



Monthly eNewsletter

February 2012

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## USDA Unveils Historic Improvements to Meals Served in America's Schools

Through the [Healthy, Hunger-Free Kids Act](#) championed by the First Lady and signed by President Obama, USDA is making the first major changes in school meals in 15 years, which will help us raise a healthier generation of children.

The [new standards](#) align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation.

The standards make the same kinds of practical changes that many parents are already encouraging at home, including:

\*Ensuring students are offered both fruits and

**In the News****Electronic Messages May Help You Adopt Better Habits**

Researchers at the University of Alberta, Canada, looked at the effects that emails containing healthy information had on a group of Canadian workers. The researchers found that the group who got the emails increased physical activity levels by about 3 percent and improved their eating habits, while those who didn't get the emails decreased their physical activity by about 11 percent and saw only a slight increase in healthy eating habits.

[Click to Continue...](#)**Lots of Exercise May Boost Kids' Grades  
Research review found that the most physically active students did the best in the classroom**

A Dutch review of prior research reveals that the more physically active school-aged children are, the better they fare in the classroom.

[Click to Continue...](#)**Reports and Resources****Ohio Action for Healthy Kids Webinar:  
Ohio Kids on the Move: PA Guidelines for After School Programs**

Date: Thursday, February 23, 2012

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

OAFHK PA toolkit to assist after school programs with implementation of physical activities that meet the PA guidelines. Opportunities for zones to participate in training for after school programs.

[Register now.](#)**Action for Healthy Kids- Free Breakfast**

vegetables every day of the week;  
 \*Substantially increasing offerings of whole grain-rich foods;  
 \*Offering only fat-free or low-fat milk varieties;  
 \*Limiting calories based on the age of children being served to ensure proper portion size; and  
 \*Increasing the focus on reducing the amounts of saturated fat, trans fats and sodium.

## Parents Corner

### Cold Weather Fun

Hibernation is for bears. Try these great tips to get you and your family moving all winter long.

- Act out a story. Choose your favorite story and pretend you are a character from it.
- Create an obstacle course. Get creative and use different objects around the house to make the course.
- Turn the music on and dance! Choose different animals to act out or play freeze dance with a group.
- Take a nature hike and look for different animal tracks or birds.
- Decorate a tree for the birds to play by hanging

### Webinars

*Optimizing Nutritional Quality and Appeal...Plus, Celebrate National School Breakfast Week*  
 Date/Time: Tuesday, March 6, 2012, 4:00 p.m.

[Register now.](#)

*Promotion, Outreach, and School Board Policy: Sustaining Positive Change,*

Date/Time: Tuesday, May 1, 2012, 4:00 p.m.

[Register now.](#)

### [Milk in Schools Toolkit](#)

National Dairy Council has developed a toolkit of materials about the important role milk (including flavored milk) plays as part of a healthy diet, especially for kids.

### [Team Nutrition \(USDA\)- Healthier Middle Schools: Everyone Can Help](#)

Healthier Middle Schools: Everyone Can Help is a series of communication tools designed to help you engage teachers, principals, parents, food service managers and students in school wellness efforts.

### [Just A Minute School Program-](#)

The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools.

### [Free Gardening Curriculum](#)

As the interest in youth garden programs rises, so does the need for useful and fun curriculum guides and activities. In partnership with Burpee Home Gardens, the National Gardening Association has developed the "I Can Grow" guide for educators, and now expands that resource with individual lesson activities.

Be sure to visit the [Ohio Action for Healthy Kids Resource Page](#). Our [Nutrition](#) and [Physical Activity](#) sections are full great free resources.

## Grants

### **DHPE- School Employee Wellness Awards Program**

*Deadline: February 15, 2012*

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

up popcorn strings or apples.

Perfect cold weather soup: Northwestern-Style Lentil Chili

**Ingredients:**

1 tsp. Olive oil  
 1 c. diced onion  
 1 clove garlic, minced  
 4 c. low-sodium V8  
 1 potato, washed and diced  
 1 c. dry lentils  
 1 c. carrots, diced  
 2 tsp. chili powder

**Directions:**

Generously cover a large pot with teaspoon of olive oil. Heat over medium-high heat. Sauté the onion and garlic until lightly golden, about 2 or 3 minutes. Add the rest of the ingredients and bring to a boil. Cover and simmer on low until the lentils and vegetables are tender (20-25 minutes). Serves 6.

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.

**2012 - School Nutrition Foundation 4 in 1 Scholarship Application**

*Deadline: April 9, 2012*

When you apply using the online 4-in-1 application, you will be automatically considered for FOUR scholarships:

School Nutrition Foundation's Professional Growth (funded by Kraft Foods), Schwan's Food Service, Winston Industries Build Your Future, and Nancy Curry

[Click here for a full list of grant opportunities or to apply to those listed above.](#)



## Upcoming Events

**Zone 10 Conference Call**

Date: February 10, 2012  
 Time: 1:00 p.m.

[Visit Zone 10's page for call information.](#)

**Zone 1 Meeting**

Date: Monday, February 13, 2012

Time: 3:15 p.m.-4:15 p.m.

Location: TBD

**Zone 9 Meeting**

Date: Thursday, February 16, 2012

Time: 1:30 p.m.

Location: Center for Healthy

**Zone 6 Meeting**

Date: Tuesday, February 21, 2012

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

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

**Zone 2 Meeting**

Date: Tuesday, February 28, 2012

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

Location: Garden Center Conference Room  
 St. Rita's Regional Cancer Center  
 803 W. Market St., Lima, OH 45805

**Zone 9: Simply Balanced Workshop**

Date: Tuesday, March 13, 2012

Communities

[Registration and Additional Information](#)

**Zone 2: Workshop**

4th Annual Tools for School Workshop

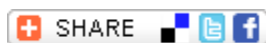
Date: Friday, March 16, 2012

Time: 8:00 a.m.- 2:45 p.m.

[Visit Zone 2's page to register.](#)



For more upcoming events, visit the [OAFHK calendar](#) or [your local zone page](#).



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