



Ohio Action for Healthy Kids newsletter

July/August 2011



## In This Issue

[Parent Corner](#)

[Feature of the Month](#)

[Local and National News](#)

[Reports and Resources](#)

[Funding Opportunities](#)

### Upcoming Events

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

Date: Thursday, July 28, 2011

Time: 2:00 p.m. - 4:00 p.m.

Location: TBD

#### [Zone 4: 2011 School Food Service Conference/Healthy Kids Healthy Schools](#)

Date: Wednesday, August 17, 2011

Time: 8:00 a.m. - 2:15 p.m.

Location: Champion Presbyterian Church, 4997 Mahoning Ave Warren, OH 44483

[Register Today!](#)

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

Date: Monday, August 29, 2011

Time: 10:00 a.m.

Location: Athens City-County Health Department

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

Date: Monday, August 22, 2011

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

Location: Union Township Civic Center, Queen City Room B 4350 Aicholtz Rd, Cincinnati, OH 45245

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



## Parent Corner

### Water Wonders

## Feature of the Month

### Rise to the Challenge Before It's Too Late

The Million PALA Challenge will come to a close this September. If you haven't received your PALA yet, now is the time!

On September 14th, 2010 U.S. Department of Health and Human Services Secretary Kathleen Sebelius, Council Co-chair Dominique Dawes, and Let's Move! Executive Director Robin Schepper launched the "Million PALA Challenge".

The Goal: To get 1,000,000 youth and adults across the Nation to sign up for and achieve the Presidential Active Lifestyle Award (PALA) between now and September, 2011.

During this year long challenge, your support is needed not only to reach the goal, but to jumpstart the Nation on a path towards better health.



PALA is for everyone! Americans of all ages, abilities, and interests can achieve PALA through daily walks, sports, gardening, play, and any other physical activity indoors or outside. Just be active 60 minutes a day for youth (30 minutes for adults), 5 days a week, for 6 weeks.

Visit <http://www.millionpalachallenge.org/> today!

## Get Involved- Get Moving

### Pedometers: Small tool with big impact in fighting childhood obesity

Pedometers are popular as an aid to kids in fighting fat.

Counting steps can be just as effective as counting calories. The "go run a lap" has been replaced in many schools with motivating walking programs where children walk across the U.S. using a school map to chart classroom progress and points of interest.

Peaceful Playground's walking program called, "We Count" includes a unique feature of Songs in Motion which are cadences much like military chants used while running.

Check out [Peaceful Playground's program](#) or start your own walking program today!

These tips on drinking water can help you all year-round, but especially during the dog days of summer.

- Consider the source: most tap water is drinkable, but check with your local water supplier for their water quality report. A water filter is always healthy investment, especially if there are concerns with your local supply's quality.
- Start your day with a glass of water, even before you reach for coffee. You must hydrate your body after going all night without water, and coffee just flushes out more water.
- Drink water before and after each meal. This aids the digestive process and protects against problems like heartburn and constipation, which are caused by dehydration.
- How much water do you need each day? Take half your body weight (in pounds), and drink that many ounces per day.

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

## Local and National News

### **Nutrition Plate Unveiled, Replacing Food Pyramid**

[From nytimes.com](http://www.nytimes.com)

The first lady, Michelle Obama relegated the government's well-known food pyramid to the sands of history, unveiling a new, simpler image of a plate divided into basic food groups. The new design, called MyPlate, was conceived as a crucial part of Mrs. Obama's campaign against obesity, designed to remind consumers about the basics of a healthful diet. The plate is split into four sections, for fruit, vegetables, grains and protein. A smaller circle sits beside it for dairy products.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

### **Teens skimp on exercise, but not sodas: CDC**

[From reuters.com](http://www.reuters.com)

Only about one in 10 U.S. teens is getting enough exercise and one in four has a soda a day, adding to concerns about obesity among American youth, government researchers said.

A team at the Centers for Disease Control and Prevention looked to see how many students were meeting targets for youth physical activity.

In a separate study, CDC researchers surveyed U.S. high school students and found that teens drink water, milk and fruit juice most often, but a quarter also drink at least one sugar-sweetened soda a day.

### **Summer Food Service Program Works to Feed More Kids Across the Country in 2011- Ohio**

[From cleveland.com](http://www.cleveland.com)

The Food Research and Action Center reports that last year, 607,744 Ohio students received free or reduced-price school lunch, but only 58,801 participated in the summer nutrition program. "We know a large number of children are not eating as well in the summer as they did in the school year, and that's pretty tragic," said Senator Sherrod Brown (D-OH), who has pushed in the past to get more students participating. One-third of the children, fed last year through the summer food program administered through the Cleveland Foodbank, said that meal was the only one they ate each day. To raise participation, Cuyahoga County this year increased the number of summer food sites to 281 - up from 254 in 2009 - and the Cleveland Foodbank is running 32 sites this year, up from 24 in the past.

### **Heat conscious choices can help keep the body cool Fruits and vegetables high in water recommended**

[From wane.com](http://www.wane.com)

Making heat conscious choices at the breakfast, lunch and dinner table can help people beat the heat according to dietitians. Common advice to drink plenty of water stands, but there are ways to keep hydrated with more than just fluids, Kandi Dawson a clinical dietitian for Dupont Hospital said.

"High water content fruits and vegetables like cucumbers, lettuce, melons, berries; those are all great," Dawson said.

It is recommended that to manage the summer swelter, consumers should avoid processed, greasy or fried foods that are more difficult for the body to digest. Smaller, more frequent portions are also ideal in coping with heat.

## Reports and Resources

### **Free Columbus Crew Soccer Workshops- Columbus and Cincinnati**

The Columbus Crew announced that it has partnered with Molina

Healthcare to present Crew Soccer Workshops in Columbus and Cincinnati this summer. The unique events will teach children not only soccer skills and techniques, but also sportsmanship, effective training techniques and the importance of being a team player. The workshops will take place at Rhodes Park in Columbus (1818 W. Broad St. 43223) on Aug. 2, and at Otto Armleder Park in Cincinnati (5059 Wooster Pike 45226) on Aug. 9. Both workshops are scheduled to run from 6-8 p.m. All children aged 6-17 are invited to learn from award-winning Crew coaches free of charge. For more information or to register, please visit [www.thecrew.com/crew-soccer-workshop](http://www.thecrew.com/crew-soccer-workshop) or call 877-385-9299, hearing-impaired call TTY (800) 750- 0750 or 711.

### **Low-Fat Milk Recognized as Valuable Source of Nutrients as American Academy of Pediatrics Cautions Against Sports and Energy Drinks.**

*From [nationaldairycouncil.org](http://nationaldairycouncil.org)*

A new clinical report from The American Academy of Pediatrics (AAP) provides an important reminder to parents and pediatricians about recommended beverage consumption for children, noting that children should consume nutrient-rich low-fat or fat-free milk with meals. The report, "[Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?](#)", published in the June 2011 issue of Pediatrics examines how sports and energy drinks are being misused and provides guidance to eliminate consumption of energy drinks and to decrease or eliminate consumption of sports drinks by children and adolescents.

AAP recommends parents use water to rehydrate and low-fat or fat-free milk to meet nutrient needs. AAP also notes that low-fat milk, which is a good source of protein, is a good option for use as a protein-recovery drink following prolonged vigorous exercise.

### **Implementing Strong Nutrition Standards for Schools: Financial Implications - New DASH Fact Sheet**

The "[Implementing Strong Nutrition Standards for Schools: Financial Implications](#)" fact sheet summarizes the existing evidence of the financial impact on schools that have implemented strong nutrition standards. Implementing nutrition standards can be an effective strategy to improve the nutritional quality of foods offered and purchased in the school setting.

One of the primary reasons that state and local education agencies are hesitant to implement strong nutrition standards for competitive foods is that they are concerned about losing the revenue that is generated from selling snacks and beverages to students. However, a key finding presented is that while some schools report an initial decrease in revenue after implementing nutrition standards, a growing body of evidence suggests that schools can have strong nutrition standards and still maintain financial stability.

### **Keeping Kids Cool At School- When is it too hot to go outside to play?**

This summer and spilling into early fall Principals and physical educators will face daily decisions regarding children's heat health on the playground at recess and in physical education.

[This article, from Peaceful Playgrounds, reviews some information regarding different playground challenges and solutions to those problems.](#)

## Funding Opportunities

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

#### **Saucony Run for Good Grants**

*Deadlines: December 13, 2011*

The Saucony Run For Good Foundation was established to help end childhood obesity by providing financial support for children's running and fitness programs. They are currently accepting applications for their grant program. The foundation has two grant cycles per year, with up to seven awards granted each cycle.

Visit <http://www.sauconyrunforgood.com/how-to-apply/> to apply.

#### **Del Monte "Teacher Monday: Cash for Classrooms" Contest**

*Deadline: Teacher registration begins July 26 and voting begins September 26.*

This promotion encourages kindergarten thru 12th grade school teachers across North America to incorporate healthy eating and living messages into classroom activities. During six weeks this fall, 60 teachers will win cash to purchase school supplies and fresh fruit. Ten schools will also win a salad bar for their school. Many more winners will get a Del Monte Fresh Field Day event for their school in which the entire student body will enjoy a day of Del Monte® fresh fruit, games and fun activities. Visit [www.fruits.com](http://www.fruits.com) for more information.

#### **USDHHS Office on Women's Health Contest**

*Deadline: August 10, 2011*

Do you know girls ages 9-18 who love to dance? Here's something they can do this summer to have fun, be active and help build strong bones!

Best Bones Forever! is a national bone health campaign led by the U.S. Department of Health and Human Services' Office on Women's Health is teaming up with Savvy to encourage girls to get moving and build strong bones by launching the Let's Dance contest. From June 21-August 10, girls across the country are invited to choose one of five Savvy songs, choreograph a dance with their BFFs, record a video of themselves performing the routine, then upload the video to the contest website, [www.bbfletsdance.com](http://www.bbfletsdance.com). Friends and family will be encouraged to "like" the videos and winners will get cool prizes, including a chance to be featured in a Savvy music video.

#### **Lowe's Toolbox for Education**

*Deadline: October 14, 2011*

Lowe's Toolbox for Education grant program is funded by the Lowe's Charitable and Educational Foundation, which has supported thousands of grassroots community and school projects in the communities where Lowe's does business. Funding level: \$5000.

Visit <http://www.toolboxforeducation.com/index.html> for more information and to apply.

#### **CVS Caremark Community Grants**

*Deadline: October 31, 2011*

The CVS Caremark Community Grants provides funds to nonprofit organizations targeting children with disabilities and public schools. Selected organizations meeting these criteria will be eligible for receiving award amounts up to \$5,000.

Visit <http://info.cvscaremark.com/community/our-impact/community-grants> for more info and to apply.

#### **Ohio Safe Routes to School Statewide Safety Contest**

*Deadline: February 29, 2012*

Students will submit a creative project describing how to walk or ride their bikes to school safely. Submissions will be accepted from individual students, classrooms or an entire school. Students in grades K-8 are eligible, and over \$25,000 in prizes will be awarded across Ohio!

Visit [www.dot.state.oh.us/saferoutes](http://www.dot.state.oh.us/saferoutes) later this summer for more information (sign up begins August 22, 2011)

#### **Molina Healthcare of Ohio School Wellness Mini-Grant**

*Deadline: August 1, 2011*

Molina Healthcare of Ohio (Molina Healthcare) recognizes that schools play an important role in improving students' health which in turn, can lead to academic success. It is for these reasons that Molina Healthcare is currently seeking applications for School Wellness Program mini-grants to support projects that advance the health of children in grades 6 through 12 with a focus on promoting adolescent well care visits and getting appropriate care during teen pregnancy. Application available at [http://www.oasn.org/pdf%20for%20public/School\\_Wellness\\_Mini\\_Grant\\_Application\\_Form.pdf](http://www.oasn.org/pdf%20for%20public/School_Wellness_Mini_Grant_Application_Form.pdf)

#### **MetLife Foundation Healthy Habits Grants**

*Deadline: Rolling*

MetLife Foundation supports projects to empower people to lead healthy, productive lives and strengthen communities. The Foundation makes grants in health, education, civic affairs and culture. Underlying the Foundation's programs is a focus on education at all ages and a commitment to increasing access and opportunity. The Healthy Habits program seeks to promote healthy habits and physical fitness for illness prevention, especially among children. Requests are accepted and reviewed throughout the year. Award amounts vary

Visit [this page](#) to apply.

#### **Let's Move Salad Bars to Schools**

*Deadline: Rolling*

Let's Move Salad Bars to Schools is a comprehensive grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. Our vision is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. Let's Move Salad Bars to Schools is an initiative of the Food Family Farming Foundation, National Fruit and Vegetable Alliance and United Fresh Produce

Association Foundation to support First Lady Michelle Obama's Let's Move initiative. The goal of the Initiative is to fund and award 6000 salad bars over the next three years.  
Visit <http://saladbars2schools.org/guidelines> 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>.

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