



FYI Connections

A monthly newsletter for Tuscarawas County families.

March 2009

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.

For more information about Fit Youth Initiative contact:

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Tuscarawas County](http://www.osu.edu/extension/tuscarawas)
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March is National Nutrition Month!

Submitted by Linda Krupa, RD, LD, Extension Program Assistant



This is a great time to consider setting a few goals for healthier food choices. One change that can make a great impact on health is to eat more fruits and vegetables. Not only are fruits and veggies packed with nutrients, but by eating more of them your overall diet will be lower in fat, helping to promote a healthier weight. General guidance from health organizations has been to consume a minimum of 5 servings of fruits and vegetables per day. However, for the most health benefit we should eat more than this. Go to

www.mypyramid.gov for specific recommendations for your age and sex. You can also check out www.fruitsandveggiesmorematters.org for great ideas for involving kids in your plan for healthier food choices. Follow these tips to save food dollars while increasing your fruit and vegetable intake:

- ✓ Scan store ads for sales in all forms: fresh, frozen, canned, dried, and 100% juice.
- ✓ Buy only enough fresh fruits and vegetables than can be used in 3-4 days.
- ✓ Pick items in different stages of ripeness so everything isn't ready to eat at the same time.
- ✓ Use the more perishable produce in the beginning of the week and frozen or canned varieties at the end.
- ✓ Keep potatoes in a cool, dark place that is well ventilated and they will keep for several weeks.
- ✓ Prepare dinner meals (casseroles, pasta dishes, and soups) by doubling the veggies and reducing the meat. Add beans for extra low-cost protein.
- ✓ Put some potatoes in the oven whenever you are baking other foods and use them to make hash browns the next morning.
- ✓ Use extra vegetables to stretch a dish into a few more servings. Add chopped spinach to the cheese filling used in stuffed pasta shells, and extend a meatloaf mixture with mashed potatoes.
- ✓ Keep raisins and dried food bits handy to add to hot and cold breakfast cereals and quick bread batters.
- ✓ Buy large containers of plain or vanilla yogurt and add your own fruit using juice-packed canned varieties or frozen, unsweetened berries.



Local Event Highlights

 Upcoming programs presented by FYI and its member organizations.

Kid's Fit at Super Fitness! The last of this year's sessions will be held March 7 at 10:30 in the group fitness room. Free to all children in the community!

Strasburg 4th—6th Grade Health & Wellness Fair on March 6—155 students will be participating. High school Tiger TAG (Teen Advocacy Group) members are assisting with the event.

Claymont Intermediate Health Fair on March 19—The 6th grade gifted program is focusing on health and wellness for their Destination Imagination project. One activity they are promoting is the health fair. 333 5th and 6th graders will be participating.

Norma Johnson Center Essay Contest—Elementary students are invited to participate by answering one of the following questions with a short essay. "I like visiting the woods because..." or "Protecting nature is important because..." Word limits are 100 words for grades 1-3 and 150 words for grades 4-6. Entries (include student's name, school, grade, teacher's name, and contact number) must be postmarked or received by March 17. Entries should be submitted by mailing or dropping off essays to: Marsha Zoller, Norma Johnson Center, 277B Canal Avenue SE, New Philadelphia, OH 44663. The 1st place prize is \$50 and an NJC family membership; 2nd place prize is \$25 and an NJC family membership; and 3rd place prize is an NJC family membership. Please call Marsha at 330-339-7976 for questions.

Union Hospital "Run for Home" - Sunday, April 19 at Tuscora Park—In addition to the half-marathon event, there will be a one mile run/walk, kids' fun run, post-race entertainment, and health and fitness exhibits. Go to www.unionhospital.org and click on the "Run for Home 1/2 Marathon" for details.