



## In This Issue

[Feature of the Month](#)

[Local and National News](#)

[Reports and Resources](#)

[Funding Opportunities](#)

### Upcoming Events

#### [Zone 7 Meeting](#)

**Date:** Tuesday, January 18, 2011  
**Time:** 10:00-11:30 am  
**Location:** OSU Extension Office in Tuscarawas County

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

**Date:** Friday, January 21, 2011  
**Time:** 9:00-11:00 am  
**Location:** Shepherd of the Valley, in Austintown, OH

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

**Date:** Monday, January 31, 2011  
**Time:** 10:00 am  
**Location:** Athens City-County Health Department

#### [OAFHK 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

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

## Feature of the Month

### [Child Nutrition Reauthorization Bill Passes](#)

President Obama signed into law the new Child Nutrition Reauthorization law on December 14th. Titled The Healthy, Hunger-Free Kids Act, it broadens the Afterschool Meal Program to cover all 50 states (currently it covers just 13), supports the expansion of direct certification for school meals, improves area eligibility rules so more family child care homes can use the CACFP program, changes summer food rules to make it easier for nonprofits to operate, makes important reforms in the nutritional quality of food served in schools and child care, and makes "competitive" foods sold or offered in schools more nutritious.



image from frac.org

For additional information, visit:

- [American Dietetic Association](#)
- [School Nutrition Association](#)

FRAC is also offering webinars on understanding the new law. Click [here](#) for more information on this webinar series.

### [from delmarvanow.com](#) Local and National News

#### [School Lunch Programs Might Break Poverty Cycle](#)

*from reuters.com*

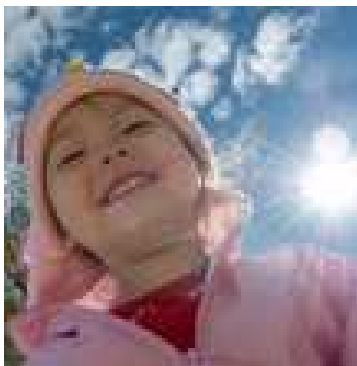
Teens who live in households where food is scarce suffer academically, but a new study has found that government programs to provide meals in schools can reverse this effect. According to the researchers, the findings suggest that school programs aimed at reducing so-called food insecurity can break an insidious cycle of poverty: poor children go hungry, get bad grades, don't go on to college and fail to rise out of their socioeconomic status -- raising children whose lives follow the same unfortunate narrative.

#### [Students get hopping to raise whopping \\$17,000 Fort Meigs bounces with enthusiasm](#)

*from toledoblade.com*

"This is great," Principal Scott Best said. "The idea for this fund-raiser got started with our parents' group. Parents talked about doing something more active for the kids and combining that activity with their fund-raising efforts, and the community supported that idea."

Dylan Fritz, 8, had made friends with his bouncy ball, naming it



## Parent Corner

### Get Moving this Season

Ohio's cold weather will force many people to spend more time inside. This month we will focus on ways to stay active with indoor or at-home activities for the whole family.

- Just dance! Invite friends over for a dance-off. Turn up the music and see who can do the funkiest moves or go the longest without stopping.
- Clean up! You and the kids can get quite a workout picking up around the house, sweeping or mopping, and carrying laundry back and forth. A little competition can help motivate kids, so see who can pick up his or her toys the fastest, or have race to get the laundry to the laundry room.
- If you've got enough space, using a hula hoop or a jump-rope are cheap ways to stay active indoors.
- If things are getting too stressful, consider calming down with some yoga or Pilates exercises. Kids can start learning as early as age two, and the exercises can be particularly good for kids with disorders like ADD or ADHD as they teach coping and concentration skills. [Click here for more information on yoga and pilates for kids!](#)

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

"George." He was wild about the Hop-a-Thon. "Because it's fun. I just like bouncing around."

"Parents would rather do this than sell magazines," said Kelly Frydenlund of Perrysburg, whose fourth-grade son, Brock, was there somewhere, bouncing.

### Baldwin County Working on Healthier Community

[from.macon.com](http://from.macon.com)

Baldwin County officials are working to build a vibrant community where children can safely bike to school, then eat nutritious snacks they've grown themselves. That's part of the idea behind Live Baldwin Healthy, a collaborative effort to get children eating better food and exercising more.

### Parents Seek Return of Recess- Success!

[from.delmarvanow.com](http://from.delmarvanow.com)

Parents of Pocomoke Middle School students told the school board they want recess reinstated at their children's school. Several parents of Pocomoke Middle students attended Worcester County Board of Education meeting to voice concerns about the lack of recess offered to fourth- through eighth-graders at Pocomoke Middle. They called recess a "fundamental need" for the students.

Since this meeting, recess will be reinstated for fourth- and fifth-graders at Pocomoke Middle School thanks to the school board's adoption of a policy mandating daily recess for elementary-grade students.

## 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 about Afterschool Meals](#)

In this Webinar, speakers will discuss the nationwide expansion of the new Afterschool Meal Program made through The Healthy, Hunger-Free Kids Act.

**Date:** Wednesday, January 19, 2011

**Time:** 1:00- 2:00 pm

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

### AFHK Webinar:

[Webinar: School Wellness Policies - Not There Yet](#)

Since 2004, when schools were required to adopt wellness policies, many have made healthy changes. But there's still lots of room for improvement. View this webinar, Evaluating Progress and Opportunities in School District Wellness Policies Three Years after the Federal Mandate to find out just where things stand.

You can also view a [Power-Point presentation](#) of the webinar. And, if you're interested, you can read [Bridging the Gap](#) here.

### New Report Highlights Changes Needed to Support Healthy Eating and Physical Activity in U.S. Elementary Schools: Elementary School Practices Fall Short of National Recommendations for Diet and Physical Activity

A [comprehensive new report](#) from the Robert Wood Johnson Foundation's Bridging the Gap program finds that elementary schools commonly offer their students junk food and soda, serve meals that are high in fat, and provide little time for physical education or recess. Findings are based on surveys of school administrators during the 2006-07 and 2007-08 school years.

Researchers also found that many schools have not implemented wellness policy provisions required by the Child Nutrition and WIC

Reauthorization Act of 2004. That legislation called for school districts participating in federal child nutrition programs to adopt and implement a wellness policy by the beginning of the 2006-07 school year.

#### **2010-2011 School Employee Wellness Awards Program**

The Directors of Health Promotion and Education (DHPE) have created an awards program to recognize schools and school districts which demonstrate commitment to the health of their employees by implementing school employee wellness programs. The awards program is based on the nine steps for establishing a school employee wellness program, outlined in School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools. For more information, [click here](#).

#### 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**

##### Public Health Competition for High School Students

Deadline: February 1, 2011

Opportunity for high school kids to research public health issues and win scholarship money: "Past winners have investigated consumption of energy drinks among adolescents, underdiagnosed migraines in teenage girls, posttraumatic stress disorder in combat veterans, and the link between sleep deprivation and teen obesity, among many other urgent public health challenges of our time."

Visit <http://www.collegeboard.com/yes/> for more information.

##### **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.

##### 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)

[Forward email](#)



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