



FYI Connections

A monthly newsletter for Tuscarawas County families.

March 2010

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
East Central Ohio Educational Service Center
Garaway Local Schools
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 County Board of Developmental Disabilities
Tuscarawas County Dairy Farmers
Tuscarawas County Health Department
Tuscarawas County Parks Department
Tuscarawas Valley Local Schools
Twin City Hospital
Union Hospital
WIC
YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

For more information about Fit Youth Initiative contact:

Christine Kendle
kendle.4@osu.edu

Linda Krupa
krupa.15@osu.edu

[Ohio State University Extension
Tuscarawas County](http://ohio-state-extension.org)
330-339-2337



Healthy Snacks for National Nutrition Month!

Submitted by: Barbara Burns, RD, LD, Tuscarawas County Health Department

March is National Nutrition Month...a great time to look at your family's snack habits! Snacks are a great way to boost your child's energy levels. It will keep them (and YOU) feeling great! Active kids really need to refuel about every three hours. Help your child pick foods from two or three of the pyramid food groups such as foods that provide carbohydrates (whole grains, fruits, and vegetables) and protein. Think of a snack as a "mini-meal." Don't offer so much that your child is too full to eat dinner.

Remember, you are in control of their snack options at home. Your kids model after YOU, so eat healthy yourself, see how good it makes you feel, AND see the effect on your child! When the whole family participates your child will learn from YOUR example; everyone will benefit!

Here are some healthy snack ideas to keep handy for your kids during National Nutrition Month and EVERY month!



YUMMY YOGURT SUNDAE

Makes 1 serving

1/2 cup low-fat granola cereal
1 cup low-fat yogurt
1/2 cup berries, fresh or frozen
Into a glass mug or sundae dish, put 1/2 of the granola, then 1/2 of the yogurt, then 1/2 of the berries. Repeat and enjoy!

Have your kids check out the list below and choose their favorites for you to keep handy:

✓Low-fat yogurt (Try freezing those squeezable tubes) ✓Toasted bagel half topped with a cheese slice or peanut butter ✓A handful of peanuts or trail mix ✓Frozen fruit bar ✓Any fresh fruit like an apple, banana, or pear ✓Graham crackers (Don't forget the milk!) ✓Cheese stick ✓Hard-boiled egg ✓Low fat chocolate milk ✓Pretzels ✓Cereal bar or granola bar ✓Salsa and baked tortilla chips ✓Bowl of cereal—hot or cold! ✓A slice of pizza—hot or cold! ✓Make a smoothie with fresh or frozen fruit, flavored low-fat yogurt, and a few ice cubes...mmm good! ✓Any veggie, especially easy-to-eat ones like cherry tomatoes, cut-up peppers, or baby carrots



Local Event Highlights

 Upcoming programs presented by FYI and its member organizations.

Kids Fit at Super Fitness at New Towne Mall — 4-12 year olds are invited to join in fun physical activity on **Saturdays at 11:00 a.m. through March 20**. This is a great opportunity for exercise and a sure cure for cabin fever! Free for all children in the community!

Health Fair at Dover High School – Tuesday, March 2 - Students will visit with representatives from many area agencies to receive information on nutrition, exercise, tobacco and drug use, mental health issues, date rape, pregnancy options, and safe driving, in addition to hearing and vision loss prevention, cancer prevention, and grief services. Students have the opportunity to ask questions of a group of people knowledgeable in their fields, adding real life experience and information to what they learn in the classroom. The health fair is being organized by Andrea Settimio, RN, and any questions may be directed to her at Dover High School.

T-shirt Design Contest - Fit Youth Initiative invites all Tuscarawas County 4th and 5th graders to create a design for this year's community summer walking program. This year, the first 1000 registering to participate in the summer walking program will receive a shirt featuring the winning design. The 2010 summer walking program will kick-off with a special event at the Tuscarawas County Fairgrounds on Earth Day, April 22, from 6:30 – 8 p.m. Contest entry form with all the details may be found online at <http://tuscarawas.osu.edu> (click on Family and Consumer Sciences, then Fit Youth Initiative). Deadline for entry is March 19.

Union Hospital "Run for Home" - Sunday, April 18 at Tuscora Park—The 2010 event offers something for everyone including a fun run/walk, kids run, five mile walk, team relay, and the half-marathon event. Go to www.unionhospital.org and click on "2010 Union Hospital Run for Home" for details.