

From: Ohio Action for Healthy Kids [paranez@childrenshungeralliance.org]
Sent: Monday, November 03, 2008 11:44 AM
To: Patricia Aranez
Subject: Ohio Action for Healthy Kids Newsletter



In This Issue

November 2008

[Local and National News](#)

[Reports and Resources](#)

[Funding Opportunities](#)

Upcoming Events

Zone 6 Meeting

Date: November 3

Time: 9:30 AM - 11:30 AM

Location: Cincinnati

Contact: Carol Gill
carol.gill@odh.ohio.gov

Zone 2 Meeting

Date: November 4

Time: 10:00 AM - 12:00 PM

Location: Lima

Contact: Janet Bassitt
jbassitt@auglaizehealth.org

Zone 2 Nutrition Workshop Committee Meeting

Date: November 4

Time: immediately following Zone 2 meeting

Location: Lima

Contact: Janet Bassitt
jbassitt@auglaizehealth.org

Zone 3 presents PE Fit: Innovative Tools for your PE Classes

Date: November 13

Time: 9:00 AM - 3:00 PM

Location: Brooklyn

Contact: Donna Cook
Cookd1@ccf.org

Zone 4 presents Making the Connections: Healthy Choices and Achievement

Date: November 19

Time: 8:30 AM - 3:00 PM

Local and National News

[Darby Creek Elementary Featured in Columbus Dispatch](#)

A local school in Zone 8 enjoyed a featured story in the Metro section of the Columbus Dispatch. The October 17th article followed the story of the Hilliard school's "Take a Taste" program, where children were provided samples of fruits and vegetables. Wellness coordinator and Zone 8 member Mary Chace called the program "a budding awareness." The article also mentions Norwich, another Hilliard elementary school, as starting the program three years ago.

To view the full article, please visit http://www.columbusdispatch.com/live/content/local_news/stories/2008/10/17/healthyeats.ART_ART_10-17-08_B1_0IBKJBC.html?sid=101

[Newly Added Newsroom Section on the OAFHK Website](#)

To see Ohio Action for Healthy Kids in the media, please visit our newly added Newsroom section at http://www.ohioactionforhealthykids.org/news_resources/NewsroomNew.html

[School Lunches in Ohio Untouched by Economic Crisis](#)

Federal government subsidies to schools for the free and reduced-price lunch program are helping Ohio schools avoid much of the financial deficit other assistance programs are experiencing in the state and nationwide. The current economic slump has "a record number of students receiving" free or reduced-price lunches across the U.S., and "skyrocketing gasoline prices" are eating up school budgets too. While Ohio imposed several budget cuts on schools this year, subsidized lunches weren't affected. "Because these meals are subsidized by the federal government, we're not hurting," said Clear Fork school superintendent Dan Freund. The school knows the severity of the need out there, and has no plans for increasing the price of lunch. "Our parents struggle just like we do with all the price increases. To put an extra stress on them by increasing lunch prices would just be brutal," Freund said.

To view the entire article, visit <http://www.mansfieldnewsjournal.com/apps/pbcs.dll/article?AID=/20080928/NEWS01/809280321/1002>

[School Wellness Resources from National Dairy Council](#)

This fall, National Dairy Council has launched its Nationwide School Program. The program is targeting 40,000 schools across the U.S. with an activation kit of tools and resources for the school to use to motivate students to choose more low-fat and fat-free dairy, fruits, vegetables and whole grains and get 60 minutes of physical activity daily.

This program is designed to help schools reach their wellness policy goals and marks the beginning of a long-term commitment to America's youth aimed at

Location: Youngstown
Contact: Betsy Barringer
ebarringer@ccesc.k12.oh.us

Zone 10 Meeting
Date: November 19
Time: 2:00 PM
Location: Mansfield
Contact:
 Kelly Henry
khenry@ftmc.com

Zone 9 Meeting
Date: November 20
Time: 1:30 - 3:30 PM
Location: Fairborn
Contact: Sara Pappa
spappa@gcchd.org

For more information, visit
www.OhioActionforHealthyKids.org

Feature of the Month:



tackling the sedentary lifestyles and poor nutrition that have helped spur the current child health and nutrition crisis.

As schools sign-up they will receive a wellness tool kit that includes Game On! The Ultimate Wellness Challenge developed by Action for Healthy Kids in cooperation with the U.S. Department of Agriculture and the U.S. Department of Health and Human Services (on CD) posters and more.

Schools can sign-up for their kits at www.schoolwellnesskit.org

States Receive Safe Routes to School Funding

Schools in California and Michigan have received over a combined total of \$9 million from the federal Safe Routes to School program. The program engages schools and communities to work together to ensure that children are able to bike or walk to school safely. To learn more information about the program and funding, please visit <http://www.saferoutesinfo.org/>

Reports and Resources

HHS Announces New Physical Activity Guidelines for Americans

"It's important for all Americans to be active, and the guidelines are a roadmap to include physical activity in their daily routine," HHS Secretary Mike Leavitt said. "The evidence is clear -- regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain."

The guideline suggests that children and adolescents should have one hour of moderate to vigorous aerobic activity a day.

For more information, please visit <http://www.hhs.gov>

MyPyramid for Pre-Schoolers

USDA has debuted a customized nutrition plan for children ages 2-5. In addition the pyramid chart, USDA has included a customizable growth chart, as well as tips on how to get pre-schoolers develop healthy eating habits.

For more information, please visit:
<http://www.mypyramid.gov/preschoolers/index.html>

Some U.S. cereals more than half sugar, but healthful breakfast cereals provide better overall nutrition and cognitive performance in kids and adults

Popular cereals often marketed toward young children are more than half sugar by weight. However, the group noted that breakfast cereal can be a healthful meal and said adults and children alike who eat breakfast have better overall nutrition, fewer weight problems, and better cognitive performance throughout the day.

To read the full article, please visit
<http://www.reuters.com/article/healthNews/idUSTRE49096420081001>

Funding Opportunities

CATCH Implementation Funds Program

Call for Proposals: November 9, 2008 - January 30, 2009

The Community Access to Child Health (CATCH) Implementation Funds program supports pediatricians in the initial and/or pilot stage of developing and implementing a community-based child health initiative. Grants of up to \$12,000 are awarded to pediatricians each year on a competitive basis.

Application and information can be found at:

<http://www.aap.org/catch/implementgrants.htm>

"Love Your Veggies" Grant

Application Deadline: November 7, 2008

Hidden Valley Salad Dressings is accepting applications to its Love Your Veggies grant program. The purpose of the program is to help elementary schools develop fresh fruit and vegetable programs starting in April 2009 and lasting through the 2009-2010 school year. Ten \$15,000 grants will be awarded to elementary schools across the United States to support programs that help provide students with increased access to, and consumption of fresh, healthy foods made available through an on-campus vegetable consumption program. Each school grant will consist of \$15,000 in direct funding.

Application and information can be found at:

<http://www.LoveYourVeggiesGrants.org>

RWJF Community Health Leaders Call for Nominations

Application Deadline: November 7, 2008

The Robert Wood Johnson Foundation Community Health Leaders (CHL) program each year honors 10 outstanding and otherwise unrecognized individuals who overcome daunting odds to improve health and health care, especially to underserved populations in communities across the United States. This is a prestigious award-the only one of its kind that the Foundation offers. Ten awards in the amount of \$125,000 each will be made for the 2009 award cycle.

Application and information can be found at:

<http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20422>

If you would like to learn more about the Ohio AFHK Collaborative or submit information for the newsletter, e-mail JD Beiting at JDBeiting@ChildrensHungerAlliance.org



Forward email

✉ **SafeUnsubscribe®**

This email was sent to paranez@childrenshungeralliance.org by

paranez@childrenshungeralliance.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Children's Hunger Alliance | 370 South Fifth Street | Columbus | OH | 43215