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### Upcoming Events

#### [Zone 1- 2010-2011 School Health & Wellness Workshops](#)

Date: Tuesday, February 8, 2011

Time: 8:00 a.m.- 2:00 p.m.

#### Location:

St. Luke's Hospital Auditorium A/B  
5901 Monclova Rd, Maumee, OH

#### [Zone 2 Meeting](#)

Date: Tuesday, February 15, 2011

Time: 9:00 a.m. - 11:00 a.m.

Location: Garden Conference Room

St. Rita's Regional Cancer Center  
803 W. Market St., Lima 45805

#### [Zone 8 Meeting](#)

Date: Tuesday, February 15, 2011

Time: 1:30 p.m. - 3:30 p.m.

Location: Columbus Public Health Rm D

#### [Zone 6- CATCH Kids Club Workshop](#)

Date: Wednesday, February 16, 2011

Time: 8:30 a.m. - 3:30 p.m.

Location: Woodlawn Community Center  
10050 Woodlawn Blvd,  
Woodlawn, OH 45215

#### [Zone 4 Meeting](#)

Date: Tuesday, February 22, 2011

Time: 9:00 a.m. - 11:00 a.m.

Location: Shepherd of the Valley,  
Austintown, OH

#### [Zone 5 Meeting](#)

Date: Monday, February 28, 2011

Time: 10:00 a.m.

Location: Athens City-County Health Department

#### [Zone 6 Meeting](#)

Date: Monday, February 28, 2011

Time: 9:00 a.m. - 11:30 a.m.

Location: Union Township Civic Center  
4350 Aicholtz Rd, Cincinnati, OH 45245

#### [Zone 9- CPR for your School Wellness Policy](#)

Date: Friday, March 4, 2011

Time: 8:00 a.m. - 2:30 p.m.

Location: Ray and Joan Kroc Corps Community Center

## Feature of the Month

### New Opportunities from Action for Healthy Kids and National Dairy Council: Joining Forces to Help Fight Childhood Obesity

Kids who are well nourished and physically active are better equipped to do well in school. Action for Healthy Kids and National Dairy Council, as well as NFL's Play 60, have joined forces to offer free or low-cost programs that are fun and interactive and provide step-by-step directions to help your school become a healthier place.

These research-tested programs teach students about the importance of good nutrition and daily activity. They are backed by USDA, American Federation of Teachers and the American Academy of Pediatrics and can be implemented on their own or together for an even greater impact.



#### Game On! The Ultimate Wellness Challenge

Target/Cost: K-6, Free

Getting Started: Go to:

[www.ActionforHealthyKids.org/GameOn](http://www.ActionforHealthyKids.org/GameOn)

#### Fuel Up To Play 60

Target/Cost: K-12, Free

Getting Started: Go to: [www.FuelUptoPlay60.com](http://www.FuelUptoPlay60.com)

#### Students Taking Charge

Target/Cost: High School, Free

Getting Started: Go to: [www.StudentsTakingCharge.org](http://www.StudentsTakingCharge.org)

#### ReCharge!

Target/Cost: 2-6, after school programs, camps, PE classes, \$40.00 shipping fee

Getting Started: Go to: [www.ActionForHealthyKids.org/ReCharge](http://www.ActionForHealthyKids.org/ReCharge)

For Success Stories and Program Handout:

[www.OhioActionforHealthyKids.org](http://www.OhioActionforHealthyKids.org)

## Local and National News

### 'Kitchen Chemistry' Programs Encourage Parents, Children To Eat Healthy, Starting With Homemade Food

[from the-daily-record.com](#)

Bowl-licking good -- not a bad compliment when the consumers are children and the menu features sweet potato spread and homemade tater tots made with brown rice, white mashed potatoes and whole grain bread crumbs.

### \$20,000 Grant From Humana Makes It Possible For More Kids To Grow At the YMCA

Dayton, OH 45404

[Zone 10- Child Health Conference: "Healthy Lifestyles Feed Academic Success"](#) Date: March 10th, 2011  
Time: 9:00 a.m. - 3:00 p.m.  
Location: Richland County Building  
1495 West Longview Avenue  
Mansfield, Ohio 44902

[Zone 7 Meeting](#)  
Date: Tuesday, March 15, 2011  
Time: 10:30 a.m. - 12:00 p.m.  
Location: OSU Extension Office  
Tuscarawas County  
419 16th Street SW  
New Philadelphia

[Zone 2- Tools for Schools Workshop](#)  
Date: Friday, March 18, 2011  
Time: 8:00 a.m. - 2:15 p.m.  
Location: Ohio State University  
Lima Campus

[Zone 9- CATCH Kids Club Workshop](#)  
Date: Friday, April 8, 2011  
Time: 8:30 a.m. - 3:00 p.m.  
Location: Dr. Charles Drew Health Center  
1323 W 3rd St., Dayton, OH 45402

[Zone 10- CATCH Kids Club Workshop](#)  
Date: Monday, April 14th, 2011  
Time: 8:30 a.m. - 3:30 p.m.  
Location: Richland County Building,  
1495 West Longview Avenue  
Mansfield, Ohio 44902

Date: Tuesday, March 15, 2011

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)



## Parent Corner

### Keys to a Healthy Heart

February is American Heart Month. Share these tips from the [American Heart Association](#) with your family to improve and maintain heart health.

- Instead of butter, try cooking with soft margarine

[from downtown.fox19.com](#)

The Humana Foundation recently gave the YMCA of Greater Cincinnati \$20,000 to make it possible for more youth to participate in the Fitness is Fun and Youth Sports Programs at the Carl H. Lindner YMCA in Cincinnati's West End. Funds from the Humana Foundation will help the YMCA subsidize program fees so that families can send their children to these programs at rates that fit their income level.

### Va. Legislature Considers Requiring School Phys Ed

[from usatoday.net](#)

The General Assembly is considering legislation that would require public schools to offer physical-education classes to help fight childhood obesity and educate students about the importance of keeping active and staying healthy. The Senate voted Tuesday 37-2 to pass the bill, which would amend Virginia law to require local school boards to adopt daily physical-education programs for students in kindergarten through eighth grade.

### 'Food Deserts' Challenge Local Area Residents

[from timesdispatch.com](#)

[Mary] Edwards is one of thousands of people living in inner cities and rural areas nationwide who are faced with few options for purchasing healthy, reasonably priced basic food because of a shortage of grocery stores near their homes. For them, the corner store or a fast-food restaurant is usually the most convenient food option, but the choices there tend to be overpriced, processed foods.

## Reports and Resources

### Child Nutrition Reauthorization Webinars

FRAC is offering a series of webinars to provide better understanding of the new law.

Next webinar:

[What You Need to Know to Make the Most of the New School Nutrition and Wellness Improvements](#)

Date: Thursday, February 10, 2011

Time: 1:00 p.m. - 2:00 p.m.

In this Webinar, speakers will focus on the improvements the new law makes to the school nutrition environment including the additional six cents, USDA's proposed new school meals nutrition standards, stronger competitive foods rules and wellness policies, nutrition environment report cards and farm to school resources. Speakers from USDA's Food and Nutrition Service, Action for Healthy Kids, and FRAC will provide details on the key new provisions, next steps, and implementation plans. There will be time for questions.

For more information about other webinars in this series, click [here](#).

### AFHK Webinar:

#### Learn More about Action for Healthy Kids and National Dairy Council Education Programs for K-12

AFHK and NDC, as well as NFL's Play 60, have joined forces to offer free or low-cost nutrition and physical activity programs for K-12 that are fun and interactive as well as provide step-by-step directions to help your school become a healthier place.

Date: Tuesday, February 8, 2011

Time: 2:30 p.m. - 3:30 p.m.

Click [here](#) to register.

### Ohio Farm to School Conference

Date: March 30, 2011

Location: The Wolstein Center  
2000 Prospect Ave.  
Cleveland, Ohio 44115

or vegetable oil, which are lower in unhealthy saturated fat.

- Warm up with heart-healthy snacks. Choose clear soups, such as homemade or low-sodium canned vegetable or tomato soup. Hot Cocoa made with non-fat milk is another great choice.
- When ordering fast food, choose grilled chicken instead of fried, ask for a wheat or whole-grain bun, and add pickles, onions, or tomatoes for flavor instead of bacon.
- Stay active by going for a walk. When weather gets in the way, you can climb the stairs at home, do lunges around the living room, or do some push-ups and sit-ups while you watch TV.
- [In honor of Black History Month, check out these heart-healthy recipes.](#)

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

Click [here](#) for brochure.

### **Healthy Communities Through Active Transportation Conference**

**Dates:** Monday, May 9 and Tuesday, May 10, 2011

**Location:** Cleveland Play House, 8500 Euclid Avenue

Conference will focus on promoting an integrated and complete transportation system as a path to building healthy communities for Ohioans.

For more information or to register visit: [www.dot.state.oh.us/hcat](http://www.dot.state.oh.us/hcat)

### **Energy Balance: 101 is a FREE K-5 wellness curriculum now available online.**

This engaging new curriculum - jointly developed by the Healthy Weight Commitment Foundation, Discovery Education, the National Association for Sport and Physical Education (NASPE), and pediatric dietitians -- includes lesson plans, resources, and videos aligned to national standards, for the K-2 and 3-5 grade bands. The entire curriculum can be integrated into classroom instruction, but is also flexible enough that teachers can use the entire scope of resources or select the elements that best fit their needs. Family and community extension resources are also included, helping facilitate further learning beyond the classroom.

<http://www.energybalance101.com/>

### **USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic**

US Department of Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services Kathleen Sebelius announced the release of the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

The 2010 Dietary Guidelines is available at

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

### **Record Demand for School Meals, But Breakfast Participation Still Falling Short**

FRAC Urges States and School Districts to Employ Innovative Programs to Increase Participation in School Breakfast

Download the reports:

[School Breakfast Scorecard \(pdf\)](#)

[School Breakfast in America's Big Cities \(pdf\)](#)

Record numbers of low-income children received school meals during the 2009-2010 school year, but the number of children eating breakfast continues to lag by much too wide a margin the number of children eating lunch. Less than half (47.2 percent) of low-income children who received school lunch also participated in the breakfast program, according to the Food Research and Action Center's annual School Breakfast Scorecard.

## Funding Opportunities

**As always, a complete list of opportunities is on our website:**

[http://www.ohioactionforhealthykids.org/news\\_resources/funding\\_opportunities.htm](http://www.ohioactionforhealthykids.org/news_resources/funding_opportunities.htm)

### **NEW GRANTS HAVE BEEN BOLDED FOR YOUR CONVENIENCE**

Harvest Grants Program

*Deadline: February 11, 2011*

Welch's is partnering with Scholastic Publishing Company and the National Gardening Association to offer grants to support school garden programs in the belief that hands-on experiences with

planting, tending, and growing gardens provide a dynamic setting for learning and benefit kids of all ages.

For more information on how your school can apply for this sponsorship, please download the application form at <http://www.scholastic.com/harvest/register.htm>.

#### Lowe's Toolbox for Education

*Deadline: February 18, 2011*

For more than 60 years, Lowe's has supported the community. At a time when schools and community groups are struggling to make ends meet, Lowe's Charitable and Educational Foundation recognizes that they must increase our focus on basic, one-time project needs. In 2010, basic needs will take priority. Please keep this focus in mind as you apply for a Toolbox for Education grant in the 2010-2011 academic year.

Visit <http://www.toolboxforeducation.com/hta.html> for more information.

#### **Healthy Living Innovation Awards**

*Deadline: March 1, 2011*

The Department of Health and Human Services is scouring the country to identify and recognize community-based projects that are improving the health status of their local communities. Whether they've designed a brand new tool or are using an existing approach in a new or unusual way, we want to recognize efforts, reward progress, and inspire others to replicate these successes.

For more information and to nominate a project, go to <http://healthylivinginnovation.challenge.gov/challenges/119/>

#### **Shade Structure Grants**

*Deadline: April 22, 2011*

The American Academy of Dermatology's (AAD) Shade Structure Program awards grants for the purchase of permanent shade structures designed to provide shade and ultraviolet ray protection for outdoor areas. AAD also provides a permanent sign to be displayed near the shade structure that promotes the importance of sun safety.

The AAD will award thirty to thirty-five grants. Each shade structure grant is valued at a maximum of \$8,000. To be considered for a grant, applicants must be a nonprofit organization or public school that primarily serves children age 18 and younger.

Visit <http://www.aad.org/public/sun/grants.html> for more information.

#### **Unsung Heroes Grants**

*Deadline: April 30, 2011*

ING Financial Services is offering ING Unsung Heroes Grants to educators to fund projects that positively influence students, improve learning, and increase teaching effectiveness.

ING is offering a grant of \$2,000 to one winner in each of the 50 states. Eligible applicants are K-12 full time professionals employed by an accredited K-12 public or private school located in the United States who have not previously received this award.

Visit <http://ing.us/about-ing/citizenship/childrens-education/ing-unsung-heroes> for more information.

#### **Coca Cola Community Grants**

*Deadline: Rolling*

Coca Cola is committed to improving the quality of life in the communities where they do business. One of the focus areas for their global giving campaign is active healthy living and education.

Visit [http://www.thecoca-colacompany.com/citizenship/application\\_guidelines.html](http://www.thecoca-colacompany.com/citizenship/application_guidelines.html) for more information.

#### Corning Incorporated Foundation

*Deadline: Ongoing*

Selected public K-12 school districts, community colleges and four-year institutions of higher learning are the consistent beneficiaries of Corning Foundation support.

Corning's areas of involvement have included community service programs for students, curriculum enrichment, student scholarships, facility improvement and instructional technology projects for the classroom.

Visit

[http://www.corning.com/about\\_us/corporate\\_citizenship/community/foundation\\_request.aspx](http://www.corning.com/about_us/corporate_citizenship/community/foundation_request.aspx) for additional information on how to apply.

#### Annie's Grants for Gardens

*Deadline: Rolling*

Annie's offers a limited number of small grants to community gardens, school gardens and other educational programs that connect children directly to gardening. These funds can be used to buy gardening tools, seeds or other needed supplies.

Visit [http://www.annies.com/grants\\_for\\_gardens](http://www.annies.com/grants_for_gardens) for additional information and an application.

Cabot Creamery*Deadline: Rolling*

Cabot Creamery is providing up to \$200.00 matching grants to schools and clubs promoting healthy initiatives for kids and communities. Matching funds required.

Easy entry online. Our farmers want to help you grow healthy kids.

[http://www.cabotcheese.coop/pages/community\\_and\\_you/grants\\_and\\_fundraising.php](http://www.cabotcheese.coop/pages/community_and_you/grants_and_fundraising.php)

Campbell Soup Foundation*Deadline: Ongoing*

The Campbell Soup Foundation provides grants to local champions who inspire positive change in communities in which its employees work, including Napoleon, Wauseon, and Willard, Ohio. The Foundation limits grants to nonprofit organizations focusing on hunger relief, wellness, education, and community revitalization.

Learn more as well as take an eligibility at

<http://www.campbellsoupcompany.com/foundation.aspx> .

[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)

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