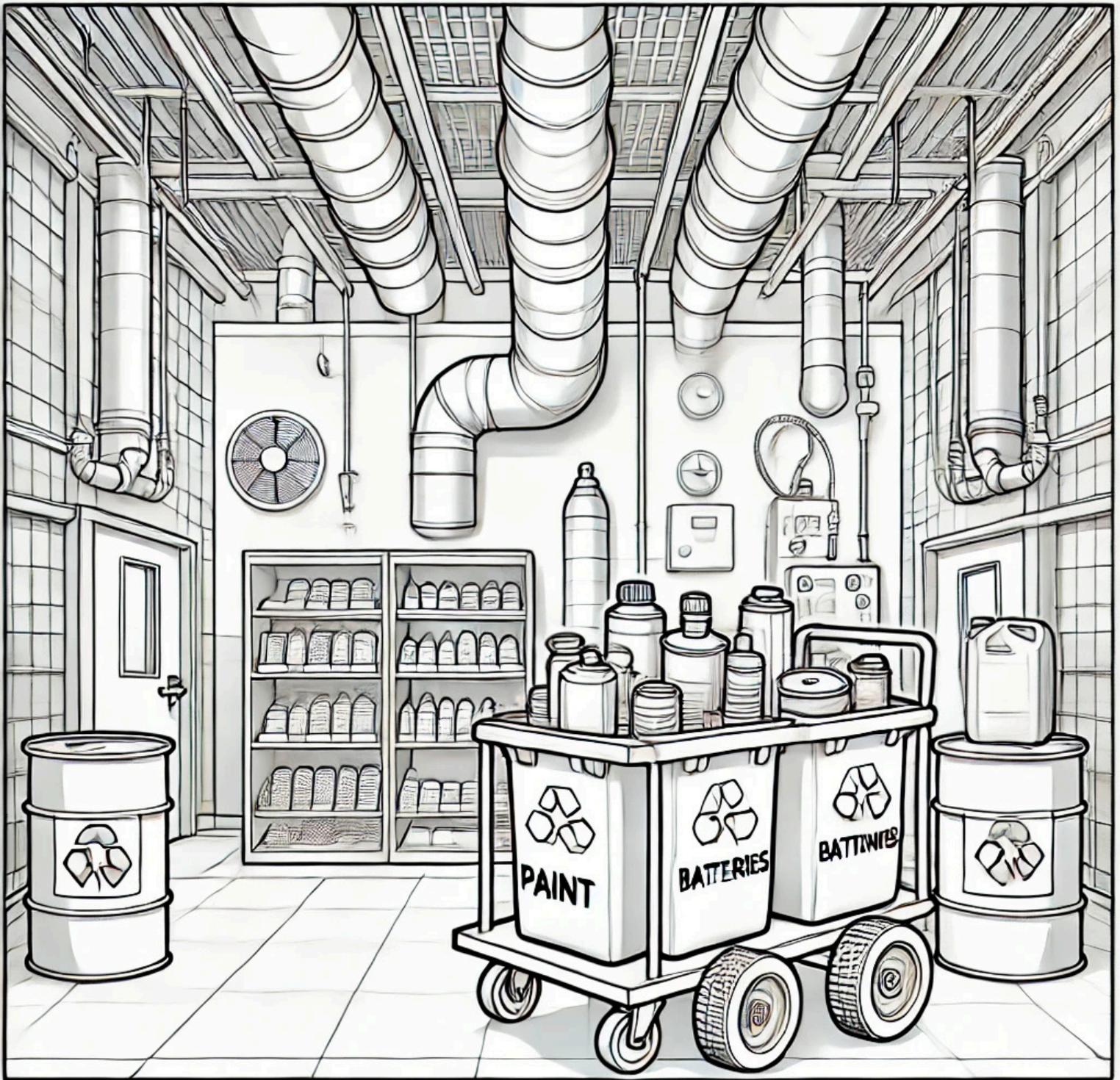


Immunizations: Vaccines are like superhero shields for our bodies. They help fight off germs so we can stay healthy and play. Get your superhero shots at Salt Lake County Health Department by calling 385-468-7468 to learn more.

Prizes: Science Magic Kit; Magnetic Building Tiles; Animal Play and Learn, 6 Pack Mini Paw Patrol Figures; Stem Robotic Kit; Kanoodle Game

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Household Hazardous Waste: Yucky stuff at your home, like old paint, oil, gas, propane, and electronics, can't go in the regular trash. Take those items to the Trans-Jordan Landfill, Salt Lake Valley Landfill, or the HHW Collection Center at 8805 South 700 West. The people at these locations will take these items and put them away safely to help keep our earth safe and clean.

Prizes: Prize Bag, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

HELP ME GROW UTAH

Enroll today to learn about your child's development with screenings, activities to do at home, and personalized support in your parenting journey!

Scan this QR code to visit our website!



Call, text, or go online to enroll today!
801-691-5322 | helpmegrowutah.org



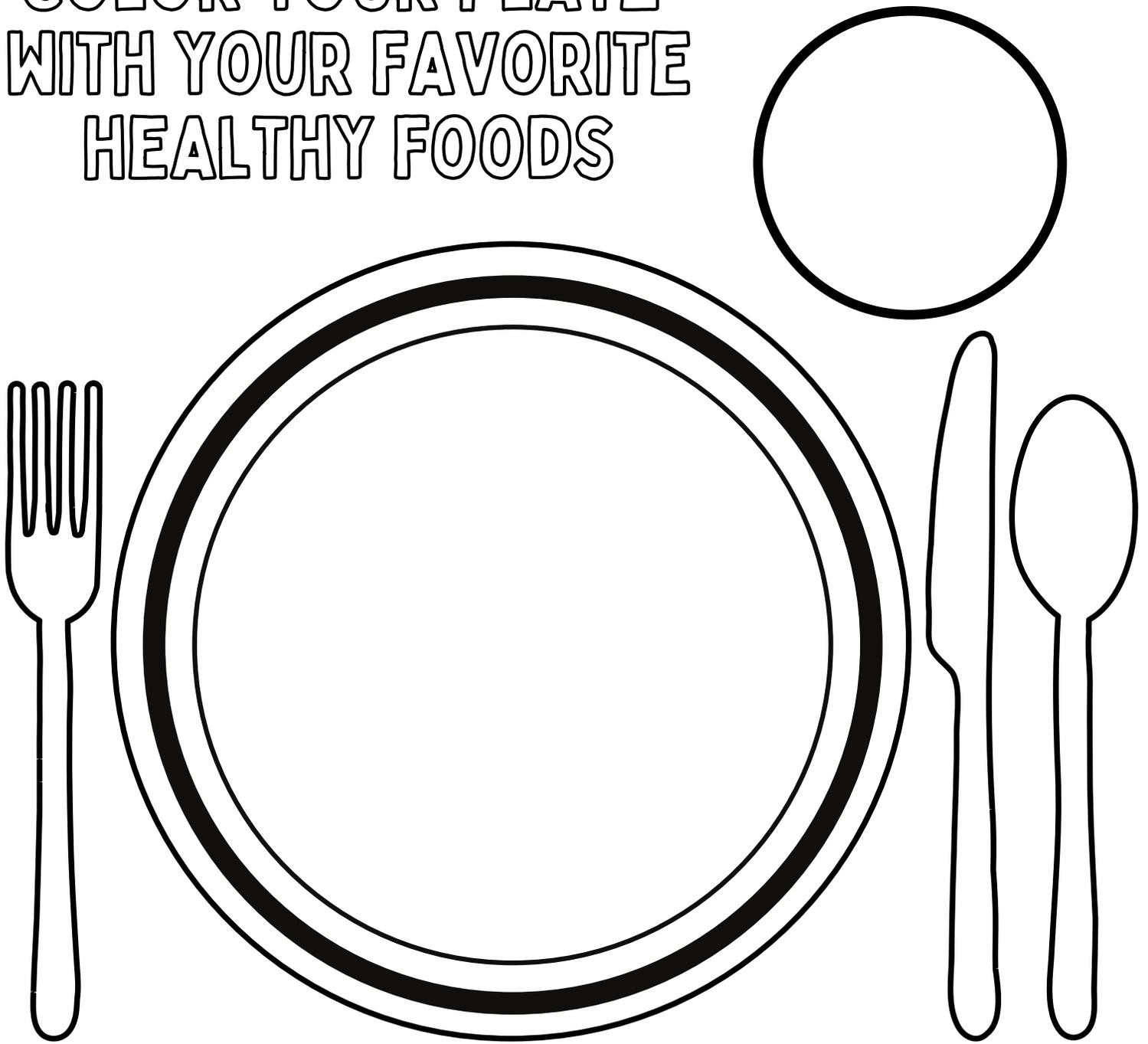
Help Me Grow: Help Me Grow Utah is a nonprofit organization that offers free services to families from pregnancy to children age 8 by connecting them to informational and community resources for parenting and child development.

Prizes: Toddler Scavenger Hunt; Mini Sports Balls Pack; Nature Explore Kit; Set of Books; 12 Piece Mini Puzzle Pack

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

COLOR YOUR PLATE WITH YOUR FAVORITE HEALTHY FOODS

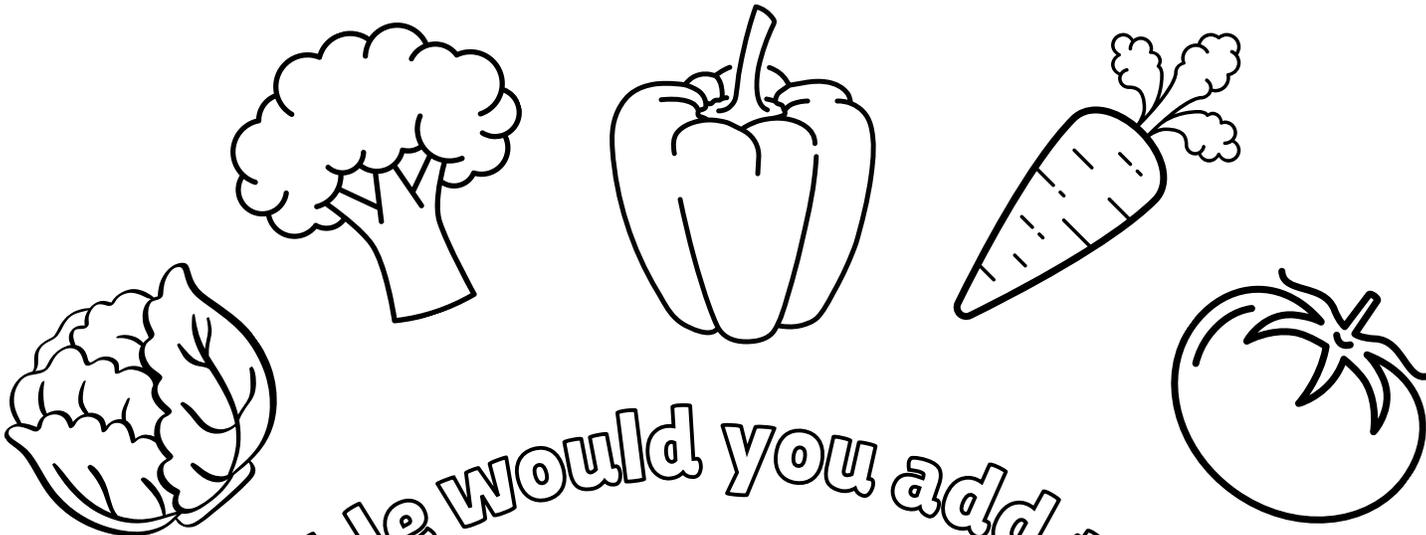


Healthy Living: The healthy living team shows families the importance of eating good foods and staying active. When kids begin healthy habits early, they can grow up strong.

Prizes: Wipe Clean Book, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



What vegetable would you add to the ramen?



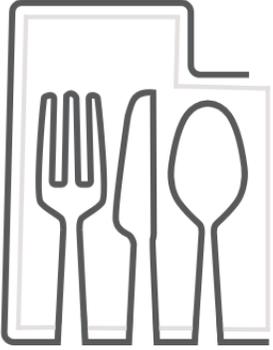
Food Access: Eating vegetables daily will help you get the nutrients your body needs. Nutrients are stuff in food that give you energy and are the building blocks for a hardy body. Try different colored vegetables throughout the week to get more nutrients. Want more tasty ideas? Visit MyPlate.gov.

Prizes: Book, \$5 Walmart Gift Card, Coloring Book; Book, \$5 Walmart Gift Card, Puzzles; Book, \$5 Walmart Gift Card, Chef Kit

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

Visit FeedUT.org for food aid.



FEED UT

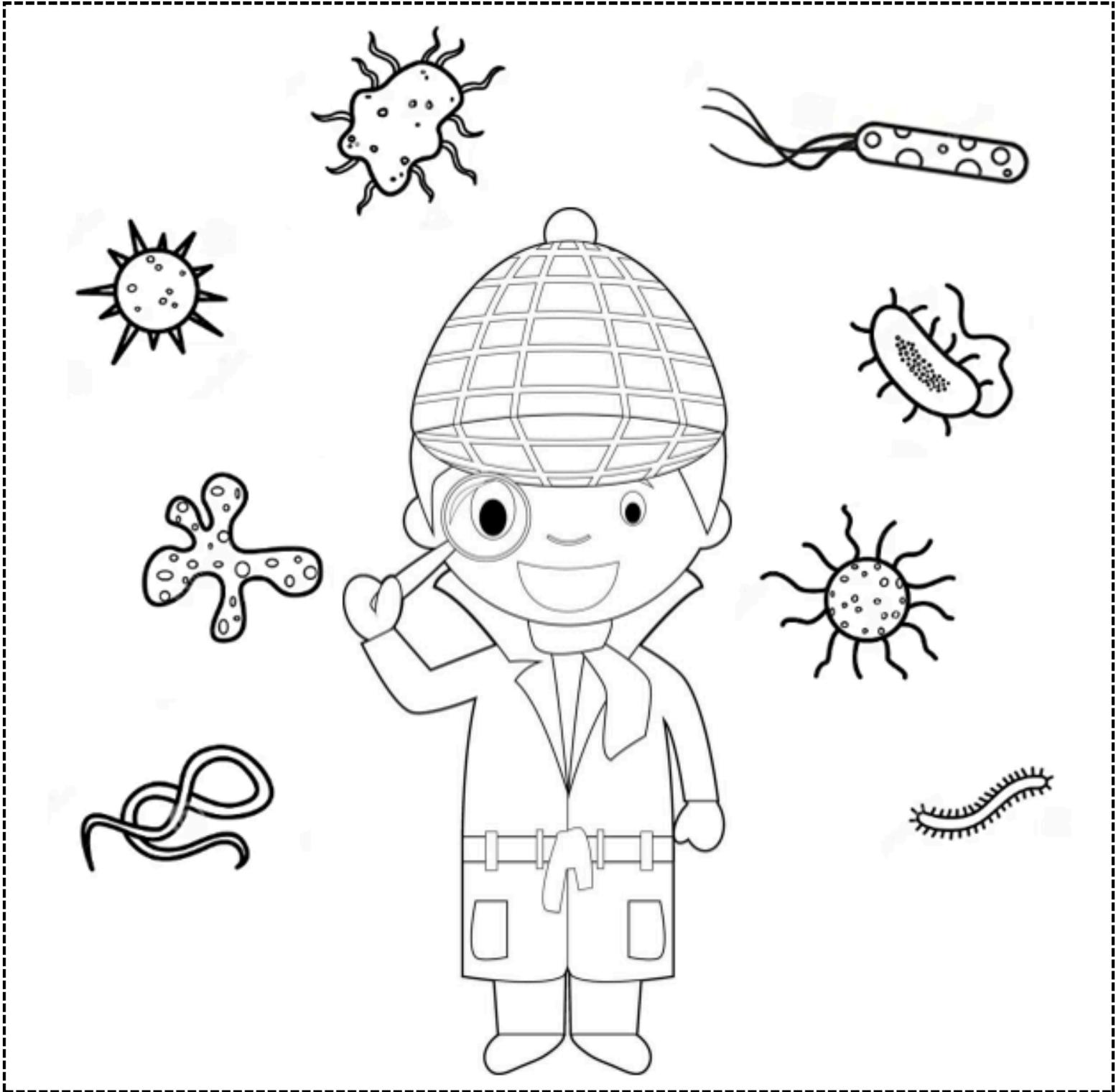


FeedUT: Sometimes families need help getting food, and that's perfectly okay! Food pantries are places that give food to people that need it. You can find one near you by visiting FeedUT.org.

Prizes: \$5 Walmart Gift Card, Zion Coloring Book

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Epidemiology: Epidemiologists are like superheroes who help us stay healthy. They find clues to discover why people get sick and help stop those pesky germs from spreading. Hooray for our sickness detectives!

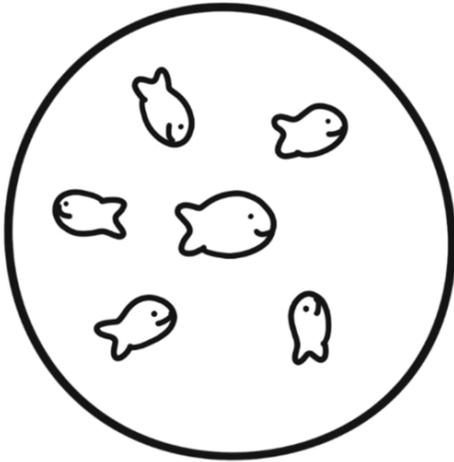
Prizes: Thermometer, Stickers

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

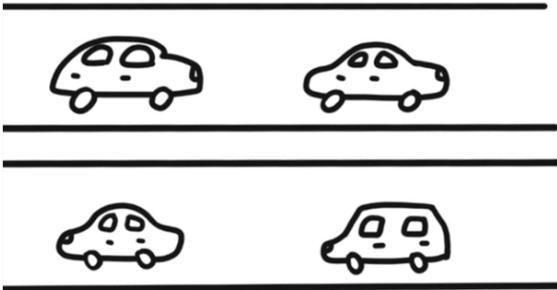
COUNT THE THINGS AROUND YOU

Counting is a great way to build your brain!



How many crackers are on your plate?

How many flowers are in the garden?



How many cars are on the road?

What else can you find to count?

THE EARLY LEARNING PROJECT  **Envision Utah** How we grow matters.

Envision Utah: Envision Utah helps grown-ups learn how to help their little kids' brains grow big and strong in the first 5 years. They also help share Vroom, a fun app full of exciting activities that turn everyday moments into awesome learning adventures.

Prizes: Canvas Painting Kit; Notebook, Silky Crayons Set; Notebook, Colored Pencils

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

Prevent Type 2 Diabetes

Get Active



Take Charge



Eat Well



Manage Stress



Diabetes Prevention: Some people can get a disease called type 2 diabetes. Eating healthy foods and playing outside can help prevent this disease. The health department has awesome teachers and classes to help families learn how to make healthy lifestyle choices.

Prizes: Wipe Clean Book, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Dairy West: Have you ever wondered where your milk and cheese come from? Dairy West can help! They teach kids all about dairy cows and how delicious dairy foods help us grow strong and healthy. Learn more at dairywest.com.

Prizes: Book, Cow Fidget Toy

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Community Coalitions: The Salt Lake County Health Department helps families and friends team up to make their neighborhoods happier and healthier. Together, they create amazing places for everyone to live.

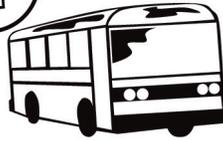
Prizes: Hydration Backpack

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____

Let's Tackle Air pollution together!

1



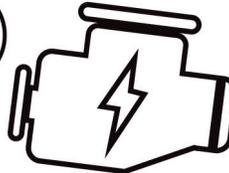
**USE PUBLIC
TRANSPORTATION**
or an electric bicycle.

2



BE IDLE FREE
Turn off vehicle
while waiting.

3

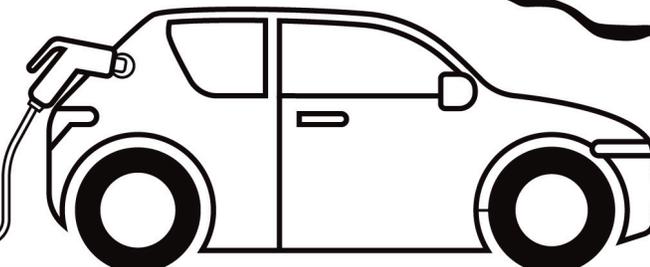
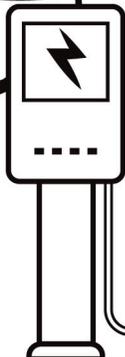


**CHECK ENGINE
LIGHT ON?**
Keep up on
routine maintenance.

4



DON'T BURN ON
mandatory or
voluntary action days.



Air Quality: Did you know there's a special team at the health department that makes sure our air is clean? They're like doctors for the air. They check cars to keep them from making our air yucky. They also teach us ways to keep the air fresh, like not burning wood or making too much dust.

Prizes: Thermos, \$5 Starbucks Gift Card; Lunchbox, \$5 Walmart Gift Card

Child's Name _____ Age _____ Parent's Name _____

Email _____ Home ZIP Code _____



Bonus Page (teens and adults): We hope this coloring book has been a helpful tool for you and your family to learn about some of the programs provided by Salt Lake County Health Department and our community partners. Explore additional programs at SaltLakeHealth.org.

Prizes: \$25 Costco Gift Card; \$25 Amazon Gift Card; \$15 Fresh Market Gift Card; \$5 Starbucks Gift Card; \$5 Walmart Gift Card

Name _____ Email _____ Home ZIP Code _____



Did you know?

43% of nicotine users 15–20 years old obtained their nicotine from a retail store?



Tobacco Permitting Team

Our tobacco permitting program ensures tobacco retailers follow the law when advertising and selling tobacco products.

Scan the QR code to learn more.



SaltLakeHealth.org/tobacco/retailers

Take our survey, win a gift card.



Take our short survey and you could win one of eight **\$10 Chick-Fil-A gift cards.**

Scan the QR Code or visit slco.to/ColoringBook