



Ohio Action for Healthy Kids newsletter

May/June 2011



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Upcoming Events

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

Date: Friday, June 3, 2011

Time: 8:30 am- 3:00 pm

Location: West Toledo YMCA

Contact [Jan Meyer](#) for additional information.

[Zone 4 Meeting](#)

Date: Wednesday, June 8, 2011

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

Location: Shepherd of the Valley, Austintown, OH

[Zone 2 Meeting](#)

Date: Tuesday, June 14, 2011

Time: 10:00 a.m.- 11:30 a.m.

Location: Conference Call, contact [Janet Bassitt](#) for additional information.

[Zone 4 Conference Critical Health Issues for Schools to Address Obesity Prevention/Intervention](#)

Date: Wednesday, June 15, 2011

Time: 8:00 a.m.-3:30 p.m.

Location: Kent State University Trumbull Campus
4314 Mahoning Ave NW
Warren, OH 44483

[Register today!](#) Deadline for registration is June 8.

[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

[Zone 5- CATCH Kids Club Training](#)

Date: Saturday, June 25, 2011

Location: Marietta Family YMCA

Contact [Mary Chace](#) for additional information.

[Zone 5 Meeting](#)

Date: Monday, June 27, 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,

Feature of the Month

Let's Move Toolkit: Let's Move Cities and Towns - Toolkit for Local Officials

First Lady Michelle Obama has called on mayors and other local elected officials to take a leadership role in the Let's Move! campaign to end childhood obesity in a generation by becoming a Let's Move! city or town.

To that end, the campaign recently released a toolkit to guide local officials and other key stakeholders in this effort.

The toolkit includes ideas for launching a local Let's Move! campaign, suggestions for policy changes and programs to implement in the local community, and information about available resources. Policy changes outlined in the toolkit include: maximizing participation in the school meals programs and SNAP, encouraging all schools to provide a school breakfast program, and ensuring that residents can access healthy and affordable food through public transportation.



[Let's Move Cities and Towns - Toolkit for Local Officials](#)

Get Involved- Northwestern Mutual Foundation Giving Campaign

One Click = \$10 for Action for Healthy Kids

Action for Healthy Kids is competing against two Goliaths in Northwestern Mutual Foundation's \$200,000 Facebook giving campaign, Click for Kids. But Facebook users, you can help Action for Healthy Kids win and raise money for programs that fight childhood obesity. For every click, Northwestern Mutual Foundation will donate \$10 to Action for Health Kids.

Visit <http://www.facebook.com/northwesternmutual> to vote.

Cincinnati, OH 45245

www.ohioactionforhealthykids.org

Parent Corner

Be Happy Be Healthy

Here are some tips on how good nutrition and physical activity can help your family achieve mental wellness in addition to physical wellness.

- If you are stressed out, your body may be craving comfort food, but this is exactly the time you should choose healthy options instead. Get plenty of fruits and veggies, lean protein sources, and low-fat options.
- Certain nutrients are thought to help combat depression: Vitamin B-12 (from trout, salmon, and fortified breakfast cereals), folate (from dark leafy vegetables), and Omega-3 fatty acids (from salmon, catfish, trout, and walnuts.)
- Experts say that exercise helps to achieve mental wellness by: burning off stress hormones, increasing blood flow to the brain, and stimulating feel-good hormones.
- Try to do at least 30 minutes a day, 5 days a week of moderate aerobic activities like walking or taking a leisurely bike ride and some form of strength training (push-ups or weight-lifting) twice a week.

www.ohioactionforhealthykids.org

Local and National News

Presidential Active Lifestyle Award (PALA)

From presidentschallenge.org

The Presidential Active Lifestyle Award (PALA) program allows people of all ages to receive presidential recognition. The program is designed to motivate participants to be physically active on a regular basis by allowing them to participate in activities they enjoy. With a list of over 100 possible activities, that's easy to do!

Dieticians are used to attending various food-related functions. But not all get to attend a lunch at the best known house in America -- the White House.

From Hudsonhubtimes.com

Maureen Faron, dietitian and supervisor of nutrition services for the Hudson City School District, has been invited to Washington, D.C., in July for a lunch with First Lady Michelle Obama.

The White House invited Faron because of the district's efforts in nutrition and physical education which included have three of only 90 schools in the US to be certified by the Healthier US Schools Challenge.

"I was humbled and honored," Faron said. "I am honored to represent Hudson Schools and our commitment to health and wellness for our students."

For more information on the HealthierUS Schools Challenge, [click here](#).

Internet games shaping children's food preferences

From deseretnews.com

When a 9-year-old boy walks down the cereal aisle at the grocery store, he's not begging mom and dad to buy Wheat Chex or Grape Nuts. Instead, he's clamoring for Cocoa Pebbles, Cap'n Crunch or Lucky Charms - often because he's seen or played an online video game related to that cereal.

Dean Karnazes' Run Across America Ends in Victory

from abcnews.go.com

Mega-marathoner Dean Karnazes has crossed the finish line, completing a remarkable run that had taken him from sea to shining sea.

Viewers of "Live! With Regis and Kelly" saw Karnazes arrive at the talk show's Manhattan studio more than two months after he set off from California's Disneyland on Feb. 25.

Notable stats from his pilgrimage:

- an average of 40 to 50 miles run daily (from eight to 15 hours daily).
- more than 50 pairs of shoes exhausted.
- \$177,865 collected during a dozen 5K fun runs Karnazes led en route, to benefit Action for Healthy Kids, a nonprofit and volunteer organization that fights childhood obesity and undernourishment.

Recipes for Healthy Kids Judging Teams Begin School Visits

The First Lady's Recipes for Healthy Kids competition is coming to a close. Judges will be fanning out to schools across the country to watch them prepare the delicious recipes that have made it to the semi-finals. This competition is part of the First Lady's effort to partner chefs with schools through her *Let's Move!* initiative.

Visit www.recipesforkidschallenge.com/submissions to see the recipes as well as vote for your favorites, including Chicken Alfredo with a Twist.

Out of 340 submissions, 15 were chosen as semi-finalists. Chicken Alfredo with a Twist is the only submission from Ohio to make it to this stage of the contest. Van Buren Middle School of Kettering City Schools recently had a visit from the judges of the Healthy Kids contest.

[Click here for the article](#). GREAT WORK AND GOOD LUCK!

Reports and Resources

U.S. Middle and High Schools Making Progress to Provide Healthier Lunches, Falling Short on Physical Activity: Major New Study Shows Schools are Providing More Nutritious Foods Through National School Lunch Program, but Many Also Offer High-Fat Items and Empty Calories

[from rwfi.org](#)

A new study from the Robert Wood Johnson Foundation's Bridging the Gap program finds that U.S. public secondary schools are making an effort to offer students healthier options in the cafeteria. Through the National School Lunch Program, most schools provide fruits and vegetables, more are offering whole grains and fewer are serving french fries. However, pizza, high-fat milk, junk food and sugary drinks are still widely available through the federal program.

U.S. Parents Want Kids More Active During School Day: Poll

[From health.usnews.com](#)

A new poll conducted by the University of Michigan finds that almost all parents of young children believe it's important for elementary school kids to get exercise during each school day. However, one-third said their children don't get enough physical activity at school. The survey findings come at a time when U.S. schools continue to cut back on physical activity due to budget cuts.

Get Moving- Activity Calendar

A monthly Get Moving Today Activity Calendar that is developed by Head Start Body Start master trainer, Kristi Mally. The calendar provides fun ideas for teachers and families to help children have enjoyable movement experiences every day. Click [here](#) for June's calendar.

Non-food Rewards Ideas for Teachers and PTOs

As teachers know, classroom rewards can be an effective way to encourage positive behavior. Food rewards, especially candy, are often used because it is inexpensive and students like it. It is important to understand, however, the potential harmful effects that using food, even "healthy food" has on our youth. Obesity among children had tripled over the past 20 years and has become a national concern. Health problems related to obesity include diabetes, heart disease, and high blood pressure.

[Great Non-food Reward Ideas](#)

Non-food Birthday Celebration Ideas for Parents

We all know that birthdays are important to every child and that kids like to celebrate with their classmates. However, sending in a food treat to the classroom to celebrate can exclude those children who have food allergies, diabetes or other dietary restrictions.

[Great ways to celebrate birthdays without using food!](#)

Job Opening

Children's Hunger Alliance

Afterschool Nutrition Coordinator- Northwest Ohio

Children's Hunger Alliance is expanding into Northwest Ohio! If you are in the Toledo area and would like to join Children's Hunger Alliance in its goal to break the cycle of childhood hunger, please see position description for additional information.

<http://www.childrenshungeralliance.org/ABOUT/employment.php>

Funding Opportunities

NEW GRANTS HAVE BEEN BOLDED FOR YOUR CONVENIENCE

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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.

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Funding Opportunities For Fuel Up to Play 60

Deadline: June 15, 2011

New for the 2010-2011 school year, funding is available to K-12 schools enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Click [here](#) to apply.

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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

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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.

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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 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 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 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

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