



Ohio Action for Healthy Kids newsletter

September 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: Tuesday, September 20, 2011

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

Location: Columbus Public Health

[Zone 4 Meeting](#)

Date: Thursday, September 22, 2011

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

Location: Shepherd of the Valley, Austintown, OH

[Zone 5 Meeting](#)

Date: Monday, September 26, 2011

Time: 10:00 a.m.

Location: Athens City-County Health Department

[Zone 10 Meeting](#)

Date: Friday, September 30, 2011

Time: 2:00 p.m.

Location: Richland County Health Department

[Healthy Lifestyles Feed Academic Success](#)

Presented by [Zone 8](#)

Date: Thursday, October 6, 2011

Time: 8:00 am - 3:00 pm

Location: Educational Service Center of Central Ohio

2080 Citygate Dr, Columbus, OH 43219

[Click here to register. Deadline is September 28, 2011.](#)

[Critical Health Issues: For Schools to Address Obesity Prevention/Intervention](#)

Presented by [Zone 4](#)

Date: Wednesday, October 12, 2011

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

Youngstown State University

Kilcawley Center

One University Plaza

Youngstown, OH

[Click here to register. Deadline is October 5, 2011.](#)

[Zone 6 Meeting](#)

Date: Monday, November 28, 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

Feature of the Month

Increase in Breakfast Participation for Ohio's Students: Two Ohio Schools Receive Grants

A total of 39 schools from across the United States will receive the 2011/12 Fuel Up Breakfast Grants, including two Ohio schools.

Norwood HS of Norwood OH and Washington Jr High in Toledo will each receive \$3000 to increase breakfast participation with Grab n go, Breakfast in the Classroom or Breakfast after 1st period.



Congratulations to Northwood HS and Washington Jr High!

Get Involved- Grant Opportunity

Interested in receiving funds for school breakfast at your school?

Kellogg's and Action for Healthy Kids are teaming up with money and support to get one million breakfasts to kids in need during the 2011-2012 school year with Share Your Breakfast™ grants.

Action for Healthy Kids invites interested schools to attend a webinar to learn more about the [2011-2012 Share Your Breakfast grants](#):

Date: Wednesday, September 21, 2011, 4:00 - 5:00 p.m.

[Register Now](#). Space is limited.

Local and National News

[All Cincinnati Public Schools Now Have Salad Bars](#)

A salad bar in every school. That's a tall order when you are responsible for 53 schools and none of them have salad bars. But, inspired by Let's Move Salad Bars to Schools (LMSB2S), Cincinnati Public Schools Food Service Director, Jessica Shelly, took on the challenge and secured funding from six different organizations to purchase salad bars for all 53 Cincinnati Schools. Starting this fall, all 34,000 Cincinnati Public School students will have access to a wide variety of fresh fruits and vegetables every day at their school's salad bar.

[West Virginia Website Offers Online Registration for Free and Reduced-Price School Meals](#)

West Virginia's Department of Education (DOE) recently launched a website - <http://www.wvschoolmeals.net/> - where parents can register their children for free or reduced-price school meals. According to Kellan Sarles of the DOE's Child Nutrition Office, the site is secure and confidential, and registering takes only a few minutes



Parent Corner

Back to School Nutrition Tips

Use these tips to help keep your children focused in class and energized for play.

- Breakfast is crucial for energy throughout the day and success in the classroom. Eggs, tofu, and lean meats are great for protein. Nutrient-rich fresh fruit and low-fat milk are always great choices! Don't forget to include whole grains--they will help keep your child full until lunch time.
- Apples aren't just for teachers! Fall is apple season so help your children enjoy the variety of the harvest. Granny Smith apples are tart and are a good grab-and-go, raw-eating choice.
- The USDA's MyPlate image debuted over the summer, so your children will likely see it in school this Fall. Be sure to point out that half of the plate should be fruits and veggies. It's the season for pumpkins, squash, beets, pears, and grapes.
- The right after school snack will help perk your kids up for study time. Choose raw veggies, nuts (watch the salt!), and fresh fruit. Avoid sodas, chips, and candy.

www.ohioactionforhealthykids.org

to complete.

[Schools Restore Fresh Cooking to the Cafeteria](#)

The idea of making school lunches better and healthier has gathered steam in many parts of the nation in recent years, but not equally for every child. Schools with money and involved parents concerned about obesity and nutrition charged ahead, while poor and struggling districts, overwhelmed by hard times, mostly did not. This midsize city in northern Colorado, where 60 percent of the 19,500 students qualify for free or reduced-price meals, is trying to break the mold. When classes start on Thursday, the district will make a great leap forward - and at the same time back to the way it was done a generation ago - in cooking meals from scratch.

[Worldwide Day of Play](#)

Nickelodeon announced that its Worldwide Day of Play will be held in Washington, D.C, on September 24th. The Day of Play is an annual event to encourage kids to turn off the television and to be active, especially outdoors. First Lady Michelle Obama will participate in the D.C. event, but you can hold a Day of Play in your own town! Compete in a dance-off, plan a field day, turn a PE class into a games day, organize a bike-a-thon, or even go rock-climbing.

Reports and Resources

[Fruit and Veggies - More Matters Month](#)

Every September, Fruit and Veggies - More Matters Month promotes the health benefits of eating fruit and vegetables. Visit www.fruitsandveggiesmorematters.org from great resources.

[Let's Move Salad Bars to Schools](#)

Let's Move Salad Bars to Schools is a comprehensive public health effort to mobilize and engage stakeholders at the local, state and national level to significantly increase the number of salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. This initiative has pledged to place 6000 salad bars in schools nationwide over the next three years. If your school would like to request a salad bar you can apply at www.saladbars2schools.org.

[New Research Identifies Successes, Shortcomings of Efforts to Prevent Obesity](#)

Four Recent Studies Evaluate Impact of Initiatives to Limit Youths' Exposure to Unhealthy Marketing and Policies That Affect Food and Beverage Purchases

[U.S. Businesses Show Mixed Progress on Marketing a Healthy Diet to Children and Adolescents](#)

[Self-Regulation by Food and Beverage Industry Does Little to Reduce Kids Exposure to Unhealthy TV Ads](#)

[Customers Who Use Menu-Labeling Information Order Fewer Calories](#)
[Boston High School Students Drinking Fewer Sugary Beverages](#)

[A Guide to Qualifying Students for School Meals](#)

Key strategies for increasing federal reimbursements and leveraging additional funding
[Find it here.](#)

[First-Ever National Healthy Eating and Physical Activity Standards Developed for Afterschool Programs](#)

Comprehensive guidelines from the Healthy Out-of-School Time Coalition help ensure healthier snacks and more active playtime for 8 million children in out-of-school programs

The Healthy Out-of-School Time Coalition (HOST), comprised of leaders in out-of-school time care and health promotion, brought together by the National Institute on Out-of-School Time (NIOST) at the Wellesley Centers for Women at Wellesley College, the University of Massachusetts Boston (UMB) and YMCA of the USA (Y-USA), announce the first-ever comprehensive national nutrition and physical activity standards for out-of-school programs for children in

grades K-12. The new guidelines are the latest tool in the fight against childhood obesity and a step in promoting healthy options for the more than 8 million children that participate in out-of-school programs at least three hours a day, according to statistics from the HOST Coalition.

Find the guidelines at www.niost.org/Standards-and-Guidelines.

Funding Opportunities

NEW GRANTS HAVE BEEN BOLDED FOR YOUR CONVENIENCE

Flower Power: A fall fundraiser that is fast, simple, and profitable

Flower power is a perfect fundraising solution for schools, churches, and other civic groups looking for a healthy alternative to pizza, chocolate and cookie dough. You will earn 50% profit on every sale of top quality plants and bulbs, which all come with a 100% guarantee. Flower Power provides beautiful catalogs to help your team raise money face-to-face, but also offers online ordering for your supporters across the U.S. Each order is shipped directly to your supporters.

For more info call 1-888-838-1093, or visit www.flowerpowerfundraising.com

NFL Back to Football Friday Grants

Deadline: September 22, 2011

Schools nationwide are invited to show their NFL team pride by entering the Back to Football Friday Contest and submitting 3 essays and 3-6 photos. 34 winning schools will be named NFL PLAY 60 Super Schools and receive an NFL team celebration and a \$10,000 NFL PLAY 60 health and wellness grant.

For more info, visit <http://www.nflrush.com/BackToFootball>

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 for more information.

Share Your Breakfast™ Grants, Courtesy of Kellog's and Action for Healthy Kids

Deadline: September 30, 2011

The grants range from \$750-\$1,000 and also include significant in-kind contributions from Action for Healthy Kids in the form of people, programs, and policy expertise. (We'll also provide schools with management, expertise and support to develop alternative breakfast programs or start universal breakfast programs.)

To apply, visit actionforhealthykids.org

Henkel Helps Get Kids Fit Grants

Deadline: October 1, 2011

Henkel Helps will award \$30,000 to deserving schools who show how they get their students fit and active. An elementary, middle & high school will each win \$10k to use toward their fitness programs.

For more info, visit <http://www.henkelhelps.com/>

Fuel Up to Play 60

Deadline: October 1, 2011

Funding is available to K-12 schools enrolled in Fuel Up to Play 60. Funds can be used to conduct in-school promotions focused on creating a healthier school, as well as be used for professional development, nutrition education materials, and physical education equipment & materials.

For more info, visit <http://www.fueluptoplay60.com/>

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.

National Center for Safe Routes to School

Deadline: Wednesday, October 19, 2011

The National Center for Safe Routes to School is now accepting applications for 25 mini-grants of \$1,000 each. These mini-grants support the goal of Safe Routes to School (SRTS) programs, which is to enable and encourage children to safely walk and bicycle to school. SRTS programs are implemented nationwide by parents, students, schools, community leaders, and local, state, and tribal governments. Visit <http://www.saferoutesinfo.org/funding-portal/mini-grants/call-for-applications> 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.

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.

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.

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 later this summer for more information (sign up begins August 22, 2011)

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>.

www.ohioactionforhealthykids.org

[Forward email](#)

 SafeUnsubscribe™



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

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