



## In This Issue

### Feature of the Month

### Local and National News

### Funding Opportunities

### Upcoming Events

#### 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 4 Meeting

**Date:** Friday, March 11, 2011  
**Time:** 9:00 a.m. - 11:00 a.m.  
**Location:** Shepherd of the Valley,  
 Austintown, OH

#### 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  
[Register Today!](#)

#### Zone 6- CATCH Kids Club Workshop

**Date:** Saturday, March 26, 2011  
**Time:** 9:00 a.m. - 4:00 a.m.  
**Location:** Fitton Family YMCA  
 1307 NW Washington Blvd,  
 Hamilton, OH 45013  
 Limited Space Available- Contact  
[Krys Hess](#) to sign up.

#### Zone 5 Meeting

**Date:** Monday, March 28, 2011  
**Time:** 10:00 a.m.  
**Location:** Athens City-County  
 Health Department

#### 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

#### Zone 2 Meeting

## Feature of the Month

### **New Dietary Guidelines for Americans Released**

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.

Take action by making small changes. Use the areas below as a guide to get started.

#### Balance Calories

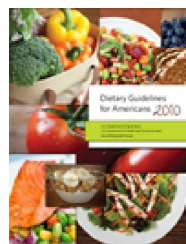
- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half you plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals-- and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



from [www.cnpp.usda.gov](http://www.cnpp.usda.gov)

Small changes can add up to a big difference!

Want more ideas? See the complete Dietary Guidelines for Americans [here](#).

## Get Involved- CATCH Kids Club

### **Ready to get the children in your afterschool and school-age childcare sites up and active? We can help!**

As a recipient of stimulus funding from the Ohio Dept of Health, Ohio Action for Healthy Kids is pleased to announce several regional workshops, which will offer CATCH Kids Club training as well as basic start up materials at no cost to afterchool and school age childcare providers.

In order to run the program, facilities will need to purchase the CATCH Kid's Club Nutrition Manual and Activity Box, and the necessary equipment if you don't have it. As a recipient of stimulus funding from the Ohio Dept of Health, Ohio Action for Healthy Kids is pleased to be able to provide a limited number of free CATCH Kids

**Date:** Tuesday, April 19, 2011  
**Time:** 9:00 a.m. - 2:15 p.m.  
**Location:** Garden Conference Room  
 St. Rita's Regional Cancer Center  
 803 W. Market St., Lima 45805

**[Muskingum County Cooks Conference](#)**

presented by the Zanesville-Muskingum County Health Department  
**Date:** Thursday, April 21, 2011  
**Time:** 3:30 p.m. - 6:30 p.m.  
**Location:** Zanesville High School  
 1701 Blue Avenue,  
 Zanesville, OH 43701

**[Zone 2- CATCH Kids Club Training](#)**

**Date:** Saturday, April 30, 2011  
**Time:** 8:30 a.m. - 3:00 p.m.  
**Location:** Findlay YMCA  
 300 East Lincoln St.  
 Findlay, OH 45840

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

**Date:** Monday, May 16, 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

**[Zone 1- CATCH Kids Club Training](#)**

**Date:** Friday, June 3, 2011  
 (Tentative Date)  
**Location:** St. Lukes Hospital  
 Maumee, Ohio

**[2011 Coordinated School Health Conference](#)**

"The Best Kept Secret: Health & Wellness Drives Your School's Report Card"  
**Dates:** June 21-23  
**Location:** Cherry Valley Lodge in Newark, OH

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



## Parent Corner

### March is "National Nutrition Month®"

Every March, the American Dietetics Association (ADA) sponsors a campaign to promote healthy eating and physical activity. Here are some of the ADA's tips and kid-friendly recipes.

- Help your child focus on fruits. The amount of fruit you need to eat depends on

**Club Starter kits** to facilities that serve economically disadvantaged youth in certain counties.

### Not sure what CATCH Kids Club is?

CATCH Kids Club is...

- an evidence-based program that gets K-5th grade kids physically active, using games, all-inclusive group challenges with a high "fun factor", day after day.
- nutrition education including snack recipes and take-home handouts for parents to help extend the message home.
- a program that afterschool staff can implement after attending a six-hour training led by a certified CATCH trainer.



from [catchinfo.org](http://catchinfo.org)

- for more information about the program in general, visit <http://www.catchinfo.org/whatsnewcatchafterschool.asp> .
- SUTQ (Step Up to Quality) approval for CATCH Kids Club trainers and trainings is pending from the Ohio Professional Development Network.

### Ready to sign up?

Check out "Upcoming Events" for a workshop in your area. These workshops as well as several more regional workshops for afterschool and school-age childcare providers around the state will be held from now until June 30.

For questions, or to be notified when new workshops become available, email Mary Chace at [chace1220@sbcglobal.net](mailto:chace1220@sbcglobal.net).

## Local and National News

### Everything You Need to Know About Regis and Kelly's Run Across America with Dean Karnazes Benefitting Action for Healthy Kids

from [actionforhealthykids.org](http://actionforhealthykids.org)

LIVE! with Regis & Kelly is partnering with ultra-marathon runner, author and motivator Dean Karnazes for a cross-country run to encourage physical activity and to raise money and awareness for Action for Healthy Kids.

The amazing 3,000-mile trek, Regis and Kelly's Run Across America with Dean Karnazes, kicked off Feb. 25, 2011, in southern California at Disneyland and ends three months later in New York City. Along the way Karnazes will run an average of a whopping 40-50 miles a day - or nearly two marathons every day.

[Check out Dean's Route and find out how you can participate in a "Run with Dean" 5k event!](#)

### Let's Move Celebrates One-Year Anniversary

California's capitol city of Sacramento was the backdrop on February 8th for an exceptional and lively morning celebration on the one-year anniversary of First Lady Michelle Obama's Let's Move! Initiative. Visit [letsmove.gov](http://letsmove.gov) for great ways to get your school moving.

### USDA expects food prices to rise 2% to 3% this year

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

The agency attributes the possible increase to rising commodity prices, shrinking supplies of key ingredients and growing demand for corn-based ethanol for vehicle fuel.

The U.S. Department of Agriculture's Economic Research Service released its 2011 Consumer Price Index analysis for projections on

age, sex, and level of physical activity. [How much do you need?](#)

- Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- Vary your child's veggies. Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens.
- Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
- Make sure your child is getting enough calcium. Choose low-fat or fat-free milk. There are also many lactose-free milk options and calcium-fortified foods.
- Parfait: layer vanilla yogurt with mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
- Visit [www.eatright.org/public](http://www.eatright.org/public) for more great tips!

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

food prices, and reported that overall food prices are expected to increase 2% to 3% this year. The projected rise comes after a stretch of relative price stability in recent years.

#### **Tuscarawas County gains ground in obesity battle** *from timesreporter.com*

A new study on childhood obesity found that Ohio has made little progress in combating the problem, but Tuscarawas County posted a slight improvement over the last six years.

The study covers the school years from 2004-2005 to 2009-2010. Released Wednesday by the Ohio Department of Health, the study found the obesity rate for third-graders in Tuscarawas County dropped from 37.6 percent to 35.7 percent in that time period. The county bucked a trend among Appalachian counties, which tend to have higher childhood obesity rates than urban counties.

### Reports and Resources

#### **New Ohio Department of Health study released**

A new Ohio Department of Health study found that nearly 1 in 3 Ohio third-graders were overweight or obese during the 2009-2010 school year, about the same as during the 2004-2005 school year.

Key findings include:

- Non-Hispanic black and Hispanic children were significantly more overweight or obese compared to non-Hispanic white children.
- Children residing in Appalachian counties had significantly higher overweight or obesity prevalence compared to children residing in any other county type. Low income children were significantly more likely to be obese compared to other children.

View the full report [here](#).

#### **University of Michigan Study: Lifestyle Main Factor in Child Obesity**

*from detnews.com*

Lifestyle trumps genetics when it comes to childhood obesity, according to a University of Michigan study about one of the nation's worst health problems. The study, which involved 1,003 sixth-graders from Ann Arbor and Ypsilanti, showed that obese children tended to eat lunches from school instead of packed ones, failed to engage in regular physical activity and spent two hours daily watching television or playing video games.

#### **Diet, Children and Brain Function**

*from psychologytoday.com*

"There is no greater risk to the current and future health of young children or teenagers than obesity. The two major factors that predispose young people to obesity are a lack of sleep and the consumption of calorie-dense, fat-enriched foods."

#### **Free Spark Webinar: "Driving" for Quality Physical Education Programs Everywhere (featuring golf legend Annika Sorenstam)**

Date: March 16, 2011 6:00 pm Eastern

Since 1989, SPARK researchers and educators have been creating, implementing, and evaluating programs to counter childhood obesity and promote lifelong wellness. Data show that one of the more effective strategies for improving children's health is ensuring they participate in a active and efficacious physical education program. What does a quality physical education program look like? What health-related student and teacher outcomes might it produce? Click [here](#) to register.

#### **Ohio Farm to School Conference**

Date: March 30, 2011

Location: The Wolstein Center

2000 Prospect Ave.

Cleveland, Ohio 44115

Click [here](#) for agenda or to register.

#### **Free Webinar: "The Neuroscience of Recess"**

Date: April 5, 2011 1:00 pm

Recess is not only fun for students but important to brain development as well. This webinar will cover the importance of physical activity in "warming up" the brain for learning and stimulating brain growth.

Click [here](#) to register.

#### **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)

#### **Let's Move in School Webinar & National Sports & Physical Education Week**

Click [here](#) to view a recording of the Let's Move in School Webinar.

Many professionals are already signing up for their schools to celebrate Let's Move in School during National Sports & Physical Education Week, May 1 - 7. We invite you to be part of record breaking registration this year. Get your students involved in more physical education.

Click [here](#) to sign up.

#### **Recess Before Lunch Program Resources**

Are you are thinking about implementing Recess Before Lunch next fall ? If so, the spring is a good time to begin planning and introducing the concept to parents, teachers and students. The popularity of Recess Before Lunch schedules appears to be growing. With a tight economy it is one of the few school interventions that's free to implement.

The benefits of Recess Before Lunch are many and include: "Kids eat more, waste less food, return to class calmer, behave better and as a result, instruction time is increased."

Click [here](#) for more information.

### Funding Opportunities

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

##### **Team Nutrition Training Grant**

*Deadline: March 11, 2011*

The Ohio Department of Education, through a USDA Team Nutrition Training Grant is offering 20 HealthierOhio School Challenge Team Nutrition (HOSCTN) mini-grants for school year 2011-2012 to Ohio schools participating in the National School Meals Program. This (HOSCTN) mini-grant supports the implementation of school activities to create a healthy nutrition and physical activity climate at their school. Funds from this Team Nutrition (TN) grant will support a HOSCTN mini-grant coordinator to implement a year- long healthy eating and interactive nutrition education program and coordinate activities to support a healthy nutrition climate at the school.

Visit <http://education.ohio.gov/GD/DocumentManagement/DocumentDownload.aspx?DocumentID=100518> for more information.

##### **Jamba Juice: It's All About the Fruit**

*Deadline: April 11, 2011*

The Jamba Juice It's All About the Fruit grant program provides schools with fruit trees to create engaging nutrition and gardening experiences. Observing and exploring fruit production gives a deeper understanding and appreciation for this essential element of our diet. Recipients will be selected based on plans to promote nutrition education, ideas for incorporating fruit tree activities into the curriculum, and ability to sustain the program over multiple years.

Maximum Award: fruit trees valued at \$500 and the Jamba Juice It's All About the Fruit Youth Garden Guide; trees will be selected based on recommended varieties for each area.

Eligibility: schools and community garden programs in the United States gardening with at least 15 children between the ages of 3 and 18.

Visit <http://www.kidsgardening.com/grants/jamba.asp> for more information.

##### **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.

#### Saucony Run for Good Grants

*Deadlines: June 13, 2011, 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.

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

*Deadline: Rolling (Spring fundraising must be completed by June 1)*

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> .



[Forward email](#)



This email was sent to alison.m.beck@gmail.com by [abeck@childrenshungeralliance.org](mailto:abeck@childrenshungeralliance.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Childrens Hunger Alliance | 370 South Fifth Street | Columbus | OH | 43215