



FYI Connections

A monthly newsletter for Tuscarawas County families.

April 2008

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Diabetes Association
- American Red Cross
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- HARCATUS Head Start
- Indian Valley Schools
- Kiwanis
- Dr. Michelle Levitt
- Nationwide Insurance
- New Philadelphia City Schools
- Newcomerstown Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness/Thin & Healthy's
- Total Solutions
- Strasburg Schools
- Tuscarawas-Carroll-Harrison
- Educational Service Center
- Tuscarawas County Board of MRDD
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Tuscarawas County Parks Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

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Off and Running...Food Tips for Families on the GO!

Submitted by OSU Extension, Tuscarawas County

Springtime can be the most hectic time of year for busy families. Sport schedules and end of school activities may mean constant "running." Unfortunately, eating well often tends to take a back seat to convenience, and the more convenient a food is, the less nutritious it may be. Here are a few tips for more healthful eating on the run.

Plan Ahead! Make a list of possible quick meals or snacks you can turn to, and have those ingredients on hand. Have small containers and cold packs ready if you must pack your foods in a cooler to go.

Be Inventive! Try new foods for snacks that might seem like odd combinations or simple foods for mini-meals that you would usually just think of for snacks. The following are a few super-quick meal and hearty snack ideas you may not have thought of before.



Quick Quesadillas—Place tortillas on a cookie sheet. Top with rinsed canned beans, salsa, and cheese. Heat in the oven for 10 minutes at 350°. Top with fat free sour cream, if desired.

South of the Border Baked Potato—Bake or microwave a potato. Top with canned low fat vegetarian chili, cheese, and salsa.

PB & Banana Roll-Up—Spread peanut butter on a whole-wheat tortilla. Lay peeled banana on peanut butter. (Drizzle with honey and sprinkle with wheat germ or granola if desired.) Roll up and enjoy!

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

"Fit for Fun" - 5 week FAMILY program will be conducted at the Twin City YMCA on Tuesdays from 6 to 7:30 p.m., from April 15-May 13. Parents/guardians will participate in sessions on promoting healthy lifestyles at home while children (grades K-4) have fun exercising with a YMCA fitness instructor. Registered dietitians from OSU Extension and Tuscarawas County Health Department will present parent classes. Dr. Tim McKnight, Board Certified Family Practitioner, will also be a presenter. The cost is \$10. Participants receive a workbook and kids' cookbook and will have a chance to win a membership at the Twin City YMCA. Call 740-922-7471 by April 11 to register. (This program made possible through a grant from the Canton Regional Area Health Education Center.)



YMCA Healthy Kids Day—Saturday, April 12—**Twin City events** will be held at the YMCA in Dennison from 10-noon: Family dodgeball, Mini clinics by Claymont cheerleaders and basketball team, and much more! First 40 kids registered receive a t-shirt. Call 740-922-1863. **Tuscarawas County YMCA** events will be held at Tuscora Park from 1-5: Family obstacle course, Toddler Trot, Family walk, Indian Valley Jumpers demonstration, Hanna Montana Look-Alike Contest, and more!

Union Hospital "Run for Home" - Sunday, April 13 at Tuscora Park—One mile run/walk, kids' fun run, half-marathon event, post-race entertainment, and **Health and Fitness Expo** (9 a.m.—4 p.m.). Visit www.unionhospital.org and click on the "Run for Home 1/2 Marathon" for details.

Living with Grief: Children and Adolescents Teleconference—Free event will be broadcast on April 16 from 1:30—4:30 p.m. in the Union Hospital Reeves Auditorium. Program will focus on the experience of grieving children/adolescents and how to best support them as they cope with loss and grief. It will be beneficial to educators, counselors, parents, social workers, physicians, funeral directors, and clergy. Event hosted by Hospice of Tuscarawas County and Union Hospital. **Please call 330-343-3311 ext. 2464 to register.**

School Sports Physicals—Call the Tuscarawas County Health Department (330-364-4979 or 330-364-5718) for information about appointment opportunities on April 16 and May 15.