

# School Wellness Resource Kit

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Coalition for Activity and  
Nutrition to Defeat Obesity  
[www.CanDoOnline.org](http://www.CanDoOnline.org)



# Acknowledgements

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## Primary Authors

### Virginia Clark, MS, RD

Poudre Valley Hospital Foundation  
Coalition for Activity and Nutrition to Defeat Obesity

### Jessica Hinterberg, MPH, CHES

Poudre Valley Hospital Foundation  
Coalition for Activity and Nutrition to Defeat Obesity

### Sue Rodermel, EdD

Poudre Valley Hospital Foundation  
Coalition for Activity and Nutrition to Defeat Obesity

## Reviewers & Contributors

### Charity Emslie

Poudre Valley Health System  
Healthy Kids Club

### Anne Genson, MPH

Poudre Valley Health System  
Healthy Kids Club

### Nick Hardy

Poudre Valley Health System  
Healthy Kids Club

### Kristin Kirkpatrick, MURP

Medical Center of the Rockies Foundation  
Coalition for Activity and Nutrition to Defeat Obesity

### Diane Wenzel, MS, RD

Colorado State University

### Laurie Zenner

Poudre Valley Health System  
Healthy Kids Club

## Organizations

CanDo Youth Committee

LiveWell Colorado

Poudre School District Wellness Committee

Poudre Valley Health System Healthy Kids Club

Poudre Valley Hospital Foundation

Thompson School District Wellness Committee

## PSD & TSD Wellness Champions Quoted

### Brian Carpenter

Bauder Elementary School, PSD

### Jane Harvey

Tavelli Elementary School, PSD

### Melissa Lackey

Bennett IB World School, PSD

### Courtney Petros

Olander Elementary School, PSD

### Kandi Smith

B.F. Kitchen Elementary School, TSD

### Deirdre Sullivan

Harris Bilingual Immersion School, PSD

### Colleen Stanevich

Kruse Elementary School, PSD

### Nancy West

Mountain Schools, PSD

### Kristin Quere'

B.F. Kitchen Elementary School, TSD

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# Why School Wellness?

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# School Wellness Policy

## What Is It and What Does It Mean?



### Why School Wellness?

School wellness policies were mandated as a result of the growing childhood obesity epidemic and its consequences on physical, emotional, and mental health. Being overweight is now the most common medical condition of childhood, with more than 9 million overweight children in the US. The prevalence of childhood and adolescent obesity has tripled in the past 20 years.<sup>2,3</sup>

### Federal Law for School Wellness Policy

In 2004, President Bush signed the Child Nutrition and WIC Reauthorization Act into law making it mandatory for every US school district participating in the National School Lunch Program and/or Breakfast Program to create a local school district wellness policy by June 2006 (Public Law 108-265; Section 204 – Local Wellness Policies).

The goal of this mandate was to help schools create policy to specifically address childhood overweight and obesity, and as such, to promote and improve children’s health by making changes in the school environment through the enhanced promotion of physical activity and healthy eating throughout the school day.

**Today, 1 in 3 kids is at an unhealthy weight.**

### Local Policy Development: Meeting School Needs

Because each school has unique needs, Congress mandated that each district develop its own local wellness policy. The policy had to meet the following guidelines:

### The Link Between Schools and Childhood Obesity

- Emerging research is showing the link between physical activity, healthy eating, and academic performance.
- More than 95% of young people are enrolled in schools.
- Schools are an ideal setting for teaching kids how to live a healthy, well-balanced lifestyle.
- Students can get a large percent of their daily food and physical activity requirements while at school.

- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness
- Provide nutrition guidelines for all foods and beverages available on school campuses during the school day with objectives of promoting student health and reducing childhood obesity and type 2 diabetes
- Ensure that local guidelines for reimbursable meals meet federal requirements and nutrition standards
- Establish a plan for measuring implementation of the local wellness policy, including designation of at least one person within the district to ensure that the wellness policy is met
- Involve parents, school food authority, school board members, school administrators, and the public in the development of the school wellness policy

# Poudre School District Wellness Policy

The Poudre School District Board of Education promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. Children who are physically active and who eat well-balanced meals are more likely to learn more readily in the classroom.

The Board of Education is committed to promoting physical activity and providing a healthy school nutrition environment, therefore reducing childhood obesity, and preventing diet-related chronic diseases.

## To further the principles stated above, the Board adopts the following four goals:

### 1. Poudre School District will support and promote a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The learning environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Furthermore, this environment will provide students with appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

### 2. Poudre School District will support and promote proper dietary habits contributing to students' health status and academic performance.

Foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed district nutrition standards, the current U.S. Dietary Guidelines, and shall meet state and local health department guidelines.

### 3. Poudre School District will provide students more opportunities to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, as well as co-curricular activities and recess.

### 4. To best support this implementation, the district will create a Physical Fitness and Nutrition Advisory Council. The Council will:

- a. Serve as a resource to the schools.
- b. Develop a plan of implementation for the district with input and involvement from the schools.
- c. Assistant Superintendents will ensure the plans are implemented in the schools.



#### CROSS REF:

IHA, Basic Instructional Program  
EFEA, Nutritious Choices in School Vending Machines  
EFEA-R, Nutritious Choices in School Vending Machines

#### LEGAL REF:

Section 204 of Public Law 108-265  
C.R.S. 22-32-136

Approved: May 8, 2006

ADF – LOCAL SCHOOL WELLNESS

# Poudre School District School Wellness Policy

## Recommendations

The following recommendations support the Board of Education Local School Wellness Policy Goals:

**1. The goal of providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors shall be accomplished by:**

- a. The continued implementation of district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- b. The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
- c. The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's Food Service staff and school staff.
- d. The utilization of available resources to integrate nutrition education, physical activity and health into educational activities.

**2. The goal of supporting and promoting proper dietary habits contributing to student's health status and academic performance shall be accomplished when:**

- a. Students shall have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat, healthful items in vending machines, and healthful items in school stores.
  - i. Current District vending guidelines, the competitive foods rule, and regulations relating to foods of Minimal Nutritional Values shall be used as the minimum for nutrition standards.
  - ii. Foods and beverages available during the school day (school meals, ala carte, school stores, parties, snacks, vending, celebrations, treats, etc.) should minimize use of trans and saturated fat, sodium and sugar as defined by the Dietary Guidelines for Americans.
- b. The Food Guide Pyramid should be used as a model of healthy eating.
- c. Schools shall not offer carbonated beverages to elementary school students during the school day.
- d. Schools shall encourage healthy food choice options in appropriate portion sizes be made available to students at school functions (parties, celebrations, festivals, sporting events, etc.). Resource guidelines shall be made available to schools.
- e. Students shall have access to fresh fruits and vegetables at school.
- f. Schools shall encourage using non-food rewards for students. Resources for non-food reward ideas shall be made available to schools.
- g. Schools shall discourage the use of unhealthy food as a fund-raiser. Events promoting physical activity should be included as fund-raising efforts.
- h. The school district shall work to provide accessible and easily understood information to students and their parent/guardian concerning the nutritional content of foods and beverages available to students, as well as the nutritional content of competitive foods sold or available on school district property.
  - i. Students shall have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.
- j. Elementary schools should consider scheduling recess before lunch.
- k. Schools should provide students access to hand washing prior to food/beverage consumption.



# Poudre School District School Wellness Policy

## Recommendations (cont'd)

### 3. The goal of providing students more opportunities to engage in physical activity shall be accomplished by:

- a. Schools are expected to follow Board policy recommendations for physical education instruction.
- b. A full time physical education teacher will hold an endorsement in Physical Education and that endorsement will be required for future full-time hires.
- c. All students should have access to age-appropriate physical activity where moderate to vigorous activity is encouraged and extended periods of inactivity are discouraged.
  - i. Schools should provide increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.
  - ii. Schools should consider providing opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
  - iii. Schools should consider providing health-promotion activities and incentives for students, parents and staff that encourage regular physical activity such as speakers, recreational demonstrations, and walking clubs.
- d. Students shall be encouraged to participate in moderate to vigorous activity during recess.
- e. Schools should consider the impact of withholding physical activity before administering student discipline.
- f. Schools shall comply with developmentally appropriate district recommended health and fitness assessments.

### 4. In support of implementation of the wellness policy, the district will create a Physical Fitness and Nutrition Advisory Council. The council shall serve as a resource to the schools, develop a plan of implementation of the wellness policy for the schools, and review and report the effectiveness of the implementation plan to the Assistant Superintendents. The council should be made up of public health professionals, teachers, administrators, parents, students, community members and school representatives.

#### CROSS REF:

IHA, Basic Instructional Program  
EFEA, Nutritious Choices in School Vending Machines  
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#### LEGAL REF:

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ADF – LOCAL SCHOOL WELLNESS



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# Thompson School District Wellness Policy



## The Thompson School District Board of Education believes that healthy students

will do better academically and that the schools should help students to develop the foundations for lifelong wellness habits. In keeping with these beliefs, the District promotes and supports student wellness as a goal and good nutrition and regular physical activity as part of the total learning environment.

Thompson schools will provide students with nutrition education, healthy food choices and regular physical activity. They will encourage students to practice what they are taught in health classes, provide school environments that support healthful choices and behaviors, and develop guidelines for making school-based activities consistent with local wellness policy goals.

Because the District recognizes that establishing lifelong wellness habits involves behaviors outside of the school day and cannot be accomplished by the schools alone, district staff will work together with students, parents and community members to develop more detailed guidelines for helping young people to develop healthy lifestyles.

Thompson schools will provide students with **nutrition education, healthy food choices and regular physical activity.**

### Cross Ref:

EF, Nutritional Services Management

IHAM, Health Education

KCA, School-Community Relations Goals

KHB, Advertising and Sponsorships

### Legal Ref:

Section 204 of Public Law 108-265

C.R.S. 22-32-134

C.R.S. 22-32-136

Approved: March 1, 2006



# Health & Academics

## Linking Nutrition and Activity to Student Achievement

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### Key Wellness Recommendations

To optimize both health and readiness to learn, students should adopt the following healthy lifestyle habits:

- Be active for at least **60 minutes** every day.
- Start each day with a healthy breakfast.
- Eat 3 to 4 cups of colorful fruits and vegetables daily.
- Limit soda and other sugary drinks.
- Be size wise – choose small portions of foods.
- Get 8.5 to 11 hours of sleep each night.
- Limit screen time (TV, video games, computer) to less than 2 hours a day.

### Room for Improvement

- 75% of kids get less than 20 minutes of vigorous physical activity every day.<sup>9</sup>
- Less than 25% of adolescents eat enough fruits and vegetables each day.<sup>10</sup>
- American children average nearly 3 hours of TV per day.<sup>11</sup>
- 56 to 85% of children in school drink at least one soft drink daily.<sup>12</sup>

### The Learning Connection

Poor nutrition and physical inactivity not only lead to overweight and obesity, but they also have a negative impact on readiness to learn and academic achievement. A growing body of evidence is showing the connection between good nutrition, physical activity, healthy body weight, and student achievement.

### Nutrition and Academics

- In a study of 4th graders, students with the lowest protein in their diets had the lowest achievement scores.<sup>4</sup>
- Children with iron deficiency anemia have shortened attention spans, irritability, fatigue, and difficulty with concentration. As a result, they do poorly in vocabulary, reading, and other tests.<sup>5</sup>
- Elementary school students from food-insufficient families are more likely to repeat a grade in school and have higher rates of tardiness and absenteeism from school.<sup>6</sup>

**Less than 25% of adolescents eat enough fruits and vegetables each day.**

- Participation in a school breakfast program enhances daily nutrient intake, which is associated with significant improvements in student academic performance and psychosocial functioning.<sup>7</sup>
- Undernourished children tend to attain lower scores on standardized tests, have lower energy levels, are more irritable, and have difficulty concentrating. These factors interfere with learning.<sup>8</sup>

## The Impact of Childhood Obesity

### Physical Health

- 70% of overweight adolescents will become obese adults.<sup>13</sup>
- Obesity is associated with increased risk for diabetes, heart disease, sleep apnea, asthma, and some types of cancer.<sup>14</sup>
- Kids who are overweight tend to have at least one medical problem like high blood pressure or asthma.<sup>9</sup>
- In a large study, overweight children as young as 9 years of age had unhealthy blood pressure readings along with high cholesterol and triglyceride levels.<sup>15</sup>



### Emotional Health

- Overweight children are more likely to suffer from depression and experience teasing and isolation from their peers.<sup>16</sup>
- In a study where children ranked six drawings of children in order of how well they liked each child, the obese child drawing was ranked last.<sup>16</sup>

### Financial Health

- In 2004, estimated costs related to overweight and obesity ranged from \$98 billion to \$129 billion.<sup>17</sup>
- School costs increase due to additional staff time needed to address academic, behavioral, and health problems related to childhood overweight.<sup>18</sup>

## The Learning Connection (cont'd)

### Physical Activity and Academics

- Academic achievement improves when kids spend more time in physical education, even when students spend less time in class! Consistently higher math scores were seen after 240 minutes per week of class time was exchanged for physical activity time.<sup>19,20,21</sup>
- A 2002 study of over 850,000 5th, 7th, and 9th graders showed an association between physical fitness and SAT-9 test results. Students with the highest fitness scores also had the highest test scores.<sup>22</sup>
- Physical activity has been linked with higher academic performance, improved math, reading and writing scores, better grades, higher levels of self-esteem, reduced disruptive behaviors, lower drug use, and lower levels of anxiety and stress.<sup>23</sup>
  - Physical activity increases heart rate, which stimulates increased blood flow and arousal to the brain. This nourishes the brain with oxygen, in effect, boosting its efficiency.<sup>24</sup>

### Body Weight and Academics

Emerging evidence is showing a correlation between weight problems and lower academic achievement. Some attribute these findings to absenteeism.

- A recent scientific review of the literature concluded that childhood overweight and obesity were associated with poorer levels of academic achievement.<sup>25</sup>
- Students with weight problems, poor nutrition, and physical inactivity have a higher incidence of psychological, social, and physical problems that frequently cause absenteeism.<sup>26</sup>

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# The Need for Physical Education and Activity in Our Schools

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## What Schools Can Do

Given the growing epidemic of childhood obesity and the link between physical activity and academic performance, parents and schools must work together to make quality daily physical education a priority in our schools. Our children also need more opportunities to be physically active during the school day.

- Reinststate daily PE! Provide time during every school day for a quality PE program. Strive to meet the recommended PE standards of 150 minutes per week for elementary and 225 minutes per week for secondary. These standards apply to all students all year long.
- Provide 10 to 15 minute aerobic physical activity breaks during class time every day.
- Integrate physical activity into the curriculum.
- Provide time for unstructured physical activity during recess.
- Promote active recess.
- Promote walking and biking to school.
- Listen to parents! A 2005 survey conducted by the national Action for Healthy Kids found that parents believe the following are important and should be required as a way to encourage physical activity:
  - daily PE
  - daily recess
  - a variety of other daily opportunities for kids to be active during the school day
  - after-school programs that promote healthy snacks and physical activity

## Why Kids Need to Move More

### Our Kids are Becoming More Overweight and are Developing “Adult” Diseases

- Researchers suggest that the childhood obesity epidemic is largely the result of a decline in regular physical activity.<sup>1,2</sup>
- The Healthy People 2010 objectives call for no more than 5% of children and adolescents to be obese.<sup>3</sup> Today, 1 in 3 children and adolescents (33.6%) is above a healthy weight. 16.5% of kids are overweight and 17.1% are obese.<sup>4</sup>
- Being overweight increases a child’s risk of health-related problems such as diabetes, heart disease, and some cancers. Being overweight can have a detrimental effect on a child’s academic performance, emotional health, and self-esteem.<sup>5,6,7</sup>
- The Centers for Disease Control and Prevention estimates a third of children born in 2000 will develop diabetes unless serious nutrition and exercise changes are made.<sup>8</sup>
- Prevention is key to fighting the childhood obesity epidemic – and helping kids increase physical activity is one way to put prevention into action.<sup>7,10</sup>

### Our Kids are Less Active

- Too many young people have fallen into a sedentary lifestyle of long hours spent in front of the TV and computer and playing video games. The average American kid watches 3 to 4 hours of TV a day.<sup>11</sup>
- Despite expert recommendations that kids get at least 60 minutes of moderate to vigorous physical activity every day,<sup>12</sup> less than 25% of kids get at least 30 minutes of any type of daily physical activity and less than 25% get 20 minutes of vigorous physical activity per day.<sup>13</sup>

### Many of our Kids are Sedentary at School

- Opportunities for kids to be active at school have diminished considerably. Most schools have cut back on PE and recess time because of budgetary concerns and competing academic demands, such as federally mandated standardized tests under the No Child Left Behind Act.
- No federal law requires PE to be included in public schools.<sup>12</sup>
- While most states have some mandate for PE, most only require that PE be provided – local districts have control over content, format, and time dedicated to PE.<sup>12</sup>
- Even though experts recommend that all schools provide a quality daily PE program for all students, only 6% to 8% of schools nationally (depending on grade level) actually do so.<sup>12</sup> In Colorado, elementary students, on average, have PE only one time a week (about 30 minutes vs the recommended 150 minutes per week). Secondary students are required to take only one semester of PE in middle and high school – a far cry from the recommended 225 minutes per week all year long.<sup>14</sup>

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## Why Kids Need to Move More (cont'd)

- Many elementary schools have reduced or cut out recess. Only 4% of states require recess and only 22% of states recommend that elementary schools provide students with regular recess.<sup>13</sup>
- Kids don't walk or bike to school anymore. Most kids (about 85%) travel to school by car or bus - only 13% walk or bike to school.<sup>16</sup>
- Quality PE programs are important because they provide learning experiences that meet the developmental needs of kids, improving a child's mental alertness, academic performance, readiness to learn, and enthusiasm for learning.<sup>12</sup>

## When Active, Kids Academic Performance Improves

- Studies show that when kids' exercise and fitness needs are met, they are more able to learn and achieve.<sup>17-22</sup>
- A 2002 study of over 880,000 5th, 7th, and 9th graders showed an association between physical fitness and SAT-9 test results. Students with the highest fitness scores also had the highest test scores.<sup>17</sup>
- Studies show that providing more time for physical activity (by reducing class time) can lead to increased test scores, particularly in the area of mathematics.<sup>18,19</sup>
- Physical activity programs have been linked to stronger academic achievement, increased concentration, and improved reading and writing test scores as well.<sup>19,20</sup>
- Kids who have daily physical education classes exhibit better attendance and have a more positive attitude about school.<sup>21</sup>
- Kids who spend less time in other subjects in order to allow for regular physical education have been shown to do equally well or better in academic classes.<sup>20,21,22</sup>

## The Call for More Opportunities for PE and Physical Activity

- The vast majority (95%) of parents think PE should be a part of a school curriculum for all students in grades K-12.<sup>15</sup>
- The National Association for Sport and Physical Education (NASPE) calls for all schools to provide time during every school day for a quality PE program. NASPE recommends 150 minutes of PE per week for elementary and 225 minutes per week for secondary. These standards apply to all students all year long.<sup>12</sup>
- A majority of student leaders (72%) feel schools should make physical activity for all students a priority.<sup>23</sup>

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# Quality Physical Education: How Does Your Program Rate?



The National Association for Sport and Physical Education (NASPE), which has been setting the standard for the profession for over 32 years, is committed to quality physical education for EVERY student. Does your school’s physical education program help all students attain the knowledge, skills and attitudes necessary for them to lead healthy, active and productive lives? NASPE urges principals, teachers and parents to conduct an assessment of their school’s physical education program by evaluating its strengths and weaknesses, and preparing a plan for improvement where needed. Here are 15 quick questions to ask:

1.	Is physical education taught by a qualified teacher with a degree in physical education?	YES	NO
2.	Do students receive formal instruction in physical education for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high) the entire school year?	YES	NO
3.	Is the physical education class size similar to other content areas to ensure safe, effective instruction?	YES	NO
4.	Is there adequate equipment for every student to be active?	YES	NO
5.	Is appropriate technology incorporated on a regular and continuing basis?	YES	NO
6.	Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?	YES	NO
7.	Is there a written mission statement and sequential curriculum based on state and/or national standards for physical education?	YES	NO
8.	Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?	YES	NO
9.	Does the program provide for maximum participation for every student (e.g. inclusion, no elimination games, all students active at once, developmentally appropriate activities, etc.)?	YES	NO
10.	Does the program help to systematically develop the physical, cognitive, social and emotional aspects of each student?	YES	NO
11.	Do the physical education teachers regularly participate in physical education professional development activities and have memberships in related professional organizations?	YES	NO
12.	Do the physical education teachers receive student health information and have a plan for handling emergencies?	YES	NO
13.	Is there regular periodic evaluation by administrators of the physical education program and teacher performance?	YES	NO
14.	Do the physical education teachers communicate with other educators, administrators and parents on a frequent basis?	YES	NO
15.	Do the physical education teachers seek feedback for improvement from students, peers, and parents as a means for program evaluation and improvement?	YES	NO

Source: National Association for Sport and Physical Education. [www.aahperd.org/naspe/pdf\\_files/2004PEchecklist.pdf](http://www.aahperd.org/naspe/pdf_files/2004PEchecklist.pdf)

**Check out the CDC’s Physical Education Curriculum Analysis Tool online to see how your school’s physical education curriculum measures up to national standards. The PECAT is available at: <http://www.cdc.gov/HealthyYouth/pecat/index.html>**

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# Promote Active Recess

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## Active Recess – It's More Than Just Good Fun!

After a long decline, recess is making a comeback in many schools. For years schools have been cutting back on students' "free time" to devote more attention to core subjects. But now regular vigorous movement is being recognized as important to students' health, as well as their ability to learn. While school time allocated to PE is limited, recess is scheduled for more periods each day, making it important for the promotion of physical activity.

Outside of PE classes, recess is the only time during most school days that kids can be active. While recess provides excellent opportunities for kids to be active, studies have found that kids spend less than 50% of recess time engaged in moderate to vigorous physical activity. Training teachers, playground supervisors, and peer leaders to promote physical activity during recess is a practical solution to reducing inactivity in children.

## Encourage Active Recess!

- Encourage all kids to be physically active during recess.
- Recess supervisors can promote active play during recess by:
  - walking around the playground and encouraging kids to be active
  - explaining and demonstrating active games to kids
  - being great role models by participating along with kids whenever possible
- Have peer leaders, teachers, and parent volunteers lead active games and activities during recess.
- Provide space, facilities, equipment, and supplies that can make active participation in physical activity during recess appealing to kids.
- Have lots of playground equipment readily available and kids will play!
- Play fun, movement-motivating music during recess.
- Create a playground games activity card box. Post cards around the playground that describe different games and activities – use games and activities that kids have developed themselves.

...studies have found that kids spend **less than 50%** of recess time engaged in moderate to vigorous physical activity.

- Teach kids traditional playground games. Many kids seem to have lost the art of playing and many of the once traditional games seem to have disappeared.
- Designate areas for specific activities. This ensures that certain sports don't dominate the playground and allows room for other activities to take place.
- Schedule recess before, rather than after lunch. Studies have shown that kids eat healthier, perform better academically, and have improved behavior on the playground, in the cafeteria, and in the classroom when recess comes before lunch.
- Don't take away recess, equipment, or any form of physical activity to discipline kids. Avoid making kids run laps or do push ups as a form of discipline.
- Give kids extra recess as a reward.

## Benefits of Active Recess...

- Increases kids' physical activity levels (energy expenditure) which improves fitness and health
- Teaches movement and dexterity skills
- Promotes FUN and participation
- Promotes development of social skills such as negotiating, decision making, and cooperating with minimal adult interference
- Promotes fair play
- Reduces bullying
- Promotes creativity and problem solving skills
- Teaches cooperation and respect for others
- Provides equal opportunity for all students
- Is co-ed and inclusive of all students
- Promotes multiculturalism
- Emphasizes having fun, not winning or losing



## If You Build It, They Will Play

If we want kids to be more active, we need to build fun playgrounds. A study of 24 public middle schools in San Diego County revealed that boys and girls who attend schools with enticing play areas and adult supervision were the most physically active. Conversely, an absence of fun, inviting play areas was associated with near-zero levels of student physical activity.

Source: Sallis, et al., American Journal of Public Health, 2001; 91, 618-620

## Support Active Recess

Providing age-appropriate equipment, fun playground markings, and physical activity games and ideas are great ways to help kids be active during recess.

### Active Recess Kit!

- Balls of every kind: utility balls, soccer balls, basketballs, beach balls, foam balls, softballs, whiffle balls, tennis balls
- Jump ropes (long and short), Jumpsies (elastic)
- Soft frisbees, rubber animals
- Sidewalk chalk, lawn bowling balls and pins
- Hackey sacs, bean bags
- Flags, scarves, parachutes
- Racquets, soft bats, scoops, hockey sticks, broom ball sticks
- Hula hoops, pool noodles
- Nets and hoops of every kind - target nets, basketball hoops, hockey nets

### Creative Play Zones!

More than likely your school has some empty pavement waiting to become an exciting play area! Paint your school's tarmac with fun games such as hopscotch, four square, dodge ball, court games, mazes and tracks.

### Creative Activities!

- Create a "dance zone", play music and have a dance contest
- Play "spaghetti and meatballs" with pool noodles
- Balance bean bags on your head
- Play "flying rubber chickens"
- Create fun relay games
- Do activity circuits to music
- Hula hoop

Resource:

Recess Revival Guide: An Implementation Guide to an Active Recess. CIRA Ontario.  
[http://www.ophea.net/Parc/Workshops/RecessRevival/PARC\\_RecessRevival\\_FINAL\\_20JL07.pdf](http://www.ophea.net/Parc/Workshops/RecessRevival/PARC_RecessRevival_FINAL_20JL07.pdf)

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# Fun Contests and Programs



## Kids On the Move!

Get kids moving in the classroom with easy 10-minute physical activity breaks.

### Kids On the Move Activity Decks

Healthy Kids Club has put together a deck of 50 ten-minute activity breaks that teachers can do right in the classroom! The deck comes with a music CD to make the activity breaks even more fun! All activities are simple to lead and great for the whole class. They get students up and moving to help re-energize their bodies and activate their brains. It's a great way for teachers to add some activity into their day, too!

### Kids On the Move Calendars

Set a goal for your classroom to do at least one 10-minute activity break every day. Use the Kids On the Move Calendars to track your progress. Just put a sticker or "x" on the calendar for each day that the class does an extra activity break. Students will help keep the teacher accountable, and the class will feel a sense of accomplishment when they achieve their goal!

**For information on how to get the Kids On the Move Activity Decks and Calendars, contact Healthy Kids Club at 970-495-7511 or [lhz@pvhs.org](mailto:lhz@pvhs.org).**

## Are You Up for the Challenge?

Looking for easy ways to help your students stay active & be healthy? Try one of the programs below – they're all FUN, FREE, and EASY!

### Schools on the Move Challenge

Schools on the Move Challenge is a physical activity challenge that encourages the entire school (students, teachers, staff, and administrators) to join in the fun to get more daily activity for one full month. The Healthy Kids Club sponsors the annual event and provides each participant with a physical activity tracking chart, a t-shirt with their school logo, and great prizes! PE equipment is awarded to the school with the greatest number of activity minutes. Schools with the greatest staff participation win a catered lunch for their staff. Information about the event is sent to all elementary school principals and PE teachers in Poudre, Thompson, and Windsor school districts prior to the event. In 2009, over 8,900 students and staff participated! For more information, call Healthy Kids Club at 970-495-7511 or email [lhz@pvhs.org](mailto:lhz@pvhs.org).

### Fruit & Vegetable Challenge

Here's a simple way to get your kids to eat more fruits and vegetables! The class sets a goal and then tracks on a poster how many fruits and vegetables their class eats each day. This free packet includes a laminated Fruit & Vegetable Challenge tracking poster, dry-erase marker, and instruction sheet. The challenge can be done anytime throughout the year. Try it during September, our National Fruit and Vegetable month! To order your free packet, go to the USDA Team Nutrition website: <http://teammnutrition.usda.gov/Resources/fvchallengepacket.html>.

### Walk Across Colorado

Want to help your students learn about Colorado history and get active at the same time? The Walk Across Colorado program can do just that! This free program encourages students to walk and bike to school. Students track their mileage on a Colorado map. When the class reaches a special destination on the map, there are quick facts that teachers can use to teach students about Colorado's history. The program can be done in conjunction with Walk a Child to School Day or any time throughout the year. For free

materials, contact Janet Werst, SafeKids Coordinator, at 970-495-7504 or [jw12@pvhs.org](mailto:jw12@pvhs.org).

## And the Winner is...

The **Schools On the Move Challenge** started in 2005. Last year, over 8,900 participants from 55 area schools participated in the Challenge. Students, teachers, and staff all joined in the fun. They tracked their activity minutes for one month and turned in their activity logs in exchange for a personalized t-shirt with their school name.

In the final evaluation, 38% of students and staff reported getting more physical activity than usual during the Schools on the Move Challenge.

### Schools On the Move Challenge 2009 Winners! Highest Participation

#### Poudre School District

1st – Mountain Schools and Bauder Elementary School

2nd – Zach Core Knowledge Elementary School

3rd – McGraw IB World School

#### Thompson School District

1st – Carrie Martin Elementary School

2nd – Cottonwood Plains Elementary School

3rd – Lincoln Elementary School



## More Challenges & Contests

### Screen Turnoff Week

National Screen Turnoff Week is an opportunity for kids, schools, and families to turn off the tube and computers and tune into life! The Center for Screen Time Awareness sponsors two screen-free challenges per year with a poster contest, essay contest, and an organizer's kit. Traditionally, Screen Turnoff Week activities are offered in April and September, but several activities can be done any time of the year. CanDo can assist your school in organizing a screen-free challenge and provide free resources to help make your program a success. For more information, go to [www.tvturnoff.org](http://www.tvturnoff.org) or contact CanDo at 970-495-7517.

### America On the Move – For Schools!

America On the Move (AOM) is a national movement encouraging everyone to take steps toward a healthier lifestyle. AOM offers an online tool where teachers can register their classes and ask kids to join using a unique group registration code. Kids then track their daily activity by steps or minutes. Their progress is monitored along interesting trails such as the Oregon Trail or the Iditarod Trail. Teachers and staff can join as well! For more information, go to [www.americaonthemove.org](http://www.americaonthemove.org).

### President's Challenge – Active Lifestyle Program

This program encourages kids and adults to be physically active for life. The rules for this program are simple. Participants must meet an activity goal (30 minutes per day for adults and 60 minutes per day for kids) at least 5 days a week for 6 weeks. Participants can choose all kinds of activity – at home or school, by themselves or with friends. Activity is tracked on a log and turned in to the teacher. If at least 35% of students at a school earn the Presidential Active Lifestyle Award two or more times in one year, the school can be recognized as an Active Lifestyle Model School. For more information, go to [www.presidentschallenge.org](http://www.presidentschallenge.org).

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# Healthy School Fundraisers

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## Fundraising Should Support Classroom Lessons

- Many schools still sponsor traditional fundraisers – those that sell low-nutrition foods and beverages. (Yes, we mean junk foods like chips, candy, cookies and sodas.)
- Selling less nutritious foods for fundraising contradicts nutrition messages taught in the classroom, giving the impression that schools care more about making money than about student health... all in the name of supporting a “good cause.”
- In contrast, **healthful fundraising gives consistent, positive health messages.**
- It is important that all foods and beverages sold by schools make a positive contribution to children’s health.

## Popular... But Unhealthy... Fundraising

- Sales of low-nutrition foods and beverages (cookie dough, candy, soda, etc.)
- Fundraisers at fast food restaurants and restaurants that serve low-nutrition foods
- Label redemption programs that include unhealthy products

## New School Fundraising Strategies

New school fundraising strategies including non-food fundraisers, healthy food fundraisers, and physical activity fundraisers provide a public demonstration of the school’s commitment to promoting healthy behaviors among students, families, and communities, while helping schools meet their financial needs!

## Healthy Fundraisers Happen Here!

### Harris Bilingual Immersion School’s Annual Stegosaurus Stomp/ La Pisada de Estegosaurio

Deirdre Sullivan, parent wellness representative, talks about the success of their healthy fundraiser....

*“The Harris Bilingual Immersion School community has fully embraced the concept of integrating wellness into fundraising! In our first year of hosting the “Stegosaurus Stomp/La Pisada de Estegosaurio” the students raised nearly \$9,000 for the school by exercising and having fun- clearly demonstrating that selling candy bars is a fundraiser of the past! In addition to bringing in revenue for the school, this event helps students learn about healthy eating and being physically active while hearing from older student athletes about the importance of healthy living.”*

Deirdre Sullivan, Parent  
Harris Bilingual Immersion School, Poudre School District

## Search the Web

[www.cspinet.org/new/pdf/schoolfundraising.pdf](http://www.cspinet.org/new/pdf/schoolfundraising.pdf)

[www.all-fundraising.info/](http://www.all-fundraising.info/)

[www.easy-fundraising-ideas.com/](http://www.easy-fundraising-ideas.com/)

[www.nojunkfood.org/](http://www.nojunkfood.org/)

[www.schoolpop.com/moreinfo/pghome/](http://www.schoolpop.com/moreinfo/pghome/)

[www.stepbystepfundraising.com/](http://www.stepbystepfundraising.com/)

[www.reacheverychild.com/feature/fundraisers.html](http://www.reacheverychild.com/feature/fundraisers.html)

Note:

These websites are resources only and do not imply endorsement of any company or product.

# Fundraising Ideas for Today's Healthy Schools

## “Fun”draining

- “Bakeless” bake sales – parents donate money to the school that they otherwise would have spent at a bake sale; no baked goods are sold
- Car wash (pre-sell tickets as gifts)
- Game night, bingo night
- Karaoke night
- Live or silent auction
- Festivals and carnivals
- Magic show, craft show
- Garage sale
- Penny wars
- Recycling drive
- Raffle
- Sell or rent wishes



## Things to Sell

- Tupperware, water bottles
- Greeting cards, stationary
- Gift wrap, boxes, reusable bags, ribbon
- Discount/value cards
- Coupon books
- Gift certificates
- Plants, flowers, bulbs, seeds
- Balloon bouquets
- Books, calendars, magazines
- Pet treats, toys, accessories
- First aid kits
- Emergency kits for cars
- Rent a special parking space
- Scarves, knit caps, mittens
- Gift or picnic baskets
- Jewelry
- Bath accessories, lotions, soaps
- Music, videos, CDs, DVDs

## Physically Active Events

- Walk-a-thons, fit-a-thons, bike-a-thons
- Jump-rope-a-thons, bowl-a-thons
- Skate-a-thons, dance-a-thons with a theme
- Fun walks, fun runs, triathlons, duathlons
- Dances (kids, father/daughter, family, sockhop, sadie hawkins)
- Tournaments – golf, tennis, horse shoe, volleyball

## Healthy Foods and Beverages

- Bottled water, 100% fruit juice
- Fresh fruit or veggies (boxes, baskets, trays, kabobs)
  - Fruit smoothies (low sugar, low-fat)
  - Granola or cereal bars (low-fat)
  - Trail mix, nuts, seeds, 100% fruit leather
  - Fruit & nut baskets, lunch box auctions

## Academics and the Arts

- Read-a-thon, science fair, math-a-thon and spell-a-thon
- Workshops, lectures, classes
  - Art show or auction
- Singing telegrams, concerts
- Rent-a-band, rent-a-choir
- Talent show, plays, musicals

## School Spirit

- Apparel: t-shirts, sweatshirts, hats, visors, buttons
- School cookbook made by parents, teachers, kids
- Decals, bumper stickers, license plate holders
- Stadium pillows, blankets, cushions
- Frisbees, key chains, megaphones, pom-poms, spirit flags
- Rally rags, team towels, homer hankies

## Special Occasions

**Winter Holidays.** Christmas trees, wreaths, garlands, poinsettias, mistletoe, plants, flowers, stockings, wrapping paper, cards, gift items, candles, ornaments

**Valentine's Day.** Flowers, plants, cards, gifts, stuffed animals

**Fall Holidays.** Pumpkins, witches' brooms, table centerpieces

**Super Bowl.** Healthy snacks, pizza kits, deli sandwiches, chili mix kits

**Homecoming.** Anything with the school name or logo

**Mother's Day.** Flowers, plants, cards, gifts, stuffed animals

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# Healthy School Stores



## School Stores

Many school stores sell low nutrition foods and beverages (yup...we mean junk foods and beverages like chips, candy, sugared baked goods, and sugared sodas and fruit drinks). Selling less nutritious food items in school stores contradicts nutrition messages taught in the classroom, giving the impression that schools care more about making money than about student health. Foods and beverages that students purchase should contribute valuable nutrients to their diets and not excessive amounts of sugar, fats, and sodium.

## Healthy Foods and Beverages

Encourage foods and beverages that include at least one serving of fruit, vegetables, and/or whole grains or one serving of non-fat or low-fat dairy products. Foods or beverages should not be encouraged or promoted if they have sugar listed as the main ingredient.

### Experts\* recommend that snack foods meet, at a minimum, the following criteria:

Fat	No more than 30% of total calories from fat
Saturated fat	No more than 10% of total calories from saturated fat
Trans fat	Zero trans fat (< 0.5 grams/serving)
Sugar	No more than 35% of total weight from added sugar
Sodium	No more than 200 mg sodium/serving

## Web Tools

- Use the Healthy Schools Product Calculator to find out if a snack food meets the Alliance for a Healthier Generation's guidelines for competitive foods. [www.healthiergeneration.org/productnavigator/](http://www.healthiergeneration.org/productnavigator/).
- Want a list of snacks that includes both nutritional content and manufacturer? Check out <http://www.snackwise.org/snacklist/completeList.html>.
- How is Colorado doing? Check out a summary of state policies for food and beverages sold in vending machines, school stores, and other venues outside school meals. See the School Foods Report Card from the Center for Science in the Public Interest at <http://www.cspinet.org/2007schoolreport.pdf>.
- For more information on school stores, check out 'All It Takes is Nutrition SENSE' (Students Encouraging Nutritious Snacks Everyday) at Montana Team Nutrition. <http://www.opi.state.mt.us/schoolfood/nutritionssense.htm>.

## These foods and beverages are always allowed:

- Non-fried fruits, non-fried vegetables, nuts, nut butters, seeds, eggs, string cheese, milk, and water.

## Suggested portion sizes for snacks and beverages:

- Sell foods and beverages that are single portions only.
- Portion size should not exceed 200 calories (elementary) or 225 calories (middle and high school) per individual food item.

## Successful Sales!

- Survey students or do a taste testing to find out the popular healthy snacks they prefer.
- Promote healthy products in a fun way. Offer free samples to build enthusiasm. Host a "free snack day." Give coupons for a nutritious snack.
- Offer a variety of items at a variety of different prices (.25, .50, .75, \$1.00).
- Consider charging less for healthier foods and more for junk foods.

## Limit portion sizes of the following items:

Snack foods (chips, crackers, popcorn, cereal, trail mix, pretzels, nuts, seeds, dried fruit, jerky)	1.25 oz or less
Cheese	1.5 oz or less
Cookies, cereal, breakfast bars	2 oz or less
Bakery items (pastries, muffins)	3 oz or less
Frozen desserts and ice cream	3 oz or less
Yogurt (< 30 g total sugar)	8 oz or less
Beverages (except water)	12 oz or less

\* Alliance for a Healthier Generation, Colorado Department of Education Nutrition Unit, Center for Science in the Public Interest, and National Alliance for Nutrition and Activity.

# What to Sell...

## Beverages

### Water, Milk, Juice, Sport Drinks

(8-12 oz or less except water)

- Water - bottled
- Sparkling water with natural flavors (no added sugars)
- Milk - 1% or fat-free
- 100% Fruit juice (8 oz or less)
- 100% Vegetable juice
- Non-carbonated, calorie-free flavored water
- Sports drinks
- Low-fat yogurt beverages
- Fruit smoothies
- Rice milk
- Soy milk

## Top Selling Items in Middle and High School Stores and What Students Were Willing to Pay for Them

Frozen fruit bars	.50
Granola Bars/Nutri-Grain Bars	.50
Beef jerky	.25 – 1.25
Go-Gurts	.35 – .50
String cheese	.25 – .50
100% Fruit juice	.25 – 1.00
Pretzels	.50 – .75
Popcorn	.50
Fruit Roll-Ups	.50
Teddy Grahams	.25
Breakfast or yogurt bars	.50
Sunflower seeds (packaged)	.50
Peanut tubes	.50
Corn nuts	.50
Chocolate milk – hot or cold	.50 – .75
Bagels with cream cheese	.50 – 1.00

Source: All It Takes is Nutrition SENSE (Students Encouraging Nutritious Snacks Everyday). Montana Team Nutrition. [www.opi.state.mt.us/schoolfood/index/html](http://www.opi.state.mt.us/schoolfood/index/html)

## Snacks

### Fruits and Veggies

**Fruit** – fresh, frozen, canned, dried. Fruits in single serving containers such as:

- Small packages of fresh fruits
- Delmonte Lite Pack diced peaches and mixed fruit
- Dole Fruit Bowls
- Motts applesauce (unsweetened)
- Frozen 100% fruit juice bars

### Dairy Foods

**Cheese** (1.5 oz or less) – reduced or low-fat varieties such as string cheese, part-skim mozzarella, Cheddar, and Monterey Jack. Offer real cheese rather than imitation or processed cheeses like American.

**Yogurt** (8 oz or less) – reduced-fat or low-fat varieties, no more than 30 grams of carbohydrates, no more than 120 calories per serving.

- Bryers Light Fat Free (8 oz)
- Columbo Light (8 oz)
- Dannon Fruit Blend (4 oz)
- Dannon Light 'n' Fit (4 or 6 oz)
- Dannon Light 'n' Fit Smoothie
- Great Value Light (8 oz)
- Yoplait Go-Gurt
- Yoplait (4 oz)
- Trix (4 oz)
- Yumsters (4 oz)
- Pudding Snacks – reduced or low-fat varieties in small cups or tubes
- Great Value Pudding Snacks (4 oz)
- Hunts Snack Pack Squeeze 'n Go Pudding Tubes

### Nuts and Seeds

(1.25 oz or less) – all varieties of nuts and seeds are acceptable. Nuts and seeds are high in fat and calories so serve small portions. The type of fat in nuts and seeds is heart-healthy.

### Grains and Cereals (choose whole grain, low-fat varieties)

#### 1.25 oz or less

- Graham crackers – most brands
- Animal crackers – Kellogg, Nabisco
- Fig bars – Nabisco Fig Newtons
- Crackers – whole grain
- Rice cakes – brown rice, flavored
- Baked chips – potato and corn varieties
- Pretzels – reduced sodium
- Cheese crackers

#### 2 oz or less

- Cereal bars
- Granola bars
- Trail mix bars
- Yogurt coated granola bars
- Cereal – low sugar, high fiber

#### 3 oz or less

- Muffins – low fat
- Bagels – mini size with low fat cream cheese
- Deli sandwiches

Products listed are for resource purposes only and do not imply endorsement.

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# Recess Before Lunch

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## Change from Tradition!

For years kids have been gobbling down their lunch and racing to get to the playground. No child wants to sit at lunch when the playground and friends are their priority. Study after study has demonstrated that allowing kids to have recess before lunch is superior from both a nutritional and educational standpoint.

## Big Benefits!

Because kids don't rush to finish lunch to get to the playground...

### Kids eat healthier

- Kids have increased vegetable, milk, water, and entrée consumption – this means they get more important nutrients and fluids
- Less plate waste

### Kids perform better in school

- Kids return to the classroom more settled and ready to learn
- Kids refocus on learning more quickly when they return to class
- Increase in classroom time-on-task

### The lunchroom atmosphere is more conducive to healthy eating

- Kids are more relaxed after play and are focused on eating rather than the playground

### Student behavior improves on the playground, in the cafeteria, and in the classroom

- Fewer classroom discipline problems – kids have played and are full, settled, and quieter when they return to class after eating
- Fewer office referrals
- Less supervision in the cafeteria with improved student behavior

Exercising before lunch helps keep kids at a healthy weight!

## Ready, Set, Go!

### Tips on Changing to Recess Before Lunch....

1. Gain support from within your school and community
2. Gain a commitment from administrators, food service staff, teachers, and parents
3. Observe schools that have Recess Before Lunch
4. Plan a new recess and lunch schedule that allows adequate time to eat:
  - Schedule adequate time for students to eat (at least 20 minutes once seated)
  - Decide how to handle lunch money
  - Decide where to store cold lunches and lunch tickets for easy access
  - Incorporate a hand-washing regimen after recess and before lunch – some schools use hand sanitizers or hand wipes
  - After recess, provide space for storage of coats, toys, etc.
  - Students are likely to be hungrier and thirstier with this change
    - Kids may need a mid-morning snack
    - Have cold water available
  - Promote your school breakfast program
5. Focus on the benefits rather than the obstacles
  - Think about what's best for the students!
6. Communication is Key
  - Keep all school staff in the loop!
  - Communicate changes and ask for feedback!
  - Educate parents on the new change.
7. Be committed!
  - Practice this new routine for at least a year – stick with it!
  - Expect it to be a work-in-progress
  - Anticipate some resistance to change from tradition

## Speaking From Experience!

### Comments from Colorado...

*"Recess before Lunch has made a healthy, positive impact on our school environment! We have seen positive improvements in student health, less food waste, and a decrease in after lunch discipline issues. I welcome principals to come by Bauder to learn more about how it works!"*

**Brian Carpenter, Principal**  
Bauder Elementary School, PSD



*"We have seen many positive benefits at B. F. Kitchen since scheduling recess before lunch. Not only have problem behaviors on the playground decreased, our students are actually eating more of their lunches and drinking more milk because they are not in a hurry to go to recess. The biggest benefit we have noticed is the increased attention and time on task in classrooms during the afternoon."*

**Kandi Smith, Principal**  
B.F. Kitchen Elementary School, TSD

*"I recommend schools to give Recess Before Lunch a try! Our students have really benefited and are now taking the time to enjoy their lunch! Overall, staff, families and students have embraced this change and see it as a positive wellness initiative within our school."*

**Jane Harvey, Wellness Paraprofessional**  
Tavelli Elementary School, PSD

## Research Supports Recess Before Lunch

Research repeatedly shows Recess Before Lunch helps students perform better in school, eat healthier, and promote a lunchroom atmosphere conducive to healthy eating.

A Montana Recess Before Lunch pilot study documented improvement in the mealtime atmosphere and students' behavior. Discipline problems on the playground, in the lunchroom, and in the classroom decreased.

Research\* investigating the effects of Recess Before Lunch and found that after implementing recess before lunch, consumption of calcium-rich foods increased **35%** along with significant increases in most other vitamin- and mineral-rich foods. Additionally, plate waste decreased from **40% to 27%**.

\*Bergman, E.J., et al. "Relationship of Meal and Recess Schedule to Plate Waste in Elementary Schools." National Food Service Management Institute. Insight. Spring 2004.

### More Information!

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

[www.opi.mt.gov/schoolfood/recessBL.html](http://www.opi.mt.gov/schoolfood/recessBL.html)

[www.cdph.e.state.co.us/pp/COPAN/resourcekits/SchoolSiteResourceKit.pdf](http://www.cdph.e.state.co.us/pp/COPAN/resourcekits/SchoolSiteResourceKit.pdf)

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# School Events

## Opportunities to Promote Health and Wellness!

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### Checklist for School Events

- Water is served.
- Fruits and/or vegetables are offered.
- Physical activity breaks are given if people are sitting for more than one hour.
- A physically active game or activity is offered during the event.
- Cookies, cakes, and candy are not offered or are served in small portions (cut them in half!).
- Light condiments such as low-fat cream cheese, salad dressing, and mayonnaise are available.
- Candy bowls and dessert trays are not placed in front of people during the entire meeting or event.
- If unhealthy foods are offered, they are served in small portions and with other foods that help balance out the meal (i.e. serve pizza with a tossed salad, vinaigrette dressing, and water or milk instead of with cookies and pop).

### Back to School Night & Open Houses

- Talk to parents about the importance of keeping their kids healthy and active, and how this contributes to children's success in school. Remind parents about key health habits for kids such as getting **60 minutes of daily physical activity**, eating a healthy breakfast and lunch, getting a good night's sleep, and limiting TV time for kids. Use the handouts in the "At Home" section of the CanDo School Wellness Resource Kit to help educate parents.
- Talk to parents about classroom party tips and guidelines. Give them the "Healthy School Parties" handout found in the "School Environment" section of the CanDo School Wellness Resource Kit.
- Offer healthy snacks and be a good role model for wellness.
- Invite parents to eat lunch with their kids at school.
- Discuss the school wellness policy with parents.
- Invite parents to join your school wellness team.

### School Health Fair

Each year, the 9Health Fair invites schools in Colorado to participate in the "In the Classroom" program. This program is designed to help schools put on student health fairs that are planned by, given for, and conducted by the students. With guidance and support from 9Health Fair and a school staff advisor, students coordinate health screenings and educational learning centers for their peers. For more information, call 1-800-332-3078 or go to [www.9healthfair.org](http://www.9healthfair.org).

Kruse Core Knowledge Elementary School in PSD hosted a 9Health Fair in 2009. Over 2 dozen Kruse students volunteered and worked together with community participants to organize the fair and make it a great success!

Rocky Mountain High School in PSD hosted their first annual "Rocky Wellness Day" in the spring of 2009. The day turned out to be a community-wide wellness celebration! Students and staff engaged in various wellness activities throughout the day such as healthy snack & cooking demonstrations, dance lessons, and interacted with over 40 community groups representing different components of wellness. Students learned that wellness incorporates being active, eating healthy, and feeling good about yourself overall!

**"The 9Health Fair provided an excellent opportunity for our 5th grade students to become health teachers! The fair was a great way for our students to learn and teach "hands on" the importance of making **healthy choices in life.**"**

Kristin Quere', PE Teacher at B.F. Kitchen Elementary School, Thompson School District

## What's to Eat?

### Food Ideas for School Events

**Chili Supper:** Chili with beans, tossed green salad, and mixed fruit.

**Taco Bar:** Whole wheat tortillas, grilled chicken or lean ground beef, black or pinto beans, cheese, lite sour cream, and salsa; serve with fruit, low-fat milk, and water.

**Pizza Pockets:** Whole wheat pitas with turkey pepperoni, pizza sauce, tomatoes, mushrooms, green peppers, and part-skim mozzarella cheese. Toast in oven or serve cold.

**Sandwich Bar:** Whole wheat bread, lean deli meats, light mayo, mustard, tomatoes, cucumbers, and other veggie toppers. Serve with a fruit bowl and light yogurt.

**Fruit & Yogurt Parfaits:** Light vanilla yogurt layered with fresh or frozen fruit and a granola-type cereal.

**Pancake Supper:** Whole wheat pancakes topped with fruit and light syrup. Serve with low-fat milk and water.

**Ice Cream Social Makeover:** Try low-fat frozen yogurt or ice cream with fresh fruit toppings.

**Snacks:** Fruit bowl, veggie tray with dip, popcorn, granola bars, baked chips and salsa, yogurt, fruit popsicles, fruit leather.



## Family Fun Night

Host a Family Fun Night and show parents how they can be active and have fun with their kids! Do a healthy potluck or provide nutritious snacks for families. Check out "What's to Eat?" for some fun and tasty ideas! Bring in a community wellness expert to talk about family wellness topics (see the Resources section in the CanDo School Wellness Resource Kit). Play active games like soccer, kickball, basketball, or frisbee. Do scavenger hunts, play relay games, or have a cooking demonstration.

### Need EASY IDEAS?

Check out the Game On! Ultimate Wellness Challenge. This free event toolkit provides fun, interactive, non-competitive games designed to teach families about nutrition, physical activity, and wellness. This is a great resource to guide you through putting on a fun family wellness night. [www.actionforhealthykids.org/special\\_GameOn.php](http://www.actionforhealthykids.org/special_GameOn.php)

## Success Stories

### Family Wellness Night – Dunn IB World School

Dunn IB World School wanted to help educate families about childhood obesity prevention. They partnered with CanDo and Healthy Kids Club to offer an evening of fun with parents and students. CanDo and Healthy Kids Club used the 7 Steps to a Healthier You poster series to educate parents and students about how to establish healthy habits for the entire family.

### Family Fun Race – Olander Elementary

Olander kicks off their year with a 4K Family Fun Race. This race started in 2000 and has been going strong ever since! About 200 parents, students and community members participate in this family friendly event. Proceeds have benefited a variety of great causes, including Cystic Fibrosis, Inspiration Playground, and Olander's PE program. This event is organized by Olander staff members and Runners Roost, a local running store.

### Family Duathlon – Tavelli Elementary

Tavelli starts the year off on an active note with its annual family duathlon. Kids and parents run a 1/2 mile, bike 2 miles, and run another 1/2 mile. It's a fun event for all!

### Annual Chili Supper – Bennett Elementary

For years, Bennett has hosted a Chili Supper for students and parents. Last year, Bennett decided to make some simple changes to demonstrate the school's commitment to supporting healthy eating and physical activity. With the help of Healthy Kids Club, they added a healthy salad bar to the annual Chili Supper. The salad bar included fresh veggies, fruit, and light dressings. Both parents and students LOVED the new addition to the Chili Supper!

### Need to Cater?

**Spoons** – ask for their healthy soup of the day and Farmer's Market salad

**Jason's Deli** – try their heart healthy wraps and lunch boxes

**Pita Pit** – ask for an assortment of pitas with lean meats, hummus, and veggies

**Subway** – go for lean meats, lots of veggies, low-fat mayo, and light dressings

**Pizza** – choose whole wheat thin or original crust with veggies, Canadian bacon, or grilled chicken; serve with a tossed green salad and light dressing

**Mad Greens** – try a healthy salad option with a low fat or fat free dressing or build your own salad with lots of added veggies

These are resources only and do not imply endorsement of any restaurant or product.

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# Screening for Unhealthy Weight in Kids



## Why Should Schools Assess Kids' Weight?

- To monitor progress over time in maintaining or reducing the prevalence of overweight and obesity in schools.
- The American Academy of Pediatrics recommends that all kids should have their body weight status evaluated using BMI-for-age percentile at least yearly as part of a comprehensive approach for the prevention of childhood overweight and obesity.
- The Healthy People 2010 objectives call for no more than 5% of children and adolescents to be obese. Today 17% of children and adolescents are obese.

### Important!

BMI-for-age percentile is a screening tool, not a diagnostic tool. While it is a reliable indicator of body fatness in most kids, it is not a good indicator for very athletic kids. Athletic kids will often have a high BMI-for-age percentile due to extra muscle, not excess body fat. Therefore, it is important that kids above the 85th percentile be evaluated by a health care professional.

### Example (see following graph):

The BMI of a 10 year old boy who is 4'7" tall (55 inches) and 91 lbs is 21.2.

$$\text{BMI} = 91 \text{ lbs} \div 55 \text{ ins} \div 55 \text{ ins} \times 703 = 21.2$$

His BMI-for-age percentile is 92%, which means that his weight is greater than 92% of other kids of the same age and sex. He is overweight.

## How to Assess Weight in Kids: Use BMI-for-Age Percentiles

**Body Mass Index (BMI)-for-Age Percentile** is one of the best, easy-to-use measures to determine the body weight status of kids ages 2 to 19. It is a reliable indicator of body fatness in most kids, even though it does not measure body fat directly. It is used as a screening tool to identify possible weight problems in kids.

### How is BMI-for-Age Percentile Measured?

**1st Calculate BMI:** BMI, or body mass index, is a number calculated using a person's height and weight. It is a ratio that represents an individual's weight relative to their height. BMI can be determined using a BMI chart or calculated from the following equation:

$$\text{BMI} = \text{Weight in lbs} \div \text{Height in inches} \div \text{Height in inches} \times 703$$

For adults, the BMI number alone is used to determine if they are at a healthy weight. With kids, however, BMI alone cannot determine if a child is at a healthy weight. In addition to BMI, the child's age and sex needs to be considered. Therefore, growth charts that factor in a child's BMI, age, and sex are used to determine **BMI-for-age percentile**.

**2nd Determine BMI-for-Age Percentile:** The child's BMI number is plotted on a BMI-for-age percentile growth chart (for boys or girls) to get BMI-for-age percentile. This percentile shows how the child's weight compares to that of other kids of the same age and sex. Use the BMI-for-age percentile growth charts included in the CanDo School Wellness Resource Kit or download them from the CDC website at:

Boys BMI-for-age percentile growth charts:  
[www.cdc.gov/nchs/data/nhanes/growthcharts/set2/chart%2015.pdf](http://www.cdc.gov/nchs/data/nhanes/growthcharts/set2/chart%2015.pdf)

Girls BMI-for-age percentile growth charts:  
[www.cdc.gov/nchs/data/nhanes/growthcharts/set2/chart%2016.pdf](http://www.cdc.gov/nchs/data/nhanes/growthcharts/set2/chart%2016.pdf)

**3rd Determine Weight Classification:** Use the BMI-for-age percentile to find the child's weight classification.

Weight Classification for Kids (2-19 years)	%BMI-for-Age Percentile Ranking
Underweight	< 5th percentile
Healthy Weight	5th to < 85th percentile
*Overweight (new terminology as of 6/2007)	85th to < 95th percentile
**Obese (new terminology as of 6/2007)	> 95th percentile

\* Prior to 6/2007, the term "at-risk-for-overweight" was used.

\*\* Prior to 6/2007, the term "overweight" was used.

Source: [www.cdc.gov/bmi](http://www.cdc.gov/bmi)

## Next Steps

- **Check BMI-for-age percentile each year.** Evaluate BMI-for-age percentile at least once a year – or more often if recommended by a child’s healthcare provider. Height and weight measurements can easily be taken during a school’s annual vision and hearing screenings.
- **Track BMI-for-age percentile over time.** Tracking growth patterns over time can help you make sure a child is achieving or maintaining a healthy weight. A single measurement is not enough to evaluate long-term weight status because height and weight change with growth. If a child’s BMI-for-age percentile changes a lot in one year or over time, it is important to talk to the child’s healthcare provider.

## Stats

### How Many Kids are Overweight or Obese?

In the US<sup>1</sup>..... 33.6%

In Colorado<sup>2</sup>..... 27.2%%

In Fort Collins<sup>3</sup>..... 23.7%

In Loveland<sup>4</sup>..... 26.0%

Sources:

<sup>1</sup>NHANES 2003-2004 (kids 2-19 yrs)

<sup>2</sup>National Survey of Children’s Health 2007 (Kids 0-17 yrs)

<sup>3</sup>CanDo 2009 BMI Project in 8 K-12 Schools (2,440 kids)

<sup>4</sup>2008-2009 Healthy Hearts Club Screening Project in 4 Elementary Schools (163 kids)

**The Healthy People 2010 objectives call for no more than 5% of children and adolescents to be obese.**

## Resources

Centers for Disease Control and Prevention:  
[www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.html](http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.html)

The American Academy of Family Physicians:  
[www.aafp.org/afp](http://www.aafp.org/afp)

## Overweight Kids

Unless a child is considerably overweight, it is not necessary to focus on weight. It is more important to focus on eating smart and moving more. As kids grow, if they are able to maintain their weight, their BMI-for-age percentile will eventually decrease. This will reduce the risk of health implications later in life that are related to being overweight as a child. Eating smart and moving more are two important goals to build on as a child moves toward achieving a healthier weight.

## Concerns About Assessing Weight in Kids

Assessing the weight of kids at school is a sensitive issue. While experts believe performing weight assessments in schools is an important step in providing information for schools to help curb the childhood obesity epidemic, it is a sensitive topic and should be given thoughtful consideration. Please feel free to contact CanDo or your local health agency for guidance.

Some of the concerns about measuring children’s weight and BMI at school include the potential for causing adverse side effects such as teasing, eating disorders, unhealthy dieting, or body-image problems. While researchers are conscious of these potential side effects and have been actively searching for evidence of them, there is no evidence to suggest that measuring weight and BMI at school increases weight-based teasing or unsafe weight loss practices among youth.


To minimize concerns, schools need to ensure that weight and BMI assessments are taken and reported in a confidential and sensitive manner.

- Health professionals and volunteers need to be appropriately trained on how to measure kids’ height, weight, and BMI.
- Calibrate height and weight scales to be sure they are accurate.
- Measure height and weight in a private setting with no other children present. If private rooms are not available, be sure there is enough space so that no one else can see the child’s measurements. When taking and recording measurements, do not say the child’s weight out loud.
- Decide whether to inform kids of their measurements. If yes, make sure that no one other than the child can hear. Use a neutral voice to give results. If your school decides not to tell kids their measurements, make simple, neutral comments, such as “Thanks, we’re all done. You can get off the scale now.”
- **Never tell kids they are fat or skinny.** If kids ask if they are overweight or underweight, say that you don’t know and suggest that they talk to the school nurse or their doctor. You can also say, “There is a wide range of healthy weights for kids. What is really important is that you eat smart and stay active.”
- If kids express concern about their weight, say, “Kids’ bodies come in all different shapes and sizes.” Refer kids to the school nurse or counselor if they are interested in more information.
- Thoughtful consideration should be given to if and how to report results to parents. Feel free to contact CanDo for guidance.

## Easy Online Tools

- Use the Child and Teen BMI Calculator ([www.cdc.gov/bmi](http://www.cdc.gov/bmi)), an online tool, to quickly and accurately determine BMI and BMI-for-age percentile for kids. This tool tells you whether kids are at a healthy weight for their height, age, and sex. This website also provides information on how to interpret results and recommendations for those kids who are at an unhealthy weight.
- Check out these excellent BMI resources that CDC has put together for schools. [http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/tool\\_for\\_schools.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/tool_for_schools.html)
- Need help to measure height and weight at home? Check out [www.cdc.gov/nccdphp/dnpa/bmi/childrens\\_BMI/measuring\\_children.html](http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/measuring_children.html)

### www.cdc.gov/bmi


Department of Health and Human Services  
Centers for Disease Control and Prevention
CDC en Español


Search:

## BMI — Body Mass Index

[BMI](#) > BMI Calculator for Child and Teen: English Version

**View By Topic**

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- > [Child and Teen BMI Calculator](#)
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[Tips for Parents - Ideas and Tips to Help Prevent Childhood Overweight](#)

**Other Healthy Lifestyle Topics**

- > [Nutrition](#)
- > [Physical Activity](#)
- > [Overweight and Obesity](#)

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- > [Division of Nutrition, Physical Activity and Obesity](#)

### BMI Calculator for Child and Teen: English Version

This calculator provides BMI and the corresponding BMI-for-age percentile on a CDC BMI-for-age growth chart. Use this calculator for children and teens, aged 2 through 19 years old. For adults, 20 years old and older, use the [Adult BMI Calculator](#).

**[Measuring Height and Weight Accurately At Home](#)**

**BMI Percentile Calculator for Child and Teen**
English | [Metric](#)

1. Birth Date:
 

month 
day 
year
2. Date of Measurement:
 

month 
day 
year
3. Sex:
 

boy
 girl
4. Height, to nearest 1/8 inch:
 

0  feet,
0  inches,
0  fractions of an inch

(12 inches = 1 foot; Example: 4 feet, 5 1/2 inches)
5. Weight, to nearest 1/4 (.25) pound:
 

0  pounds,
0  fractions of a pound

(8 ounces = 1/2 pounds; Example: 75 3/4 pounds)

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# Body Mass Index (BMI) Chart

1. Measure height to nearest 1/8th inch (Accuracy is important. Stand tall against a flat wall: no shoes, feet flat on floor, arms by side, and looking straight ahead.)
2. Measure weight to nearest 1/2 lb (Weigh first thing in the a.m. after going to the bathroom and prior to eating. Wear very light weight clothing and no shoes.)
3. On this chart, find height in the far left column. Then follow that row across to weight. Follow that column up to the top of the chart to find the BMI value. For kids (2-19 years) plot the BMI number on the BMI-for-age percentile chart to get weight classification. For adults, use the weight classifications on the top of this chart.

Ht.	Adult Underweight										Adult Healthy Weight										Adult Overweight										Adult Obese																																																																			
	Body Weight (lbs.)										BMI										Body Weight (lbs.)										BMI																																																																			
13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39																																													
3' 4"	30	32	34	36	39	41	43	45	48	50	52	55	57	59	61	64	66	68	70	73	75	77	79	82	84	86	89	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
3' 5"	31	33	36	38	41	43	45	48	50	52	55	57	60	62	64	67	69	72	74	76	79	81	84	86	88	91	93	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	
3' 6"	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88	90	93	95	98	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100		
3' 7"	34	37	39	42	45	47	50	52	55	58	60	63	66	68	71	73	76	79	81	84	87	89	92	94	97	100	102	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100			
3' 8"	36	38	41	44	47	49	52	55	58	60	63	66	69	71	74	77	80	83	86	89	92	95	98	99	102	104	107	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100				
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# What PTAs Can Do to Promote Healthy Schools



## Why Promote School Wellness?

Our country has educated parents and students on the detrimental effects of smoking on child and adult health. Now it is imperative that we do the same to address US eating and physical activity habits - habits that are contributing to the rise in obesity and health-related problems of millions of America's children.

- Over the past 20 years, the prevalence of childhood obesity has risen to epidemic proportions. Today, 1 in 3 kids (33.6%) is at an unhealthy weight. 16.5% of kids are overweight and 17.1% are obese.
- Being overweight increases a child's risk of health-related problems such as diabetes, heart disease, and some cancers. Additionally, it can have a detrimental effect on a child's academic performance, emotional health, and self-esteem.
- The Centers for Disease Control and Prevention estimates a third of children born in 2000 will develop diabetes unless serious nutrition and exercise changes are made.
- In order to combat our national childhood obesity epidemic, we need to get kids moving more and eating better!

## Tips to Improve School Health

1. **Join your school's wellness team** to find out what your school can do to further support student nutrition, physical activity, and wellness.
2. **Assess your school's health.** Make sure you know how healthy your school's environment is and what needs to be improved. Use the "How Does Your School Rate" assessment tool in the CanDo School Wellness Resource Kit to guide your group.
3. **Advocate for physical education, physical activity, and recess.** Talk to the principal and other school leaders about the importance of incorporating at least 30 minutes (elementary) or 45 minutes (middle and high school) of PE run by accredited professional instructors into every school day. Talk about the importance of integrating physical activity into the curriculum, having adequate recess time, and promoting physically active play during recess.
4. **Advocate for nutrition education and healthy food and beverage offerings** at all school functions and events, in vending machines, in the school store, and in classrooms.

**PTAs, parents, and schools are key in helping achieve this goal!**

5. **Find creative ways to make PTA fundraising activities active:** Organize a walk-a-thon or jump rope-a-thon, sell services like raking leaves and shoveling snow. See the "Healthy School Fundraisers" handout in the CanDo School Wellness Resource Kit.
6. **Take a look at your school's playgrounds and athletic facilities.** Test the equipment. Does your school do a good job of providing students with an environment that promotes physical activity?
7. **Raise funds** for physical education and playground equipment.
8. **Provide pedometers** for a "steps" contest - give an award to the parent, teacher, student and staff member who takes the most steps in a given month.
9. **Bring teachers, parents and students together** in an after-school walking, biking, running or skating club.
10. **Encourage parents to volunteer** to walk or bike groups of students to school on a rotating basis. For more information go to [www.fcgov.org/saferoutes/schoolpool.php](http://www.fcgov.org/saferoutes/schoolpool.php).

## Did You Know?

- Despite expert recommendations that kids get at least 60 minutes of moderate to vigorous physical activity every day, nationally less than one-third of all children ages 6 to 17 engage in vigorous activity.
- Even though experts recommend that all schools provide a quality daily PE program for all students, only 2% to 8% of schools nationally (depending on grade level) actually do so.
- **Colorado elementary students, on average, have PE only one time a week** (about 30 minutes vs the recommended 150 minutes per week). Secondary students are required to take only one semester of PE in middle and high school – a far cry from the recommended 225 minutes per week all year long.
- Many elementary schools have reduced or cut out recess. Only 4% of states require recess and only 22% of states recommend that elementary schools provide students with regular recess.
- Interestingly, 77% of parents support requiring daily PE that lasts at least 48 minutes for all kids, and 62% think their child's school is doing an "excellent" or "good" job in this area.
- Less than 25% of adolescents eat enough fruits and vegetables each day.
- 56 to 85% of children in school drink at least 1 soft drink daily.
- American children average nearly 3 hours of TV per day.



## Tips to Improve School Health (cont'd)

11. **Help educate parents** about the importance of physical education, physical activity, healthy eating, and provide community physical activity resources. Use the handouts provided in the CanDo School Wellness Resource Kit.
12. **Partner with local organizations** to provide after-school activities in your school's athletic facilities.
13. **Eat with the kids.** Go in one day and join kids at lunch (ask your school for permission first). Pack a healthy lunch or eat what the kids eat. Find out what choices are available at your school, and what they taste like. What do kids pick from the menus? How long do they have to wait in line? How much time do they have to eat? Do they have recess before lunch?
14. **Plan group activities** for your PTA that involves fitness. Try a walking meeting with the principal.
15. **Help make school dining facilities appealing to students.** Take a look at your cafeteria. Is it a nice place to eat? Ask your kids what they think of the room. Is it dark or sunny? Are the seats comfortable? If the walls are drab, ask your school's art teachers to have students create artwork (featuring healthy foods) for the walls. Or ask your principal for permission to have a PTA painting party, and paint murals on the walls.
16. **Make sure your school participates** in the National School Meal Programs – including breakfast, lunch, and after school snack programs. If your school does not participate in these programs, encourage school leaders to do so.
17. **Meet with the food service staff** at your school and learn about their daily challenges in preparing healthy meals and their suggestions for healthy improvements.
18. **Talk to students about the food at school.** Listen to kids' opinions about the time they eat lunch, whether they are rushed, what the food is like, and what they would like to see changed. It's important to get students' support for healthy changes in the school environment.
19. **Armed with all the information you have gathered, speak up about what changes are needed.** Enlist the help and support of your principal, the physical education teacher, the school food service staff, other teachers, and parents for making improvements in your school's nutrition, physical education, and physical activity environment. With the strength of the PTA, you can make a big difference and change your school for the better!

Source: National Parent Teacher Association ([www.pta.org](http://www.pta.org))

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# What Parents Can Do to Promote Healthy Schools



## Parents are Key

Our country has educated parents and students on the detrimental effects of smoking on child and adult health. Now it is imperative that we do the same to address US eating and physical activity habits - habits that are contributing to the rise in obesity and health-related problems of millions of America's children.

- Over the past 20 years, the prevalence of childhood obesity has risen to epidemic proportions. Today, 1 in 3 kids (33.6%) is at an unhealthy weight. 16.5% of kids are overweight and 17.1% are obese.
- Being overweight increases a child's risk of health-related problems such as diabetes, heart disease, and some cancers. Additionally, it can have a detrimental effect on a child's academic performance, emotional health, and self-esteem.
- The Centers for Disease Control and Prevention estimates a third of children born in 2000 will develop diabetes unless serious nutrition and exercise changes are made.
- In order to combat our national childhood obesity epidemic, we need to get kids moving more and eating better! Parents and schools are key in helping achieve this goal!

**“A parent is a child's first and best teacher. A parent is a vital catalyst, a direction provider, a helper, and the first person a child turns to for tools and know-how. So, in the fight against childhood obesity, parent participation is absolutely essential.”**

## Advocate for Healthy Schools

1. **Work with your PTA.** Encourage your school to develop and implement wellness policies related to physical education, physical activity, recess, nutrition education, and healthy food offerings at school. Volunteer!
2. **Assess your school's health.** Make sure you know how healthy your school's environment is and what needs to be improved. Use the “How Does Your School Rate” assessment tool in the CanDo School Wellness Resource Kit to assess your school's health.
3. **Speak up about the importance of physical education, physical activity, and recess.** Advocating for an increase in physical education, physical activity, and recess can have a big impact. Parents' concerns and ideas are valuable. Talk to your principal and other school leaders about the importance of incorporating at least 30 minutes (elementary) or 45 minutes (middle and high school) of PE run by accredited professional instructors into every school day. Talk about the importance of having adequate recess time and the promotion of physically active play during recess.
4. **Speak up about the importance of nutrition education and healthy food and beverage offerings.** Advocate for increased nutrition education and for healthy food and beverage offerings at all school functions and events, in vending machines, in the school store, and in classrooms. You can have a big impact on your child's school.
5. **Volunteer to help with physical activity events or sports at your child's school.** Become a part of your child's after-school physical activities, including walking and running clubs, sports teams, marching band, drama productions, etc.
6. **Talk to your child's teacher** about incorporating 10-minute aerobic physical activity breaks into the classroom.
7. **Encourage your child to participate in team sports or athletic programs.** Team sports and athletic programs may be sponsored by the school, community centers, parks and recreation organizations, and the university. Activities such as dance, basketball, soccer, biking, running, and swimming can dramatically increase your child's daily physical activity.
8. **Ask school leaders** about including information about the importance of PE, physical activity, recess, nutrition education, and healthy food and beverage offerings at school in communications with parents, such as the school newsletter.

## Perception vs Reality

In 2005, Action for Healthy Kids conducted a national public opinion survey that was designed to understand parents' beliefs and expectations with respect to wellness practices in their children's schools. The survey uncovered a significant gap between parental perceptions and expectations, and reality. For example:

- 77% of parents support requiring daily PE that lasts at least 48 minutes for all kids, and 62% think their child's school is doing an "excellent" or "good" job in this area. In reality, only 6 to 8% of schools nationally (depending on grade level) provide daily PE.
- 70% of parents support restricting access to high-calorie, low-nutrient snack foods in schools, and half of parents think that their child's school is doing an "excellent" to "good" job in this area. In reality, the vast majority of schools allow students to purchase such foods during the school day.
- Parents think that schools are providing nutrition education to all students and they would like such education to be part of the core curriculum two days each week. In reality, the typical curriculum devotes only five hours a year to nutrition education, and such education is provided to only some, not all, grades.



Source: National Association for Sports and Physical Education. Parent's views of children's health and fitness. 2003.

## Advocate (cont'd)

9. **Form a Walking or Biking School Bus.** Volunteer to organize a group of parents to walk or bike students to and from school. The City of Fort Collins has a 'School Pool' program - an online system that matches families who are interested in sharing a trip to school via walking or biking - and carpooling too! For more information go to [www.fcgov.org/saferoutes/schoolpool.php](http://www.fcgov.org/saferoutes/schoolpool.php).
10. **Help educate parents.** Ask school leaders about distributing information to parents in your school about the importance of PE, physical activity, recess, nutrition education, and healthy food and beverage offerings at school (the CanDo School Wellness Resource Kit has many handouts!).
  11. **Eat with the kids.** Go in one day and join kids at lunch (ask your school for permission first). Eat what the kids eat or pack a healthy lunch. Find out what choices are available at your school, and what they taste like. What do kids pick from the menus? How long do they have to wait in line? How much time do they have to eat? Do they have recess before lunch?
  12. **Help make school dining facilities appealing to students.** Take a look at your cafeteria. Is it a nice place to eat? Ask your kids what they think of the room. Is it dark or sunny? Are the seats comfortable? If the walls are drab, ask your school's art teachers to have students create artwork (featuring healthy foods) for the walls. Or ask your principal for permission to have a PTA painting party, and paint murals on the walls.
13. **Make sure your school participates** in the National School Meal Programs, including breakfast, lunch, and after-school snack programs. If your school does not participate in these programs, encourage school leaders to do so.
14. **Meet with the food service staff** at your school and learn about their daily challenges in preparing healthy meals and their suggestions for healthy improvements.
15. **Talk to students about the food at school.** Listen to kids' opinions about the time they eat lunch, whether they are rushed, what the food is like, and what they would like to see changed. It's important to get students' support for healthy changes in the school environment.
16. **Armed with all the information you have gathered, speak up about what changes are needed.** Enlist the help and support of your principal, the PE teacher, the school food service staff, teachers, and the PTA for making improvements in your school's nutrition, physical education, and physical activity environment. With the strength of these groups behind you, you can make a big difference and change your school for the better!

Source: National Parent Teacher Association ([www.pta.org](http://www.pta.org))

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# How Does Your School Rate?

## A Quick Assessment Tool for PTAs and Parents



Physical activity and healthy eating should be an integral part of every child’s school day. Research shows that kids who eat well and participate in a quality daily physical activity program are not only healthier, but perform better academically.

How does your school rate? Use the following survey to get a quick idea of how successful your school is in supporting healthy eating and physical activity opportunities for students.

<b>Nutrition</b>		
1.	Is nutrition education part of the school curriculum?	YES NO
2.	Does your school participate in the National School Lunch, School Breakfast, or After-School Snack programs?	YES NO
3.	Do students have adequate time to eat school meals (i.e. at least 20 minutes to eat lunch after sitting down with their meal and at least 10 minutes to eat breakfast after sitting down with their meal)? Do the cafeteria food lines move efficiently enough to allow students adequate eating time?	YES NO
4.	Do students go to recess before going to lunch?	YES NO
5.	Are the school vending machines stocked with only healthy beverages or snack items (i.e. low-fat milk and dairy, bottled water, 100% fruit juice, low-fat and low-sugar snacks)?	YES NO
6.	If food or beverages are sold for fundraising events, are only healthy, nutritious foods and beverages sold? Do fundraising events focus on promoting physical activity (e.g. walk-a-thons, skate-a-thons)?	YES NO
7.	Are healthy foods and beverages served at all school meetings and events, including school parties, classroom snacks, teacher/staff meetings, PTA meetings, and family events?	YES NO
8.	Are classroom rewards healthy offerings (i.e. candy is not offered as a reward, extra physical activity time is a reward)?	YES NO
<b>Physical Education and Physical Activity</b>		
1.	Do all students receive formal quality instruction in physical education for a minimum of 150 minutes per week (elementary) or 225 minutes per week (secondary) the entire school year?	YES NO
2.	Do all students participate in daily physical activity at school (including recess, classroom-based physical activity breaks, and at least 30 minutes a day of physical education)?	YES NO
3.	If physical education is available, do the classes teach skills and behaviors promoting lifelong fitness (as opposed to competitive sports only)?	YES NO
4.	Are school recreational facilities (i.e. gymnasium, fields, playground, tennis courts, basketball courts, pool) available for use by students both before and after school hours?	YES NO
5.	Are students taught the importance of physical activity for good health and health maintenance?	YES NO
6.	Are teachers encouraged to provide classroom-based physical activity breaks and incorporate physical activity into classroom academics to reinforce classroom learning?	YES NO
7.	Is the privilege of recess, physical education, activity breaks, etc. available to all students, including those who are being disciplined?	YES NO
8.	Is physical activity encouraged before and after school (promotion of walk and bike to school programs, active before and after school programs)?	YES NO

*If you answered no to any of these questions, contact your school wellness team for more information and support.*



# In the Classroom

## Contents:

- 
- C1** Teachers – Are You a Role Model for Wellness?
- 
- C3** Promoting Wellness in Your Classroom – Tips for Teachers
- 
- C5** Active Classrooms Rock!
- 
- C7** Healthy School Parties!
- 
- C9** Healthy Rewards
- 
- C11** FREE Classroom Tools! Lesson Plans and Resources for Your Classroom
- 





# Teachers:

## Are You a Role Model for Wellness?



### Complete the Checklist:

(✓) Check those that apply

- Do your students see how active you are around the school?
- Do you encourage your students to be physically active at recess?
- Do your students see you eat nutritious foods?
- Do your students see you drink milk or water instead of pop?
- Do you serve nutritious foods and beverages in your classroom?
- Do you reward your students with physically active time rather than food?
- Do you encourage your students to eat breakfast and lunch?
- Do you avoid using physical activity for discipline?
- Do you help create a healthy school environment?
- Do you incorporate nutrition and physical activity messages into the curriculum you are teaching?
- Do you eat breakfast and lunch?
- If you notice a student is hungry or comes to school without breakfast, do you refer them to the breakfast or lunch program?
- Do you provide information to parents about the importance of being positive role models for their kids regarding healthy eating and active living?
- Do you provide information to parents about safe recreation centers and after-school programs in your area?

**If you answered 'no' to any of these questions, use the CanDo School Wellness Resource Kit to give you ideas how to be a great role model for wellness!**



# Promoting Wellness in Your Classroom!

## Tips for Teachers



### Teachers Can Do It!

- 1. Get Moving!** – Reinforce healthy eating and active living by showing physical education and nutrition video clips in the classroom or during lunch in the cafeteria. Even better, get your kids moving in the classroom and during those long days of state testing — get up and re-energize those brains with some great exercise steps!
- 2. MyPyramid Tracker** – Don't just teach your students about the food pyramid, make it interactive! Challenge your students to keep track of what they eat and then compare it with the MyPyramid recommendations ([www.mypyramid.gov](http://www.mypyramid.gov)).
- 3. Do a Fruit & Vegetable Challenge** – Set a goal for your class to eat a certain number of fruits and veggies by the end of each week or month. (<http://www.doe.in.gov/food/training/lessons/challenge.pdf>).
- 4. Healthy Popular Culture?** – As you teach about important health topics, ask students to go home and keep their eye on social themes in media (i.e. TV, movies, internet, video games, newspaper, or radio) that show or even contribute to negative behaviors such as inactivity and overeating. Have your students record what they found and provide alternative solutions to the negative behaviors—what would they do differently? Have students be Sports Screeners - examine how physical activity and sports are depicted in movies and on television. Hypothesize how images of physical activity and sports in entertainment can influence our attitudes and behaviors. Visit PBS Teacher Source (<http://www.pbs.org/inthemix/educators/lessons/sports2/index.html>).
- 5. Time It!** – Who says you can't exercise in math class? Have students do two minutes of physical activity (jumping jacks, jogging in place, etc.) and then ask them to take their pulse. Don't stop there... graph your results! For younger students, measure the pulse by counting the movements of a drinking straw attached with clay to the pulse point on the neck.
- 6. You Be the Coach!** – Investigate, explain and demonstrate the essential physical skills needed to play a sport. Discuss reasons why sports, athletics or physical activities should be an important part of teens' lives. Visit PBS TeacherSource (<http://www.pbs.org/inthemix/educators/lessons/sports1/index.html>).
- 7. Grocery Store Scavenger Hunt** – Have your students write down the types of foods they find at the grocery store. Can they find the fat and sugar content on the label? Have them keep track of what is in their grocery cart and let them decide if the food is a healthy option. Check out a great Scavenger Hunt template from CATCHTexas.org ([http://www.sph.uth.tmc.edu/catch/PDF\\_Files/grocery\\_scavenger.pdf](http://www.sph.uth.tmc.edu/catch/PDF_Files/grocery_scavenger.pdf)) or create your own! For another idea, have students conduct an observational experiment and examine the food choices of classmates, as compared to the amount of physical activity exerted each day.
- 8. Just Desserts** – Just Desserts is a program that will help develop an awareness of the kinds of foods that are marketed to kids and which of those foods are healthy. This K-5 activity incorporates Arthur episode # 509 from PBS Kids. Visit [http://pbskids.org/arthur/parentsteachers/lesson/medialiteracy/pdf/print\\_desserts.pdf](http://pbskids.org/arthur/parentsteachers/lesson/medialiteracy/pdf/print_desserts.pdf).
- 9. Sous Chef Needed** – Partner with a local chef to make a “Healthy Harvest Salad” or have them show your class how to prepare one of their easy and healthy dishes. The American Culinary Federation has created the Chef & Child Foundation to build awareness of proper nutrition in preschool and elementary school children. To learn more, visit [www.acfchefs.org](http://www.acfchefs.org).
- 10. Mini-Chef Contest** – This could be a contest between classrooms or a home-school project where students follow-up their nutrition unit with a healthy recipe contest. Students create a recipe based on what they have learned about heart-healthy and nutritionally-packed food choices.

11. **Mentor Program** – Ask students from a high school or middle school culinary arts (home economics) class to speak to younger students about the food pyramid and healthy food choices. They can even share samples of healthy food recipes that they have prepared in class. You can also invite members from your local food co-op or grocery store.
12. **Get Drawing!** – A great way to reinforce what has been taught in class is to have students participate in a poster contest focused on nutrition, physical activity, and healthy habits.
13. **A Feast for All** – Invite parents to eat breakfast or lunch on special days of the month. Get even more interactive! Have your class create a healthy lunch menu using the nutritional information they have learned and make them the “teacher” as they share this information with their parents!
14. **Create a Recipe Book** – Can’t get parents to come to your school? Bring the nutritional information to them by having your students create their very own Healthy Choices cookbook. If you really want to get them motivated, have your students create a healthy vegetable or fruit salad in class! Check out a few recipes from the American Heart Association’s Kid Cookbook for some ideas to get you started. <http://www.healthyfridge.org/kidsrec.html>.
15. **Pyramid Relay** – Get your class up and moving with this fun game! Create a food pyramid on your playground and have students race to match up foods with the food group they belong in. Don’t have enough room? Create a matching game that can be duplicated and completed in the classroom. Cut out pictures from food ads and magazines to match up with their food group.
16. **That’s a Wrap!** – Have your students role-play certain scenarios that demonstrate good and bad eating habits (junk food dinner versus a well-balanced meal, watching TV versus riding your bike, etc). Each role play scene should be followed by a discussion on the different healthy choices that could have been chosen. You may even want to discuss some of the obstacles your students face when trying to make healthy choices (lack of equipment, no safe areas to play, time constraints) and then brainstorm ways your students can find healthy and fit alternatives.
17. **Read All About It** – Why not incorporate nutrition into your reading class? The Food and Nutrition Information Center of the USDA has created a list of children’s books about food and nutrition. Many of these titles can be found at your local library. [http://www.nal.usda.gov/fnic/pubs/bibs/gen/fun\\_elementary.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/gen/fun_elementary.pdf).
18. **Mission Nutrition** – What could be more interactive than having a health fair at your school? This can certainly be modified for all grade levels, but the key is to have your students host the event. Students could set up informational booths or tables in the cafeteria, offer nutrition lessons and activities, as well as demonstrate physical activities! You could even open this up to local grocery stores or health professionals in your area. Ask them to share some of their expertise about healthy eating and keeping fit.
19. **Healthy Lifestyles** – Have a class discussion about the impact that food sources, diet, availability of clean water, and healthy lifestyles have had on populations around the world (e.g. life span, politics, culture). Encourage students to think critically about how American lifestyles and diets have impacted our health over the years. Possible extensions could include showing videos and documentaries about food to offer different points of view, or creating a time line that represents how our healthy habits have been impacted as our food sources, diets, and technologies have changed.
20. **It’s a Date!** – Transform your lunch or classroom calendar by adding a healthy activity or fun fact each day. Simple activities such as taking a 10-minute walk around your school (count the number of steps), trying a new fruit or vegetable, counting the number of push-ups or sit-ups you can do in 2 minutes, and having a student lead a five minute stretch after lunch. This is a great daily “habit” that will surely inspire your students to keep active in the years to come! Check out the CATCH (Coordinated Approach to Child Health) program from the University of Texas for a “facts-of-the-day nutrition calendar” that you can use in your classroom ([http://www.sph.uth.tmc.edu/catch/whats\\_new\\_classroom.html](http://www.sph.uth.tmc.edu/catch/whats_new_classroom.html)).

Source: Alliance for a Healthier Generation, William J. Clinton Foundation/American Heart Association  
[www.HealthierGeneration.org](http://www.HealthierGeneration.org)

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# Active Classrooms Rock!

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## Physical Activity Recommendations for Kids

- Experts recommend that kids get **at least 60 minutes** of moderate to vigorous physical activity each day (physical activity that increases both heart rate and breathing rate well above resting levels).
- Kids can accumulate minutes over the course of the day by doing several bouts of physical activity lasting at least 10 to 15 minutes.
- Kids should avoid periods of inactivity lasting 2 hours or more, especially during daytime hours.
- Helping students become more physically active is an essential part of a school wellness program.

## Why Add Activity Breaks into the Classroom?

- Because of decreased physical activity and PE in today's schools, expert committees are recommending that schools integrate physical activity into the classroom.
- Studies show that kids are more attentive and ready to learn if allowed to have a break for physical activity.
- Physical activity is one of the most potent weapons against increasing rates of childhood obesity and related diseases, particularly when combined with good nutrition.
- As a result of our sedentary lifestyles (TV viewing, playing video games, driving instead of walking, limited PE and recess in schools, etc.) fewer than 25% of American kids get at least 30 minutes of any type of physical activity every day.
- Because kids spend most of their time in school, the type and amount of physical activity they get in schools is important!
- Physical activity has positive effects on academic achievement, including increased concentration; improved test scores in math, reading and writing; and reduced disruptive behavior.

Both the American Academy of Pediatrics and the Centers for Disease Control support the efforts of schools to include **increased physical activity in the classroom.**

## An A+ = Activity+

**Math:** Have students practice their measurement skills by measuring the distance covered while jumping, leaping, and hopping. Call out math problems – when the answer is less than 20, have kids answer in jumping jacks, push ups, hops, twists, kicks, or marching.

**Science:** Take nature walks around the school yard. Encourage students to do reports on the benefits of physical activity. Do a step test to measure kids' fitness levels.

**Geography:** Give students pedometers and track their steps or mileage on maps of geographical interest, such as famous landmarks, state capitols, national parks, etc. One mile = about 2000 steps.

**Spelling:** Host a spelling bee with a physical activity theme. Ask students to act out verbs such as skip, hop, march, dance.

**Language Arts:** Ask students to journal the amount of time they spend watching TV, playing video games, and being active – and what activities they enjoyed most and why.

## 5 Tips for Active Classrooms

1. Display posters, banners, photos, and kids' artwork that promotes physical activity.
2. Give kids extra recess.
3. Ask your PTO or principal for physical activity equipment.
4. Encourage parental involvement in physical activity – both at home and in the classroom. Send home physical activity homework that parents and kids can do together.
5. Praise kids often for participating in physical activity. Value each child based on their individual abilities.



## Teachers CanDo It!

Teachers and school staff with positive attitudes about physical activity are an important influence for young people. To be an active role model, teachers and staff can:

- Use the stairs instead of the elevator
- Walk during lunch and after school
- Ride your bike to school
- Join in with the kids for activities on the playground, in the gym, and in the classroom
- Talk with kids about the physical activities you do outside of school
- Encourage kids to be physically active outside of PE
- Participate in school health promotion programs such as the Schools on the Move Challenge (For more information, contact Healthy Kids Club at [lh2@pvhs.org](mailto:lh2@pvhs.org) or 970-495-7511.)

## Classroom Tools

**Kids on the Move Classroom Activity Breaks** – Deck and CD with 50 fun 10-minute classroom-based physical activity breaks. Available from Healthy Kids Club ([lh2@pvhs.org](mailto:lh2@pvhs.org) or 970-495-7511).

**Energizers** – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-5 and Middle School). Free. [www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)

**Take 10!** – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-6), \$80 per grade level. [www.take10.net/whatistake10.asp?page=new](http://www.take10.net/whatistake10.asp?page=new)

**Brain Breaks** – Classroom-based activities that integrate physical activity with academic concepts (K-6). Free. [www.emc.cmich.edu/brainbreaks/](http://www.emc.cmich.edu/brainbreaks/)

**Jammin' Minutes JAM School Program** – One minute classroom-based activities and health tips to help kids get moving and refocus on their school work. Free. [www.healthtips.com/jam-program.php](http://www.healthtips.com/jam-program.php)

**America on the Move!** – Step challenge for schools (all ages). Free. [www.AmericaOnTheMove.org](http://www.AmericaOnTheMove.org)

**Fitness Finders** – Walking/running incentive program. Low-cost. [www.fitnessfinders.net/](http://www.fitnessfinders.net/)

**Activity Bursts in the Classroom** – ABC for Fitness- Teacher's Manual for integrating physical activity into the classroom. <http://www.davidkatzmd.com/docs/ABCManual.pdf>

**PE Central Challenge** – Skills challenge for classroom teachers to use during recess or before- and after-school programs (4th-5th grade). Low cost. [www.pecentral.org/pecchallenge/index.html](http://www.pecentral.org/pecchallenge/index.html)

**PE Central Classroom Teacher/Integration Lesson Plans** – Classroom-based activities that integrate physical activity with academic concepts (K-12). Free. [www.pecentral.org/lessonideas/classroom/classroom.asp](http://www.pecentral.org/lessonideas/classroom/classroom.asp)

**Fit Kids Classroom Workout DVD** – 5- and 10-minute classroom-based workouts for kids (K-6). <http://emerchant.aciwebs.com/stores/pecentral/>

**Superman FitDeck Exercise Flash Cards for Kids** – Classroom-based exercise games for kids (ages 4-16). \$10. <http://emerchant.aciwebs.com/stores/pecentral/>

**NASPE's Teachers' Toolbox (Spanish and English)**. Free. [www.aahperd.org/naspe/template.cfm?template=teachers\\_toolbox.html](http://www.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html)

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# Healthy School Parties!

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## Let's Celebrate!

- Celebrate special events without food. Focus on fun physical activities rather than cake and ice cream. Kids love getting special attention and doing fun physical activities just as much or even more than celebrating with food.
- School and classroom parties offer opportunities for schools to be role models and reinforce the message that eating healthy and being active means a healthier body and a sharper mind!
- When foods are offered at school parties, they can add to the fun but they should not be the main focus. Instead of serving sweets, offer healthy, nutritious snacks in appropriate portion sizes.

## Did You Know?

Almost all of the snacks served to children should be fruits and vegetables.

## Occasional Sweet Treats

When sweets are offered for those occasional treats, serve healthier versions that are lower in fat, sugar and calories!

- Frozen fruit bars or popsicles (100% fruit juice, no added sugars)
- Angel food cake topped with fresh fruit and a spoonful of low-fat yogurt or whipped topping
- Fig Newtons, Animal Crackers, Graham Crackers, Gingersnaps, Vanilla Wafers
- Pudding (low-fat)
- 100 calorie snack packs

## Healthy Snack Ideas

- **Fresh fruit** – make kabobs or cups, add low-fat yogurt or whipped topping. Serve frozen for added fun!
- **Fruit and low-fat cheese kabobs**
- **Frozen bananas** – smear with peanut butter and roll in peanuts or low-fat granola
- **Vegetable trays** – serve with hummus, salsa, black bean dip, low-fat salad dressing, or guacamole
- **Cucumber slices** – add a dollop of low-fat cottage cheese and top with a dried cranberry or a grape
- **Ants on a Log** – spread peanut butter on celery and add raisins
- **Dried fruit (with little or no added sugar)** – raisins, apricots, apples, cranberries, papayas, mangos
- **Fruit smoothies** – blend unsweetened fruit with 100% fruit juice and low-fat yogurt
- **Quesadillas** – whole wheat tortillas, lean meat or a low-fat cheese, salsa, lots o' veggies
- **Sub sandwiches** – whole grain bread, tons o' veggies, lean meat or a low-fat cheese, low-fat dressing
- **Sliced turkey** – wrap around slices of cucumber, bell peppers, carrots
- **Whole grain mini bagels** – top with low-fat cream cheese, part-skim ricotta cheese (mix in cinnamon and vanilla), or a 100% nut butter
- **Whole grain, low-fat crackers** – top with low-fat cheese (mozzarella, string cheese)
- **Popcorn (air popped or low-fat)** – add grated cheese (low-fat), salt-free seasonings, nuts, or dried fruits
- **Peanut butter roll ups** – spread peanut butter on a whole wheat tortilla, sprinkle with sunflower seeds and raisins; roll up and cut into 1-inch slices

## Healthy Beverages

- 1st choice:** Water – flavor with an orange or lemon slice for fun!
- 2nd choice:** Milk (low-fat or non-fat)
- 3rd choice:** 100% fruit juice (limit to 1 to 1.5 cups/day)
- Fizz It Up!!** Mix 100% fruit juice and plain sparkling water

## Fun Activities

**Birthday Month:** Combine student birthday parties into one monthly event. Play active games and offer healthy snacks.

**Extra Recess:** Celebrate birthdays and special events with an extra recess or a physically active game instead of cake and ice cream. Let the birthday kid choose the activity!

**Fun Outdoors:** Take the class outside for active games – frisbee, kickball, activity circuits, or hip-hop dancing.

**Balloon Relay Races:** Run relay races with balloons. Kids can hit the balloon across the room, jump with the balloon between their legs or tucked under their chin. Get creative!

**'Kids On the Move' Activity Deck:** Let students pick an activity from the deck and lead the activity.

**Dance Party:** Have kids make up several dance moves that fit the selected music. Have kids teach the rest of the class their favorites. Play fun music and let kids practice their new dance moves.

**Charades:** Make up charade cards with physical activities (i.e. skiing, running, biking, skate boarding, jumping, break dancing). Once a team has the correct answer, have them act out the activity.

## Speaking From Experience!

*"For our Kindergarten curriculum party, our party theme focused on trees. The foods we had were products from trees - fruit and nuts! No cakes or cookies at this party! We also included a scavenger hunt outside. The kids ran from point A to B to C using a map. This was a great physically active game that the kids had a blast doing!"*

**Melissa Lackey**, Kindergarten teacher  
Bennett IB World School

*"When we have parties, we forget the food and do things in our gym like 'Wheelie Parties' where kids bring in scooters, roller blades, and wheelie shoes – and we motor around the gym. Great fun!"*

**Courtney Petros**, 3rd grade teacher  
Olander Elementary School

## Food for Special Celebrations!

### Halloween

- Abracadabra Wands – frozen fresh fruit kabobs served with low-fat yogurt dip
- Roasted pumpkin seeds
- Pumpkin bread (low-fat, low sugar, whole grain flour)
- Witch's Brew - mix 100% orange juice and plain sparkling water

### Fall Holidays

- Baby carrots, sliced red and green bell peppers and low-fat salad dressing
- Nut and dried fruit trail mix
- Corn bread (low-fat and low sugar)

### Winter Holidays

- Red and green apple slices dipped in low-fat caramel
- Fruit, yogurt and granola parfaits – layer fresh or frozen fruit with low-fat yogurt and low-fat granola
- Popcorn (air-popped or low-fat) – mix with nuts, pretzels, and dried fruit or with parmesan cheese

### Valentine's Day

- Red apple slices and fresh strawberries dipped in low-fat strawberry yogurt
- Cherry tomatoes and red bell pepper slices dipped in low-fat ranch dressing
- Angel food cake topped with fresh strawberries or raspberries and low-fat whipped topping

### Spring Holidays

- Color hardboiled eggs and have an egg hunt – let kids eat their findings!
- Frozen bananas on a stick with a very small drizzle of chocolate and rolled in almonds
- Frozen fruit cubes – freeze 100% fruit juice in ice cube trays (try silicon trays with small animals, hearts, stars, or other fun shapes); serve frozen cube on a napkin and let the slurping begin!
- Banana splits – cut a small banana in half lengthwise and place in bowl; add  $\frac{1}{4}$  -  $\frac{1}{2}$  cup low-fat vanilla yogurt; top with fresh blueberries, low-fat granola, and chopped nuts
- Go Ahead – Freeze My Lips! – serve a small bowl of frozen grapes, blueberries, strawberries, and cantaloupe; top with low-fat yogurt or whipped topping

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# Healthy Rewards

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## Use Non-food Rewards

Kids are often offered food as a reward for “good behavior.” As teachers know, classroom rewards can be an effective way to encourage positive behavior. However, rewarding students in the classroom shouldn’t involve candy or other unhealthy foods. Instead, teachers should use non-food rewards to provide positive reinforcement for behavior and academic performance.

**“It’s just a little treat”...  
the harm in using food to  
reward or discipline kids.**

- Food should be used for nourishment rather than reward or punishment.
- Providing food as a reward for positive performance or behavior, as well as withholding food for negative performance or behavior connects food to mood and promotes behaviors associated with unhealthy eating and obesity.
- Most food rewards involve candy or other unhealthy foods that are typically high in sugar, fat, and calories.
- Kids learn preferences for food that are made available to them...thus offering food as a reward, whether sweet or non-sweet, significantly enhances the preference for that food.
- Using food as a reward:
  - Encourages kids to eat even when they are not hungry
  - Encourages over consumption of foods high in added sugar, fat, and calories
  - Encourages lifetime habits of rewarding or comforting with food
  - Undermines nutrition education taught in schools

## Speaking From Experience!

In the Spring of 2009, Thompson School District surveyed staff to learn more about how staff reward students without using food! The response was phenomenal! Over 160 staff members responded with great ideas such as extra recess, homework coupons, choice of extra free time for PE & computer time, and the list goes on! Great job TSD!

**Schools should help teach kids how to make healthy choices, to eat to fulfill nutritional needs, and provide an environment that fosters healthy eating.**

### All Star Board

*“I have an ‘All Star’ board in my gym. Each week students can earn three stickers: one for wearing tennis shoes; one for turning in homework related to nutrition and health; and one for being caught being a good sport in class (high fiving someone, telling them they did a good job). At the end of each quarter, I take the top students with the most stickers and let them go to the ‘Good Sport’ Bag. I collect non-candy items at the dollar store and garage sales all year long. **Hacky sacks, rubber bracelet bands and superballs tend to be the most popular.** I award the ‘Good Sport’ award at lunch time and give them a certificate. Kids ask for homework now. The only punishment for not turning in ‘fun PE’ homework is not getting a sticker.”*

**Nancy West**, PE teacher  
Mountain Schools

### Climbing to Higher Peaks

*“Our school motto is ‘Climbing to Higher Peaks’. When my students as a class have worked their magnet up 100 steps on a Colorado Fourteener poster, **we celebrate with a lunchtime movie or a game outside.** If we have had a ‘brain strain’ afternoon, we all (me included) go outside for a sprint to the fence or a physical team-building initiative.”*

**Colleen Stanevich**, 6th grade teacher  
Kruse Elementary School

# Healthy Alternatives to Using Food as a Reward

## Token or Point System Rewards

**Kids are rewarded with points that accumulate toward a bigger prize.**

Teachers can use play money, tokens, stars, stickers, or a chart to track points students have earned. A point system also may be used for an entire class to earn a reward. When the target number of points are earned, a reward is provided.

- Extra recess
- Gift certificates for sporting good stores, bookstores, video or music stores, movie theaters
- Tickets to sporting events
- Sports equipment – tennis racket, baseball glove, soccer ball, basketball
- Drawing for donated prizes

## Prize Box Rewards

Keep a prize box full of age-appropriate non-food rewards

### School and Art Supplies:

- Pencils, pens, colored pencils, crayons, markers – add the school logo
- Notepads, notebooks, coloring books, art pads, books, magazines
- Stencils, stamps, glitter, stickers, glue, scissors
- Bookmarks, rulers, photo albums
- Gift certificates, coupons

### Toys and Trinkets:

- Finger puppets, stuffed animals
- Toy cars, helicopters, airplanes
- Slinkies, marbles, jacks
- Bubbles, balloons, silly putty
- Crazy straws, magnets, picture frames
- Flashlight, key chain
- Plant or seeds and a pot with soil to grow plants

### Wearable Rewards:

- Hair accessories
- Bracelets, rings, necklaces
- Sunglasses
- Hat, cap, T-shirt

## Social Rewards

**Reward with encouraging, motivating, character-building words!**

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by kids than a toy or food. Simple gestures like a pat on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a kid’s worth as a person and build self-esteem. Say “thanks for helping” or “your contributions were great!” Send notes to parents praising the student’s good behavior.

## Physical Activity Rewards

**Reward often with physical activity time! Promote physical activity as being fun!**

- Give extra recess, PE, or physical activity game time
- Take a fun activity break – dance, move, play, sweat!
- Give coupons to skating rinks, bowling alleys, ice rinks or other active entertainment outlets
- Give physical activity equipment, games, and sports gear
  - Hacky sacks, yo-yo’s, frisbees, hula hoops, step counters
  - Balls of all kinds – super balls, sponge balls, rubber balls, inflatable beach balls, juggling balls
  - Jump ropes, hand weights, kites, Twister
  - Water bottles, running shoe laces, sweat bands, rubber wrist bands
  - Sidewalk chalk

## Recognition and Privilege Rewards

**Try unique non-food rewards that motivate and inspire!**

- Special field trips
- Eat lunch or take a walk with a teacher or principal
- “No homework” pass or reduced homework
- Sit by friends
- Listen to music or an audio book while working
- Watch a fun video
- Eat lunch outdoors or in the classroom
- Read or hold class outdoors
- Go to the library to select a book to read
- Take care of the class animal for a day
- Read to a younger class
- Play games - Brainteasers, Trivial Pursuit
- Stickers, trophy, plaque, ribbon, or certificate in recognition of achievement
- Recognize student’s achievement on the school-wide morning announcements, website, or photo recognition board
- A phone call, email, letter, or postcard sent home to parents or guardians commending a student’s accomplishment
- A note from the teacher to the student commending his or her achievement

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# Free Classroom Tools!

## Lesson Plans and Resources for Your Classroom



### **The Beef Council**

**Target Audience: Grades 4 – 5**

**Website: [www.teachfree.com](http://www.teachfree.com)**

The Beef Checkoff and Pfizer Inc. partnered to produce a curriculum called Choose Well. This math curriculum addresses two nutrition issues identified by both health experts and teachers as essential in helping youth understand the benefits of healthy eating. Through a series of seven activities, children learn the importance of choosing nutrient-rich foods first and techniques for visualizing appropriate portion sizes. The eighth lesson addresses physical activity and its relation to weight management. Choose Well includes a Telly award-winning video and a copy of Appetite Attack, an action-packed computer game from the Parents' Choice 2006 approved award-winning website, [www.zip4tweens.com](http://www.zip4tweens.com). Choose Well has been favorably reviewed by the American Dietetic Association Foundation as part of the Healthy Families, Healthy Kids initiative. A listing of state dietetic association contacts is included in the kit to help teachers solicit nutrition support from local dietitians. Other free resources, such as MyPyramid handouts, are available at this website also.

### **Colorado Department of Education**

**Target Audience: Grades 1 – 5**

**Website: <http://www.cde.state.co.us/cdenutritran/nutricafelessons.htm>**

This site contains nutrition lesson plans and physical activity lessons with a nutrition concept. Lessons are designed for first through fifth grade with additional lessons on fruits and vegetables, math, and the food groups.

### **JumpStart for Teens**

**Target Audience: Teens**

**Website: [www.californiaprojectlean.org](http://www.californiaprojectlean.org)**

This site offers free healthy eating lesson plans and activities that integrate nutrition and physical activity with language arts, math, science, social studies and more! Lesson topics include the following:

- The ABCs of Healthy Eating
- Let's Get Physical
- Teens Making a Difference
- Advertising's Hidden Messages
- It's in the Label
- Have it Your Way Fast Food
- Eating To Win
- Making News

### **Kidnetic.org**

**Target Audience: Ages 9 – 12**

**Website: <http://www.ific.org/kidnetic/index.cfm>**

This website is focused on healthy eating and active living for tweens. You can find resources for the classroom as well as for families. Classroom lessons are put together in a Leader's Guide that can be downloaded for free. Each Leader's Guide contains information and lessons on different topics including food, fitness, fun, family, and feelings.

## Media Smart Youth: Eat, Think, and Be Active!

**Target Audience: Ages 11 – 13**

**Website:** <http://www.nichd.nih.gov/msy/msy.htm>

This is a free interactive after-school education program for young people ages 11 to 13. It is designed to help teach students about the complex media world around them and how it can affect their health, especially in the areas of nutrition and physical activity.

## Minds in Motion – SD Department of Education

**Target Audience: Elementary and Middle School**

**Website:** <http://doc.sd.gov/oess/schoolhealth/mindsinmotion/>

This site contains elementary and middle school lesson plans that incorporate nutrition and physical activity into science, math, reading, and social studies. Lesson plans are grade specific. Some topics include telling time, addition, subtraction, life cycles, and communities.

## More Matters

**Target Audience: Grades K – 2 and parents**

**Website:** [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

This site contains information, recipes, and activity pages that promote fruits and vegetables. Teachers can download free coloring pages, fruit and veggie tracking sheets, and parent handouts.

## My Pyramid

**Target Audience: Grades 1 – 6**

**Website:** [www.mypyramid.gov](http://www.mypyramid.gov)

Free lesson plans, posters, and handouts related to the new food guide pyramid are available.

## National Dairy Council

**Target Audience: All grades**

**Website:** <http://www.wdairyCouncil.com/>

This site offers several free posters, resources, lesson plans, and recipes. You can also order brochures, black line masters, and bookmarks. Two curriculum options include Little D's Nutrition Expedition for 2nd grade, and Arianna's Nutrition Expedition for 4th grade. Little D's Nutrition Expedition™ transports 2nd grade students back to the time of medieval castles and dragons. Along the way, they'll learn the importance of good nutrition and physical activity from Little D the dragon, Princess Peapod, Queen Anna Banana and other food-group friends. Students will enjoy arm-chair traveling with the two heroes of Arianna's Nutrition Expedition™ - Arianna Bones and Marcus Muscleman. Whether they're solving a mystery or trekking to Antarctica, these two adventurous 4th graders put pizzazz into learning about the importance of good nutrition and physical activity.

## Nutrition Literacy Toolkit

**Target Audience: Grades K – 12**

**Website:** <http://www.cde.state.co.us/nltk/default.asp>

The Nutrition Literacy Toolkit is not a curriculum, but a tool from which schools and communities can design a curriculum using a menu of effective nutrition education resources. Alignment of learner outcomes in the Toolkit with Colorado core standards for reading, writing, math, and physical education allows for teaching skills for healthy eating while practicing skills that will increase students' competencies in reading, writing, math, and physical education.

## OrganWise Guys

**Target Audience: All levels**

**Website:** [www.organwiseguys.com/lessonplans.asp](http://www.organwiseguys.com/lessonplans.asp)

Description: Over the past 11 years, The OrganWise Guys have partnered with a variety of public and private entities to bring nutrition, physical activity, and other lifestyle behavior messages to people of all ages. These time-tested and evaluated materials have proven effective in helping individuals understand the importance of making healthy lifestyle choices and motivating them to make these changes in their own lives. You can download lesson plans for free to use in your classroom.



## Program ENERGY

**Target Audience: Grades 2 – 6**

**Website:** <http://www.programenergy.org/>

The goal of Program ENERGY is to reduce and, eventually, to prevent obesity and type 2 diabetes through enrichment of grade 2-6 science and math education, emphasizing improved nutrition and enhanced physical activity. Free online lesson plans are available to help teachers incorporate physical activity, nutrition, and energy balance into science and math.

## The Science of Energy Balance: Calorie Intake and Physical Activity

**Target Audience: Grades 7 – 8**

**Website:** <http://science.education.nih.gov/supplements/nih4/energy/default.htm>

This curriculum was developed with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). It is a creative, inquiry-based instruction program designed to promote active learning and stimulate student interest in medical topics. The lesson plans provide the framework for both hands-on classroom activities and web-based multimedia activities. This curriculum supplement aims to help students 1) experience the process of scientific inquiry and develop an enhanced understanding of the nature and methods of science; and 2) appreciate the role of science in society and the relationship between basic science and human health. Lesson overviews include the following:

### Lesson 1: Burning It Up

This lesson consists of two activities and takes two to three days to complete. In the first activity, students develop an understanding of energy as it relates to body function. Students collect data about their own physical activities and then estimate the energy used in these activities. In the second activity, students enter energy expenditure data from their diaries into a Web or a classroom database. Using this information, students can test their own hypotheses about energy use in middle school students.

### Lesson 2: A Serving by Any Other Name

This lesson consists of one activity and takes one day to complete. Students discover the information included in food labels and explore the concept of serving size by comparing amounts of food that they eat with the serving size indicated on the food label. They use this information to calculate the number of calories consumed when they eat various foods.

### Lesson 3: A Delicate Balance

This lesson takes two to three days to complete. Students use an energy balance clinic scenario to investigate the energy balance equation for five fictitious middle school students. This allows them to combine their understanding of EnergyOut from Lesson 1 and their understanding of EnergyIn from Lesson 2. In Activity 1, student teams evaluate one patient's energy balance by analyzing the patient's physical activity and food diaries. In Activity 2, students present recommendations for changes in EnergyIn and EnergyOut that provide a healthy energy balance for their patient. This activity can be done on the Web or with printed materials.

### Lesson 4: Munching Mice

This lesson consists of two activities and takes two to three days to complete. The first activity begins with an introduction to the use of animals as models for scientific research. Students analyze data to determine the impact of genetics on weight gain in mice. In the second activity, students design experiments to test the impact of food availability and exercise on weight change in mice. They analyze and share the results of their experiments. Finally, students consider the validity of extending conclusions from their experiments with mice to humans. These activities can be done on the Web or with printed materials.

### Lesson 5: Dear Me

This lesson consists of one activity. It begins with a classroom discussion in which students observe data that show the incidence of obesity increasing since 1985 and the risk of several diseases is higher for people with obesity. Then students are given a homework assignment to write a letter to the person they will be in 25 to 30 years. They use what they have learned about energy balance to give themselves advice about appropriate strategies for maintaining energy balance (and thus a healthy weight) in their adult years.



## Team Nutrition

**Target Audience: Grades K – 12**

**Website:** <http://teamnnutrition.usda.gov/library.html>

This site contains free resources, posters, handouts, lesson plans and much more. Everything can be downloaded and printed including information on improving your school environment and a guide to getting started in promoting health in your school. Lesson plans range in topics from teaching the food guide pyramid to more comprehensive programs such as “Eat Smart...Play Hard” and the “Fruit and Vegetable Challenge.”

## WIN Kids – Wellness IN the Rockies

**Target Audience: Grades 5 – 6**

**Website:** <http://www.uwyo.edu/winwyoming/projects.html>

WIN (Wellness IN) Kids is a series of 13 lessons designed for classroom teachers and program educators in community settings. The intended target is youth ages 10 to 13 or in the 5th and 6th grades. Lesson overviews include the following:

### **Lesson 1: Walk With Me**

Identifies the benefits of daily walking. Helps students make walking a priority by setting and tracking walking goals. Includes ideas for encouraging others to walk.

### **Lesson 2: Choose to Move**

Explores ways to be more active. Helps students identify a wide variety of physical activities that can maintain good health and create a plan to increase activity. Lesson utilizes an educational video, Choose to Move. To purchase, visit [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies) or contact University of Wyoming Family & Consumer Sciences at [fcs-orders@uwyo.edu](mailto:fcs-orders@uwyo.edu).

### **Lesson 3: VBM: Variety, Balance, Moderation**

Covers food groups and key messages in MyPyramid for kids. Helps students apply the principles of variety, balance and moderation in food choices. Promotes the concept that healthy eating does not need to exclude any specific foods.

### **Lesson 4: Portion Investigators**

Describes how super-sized portions can contribute to overeating. Helps students recognize normal versus outrageous portions and discover ways to order, select and serve portions that are appropriate for hunger. Lesson utilizes an educational video, Portion Investigators. To purchase, visit [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies) or contact University of Wyoming Family & Consumer Sciences at [fcs-orders@uwyo.edu](mailto:fcs-orders@uwyo.edu).

### **Lesson 5: The Original Fast Foods – Fruits and Vegetables**

Discusses health benefits of eating more fruits and vegetables. Helps students learn ways to eat more fruits and vegetables, set goals and monitor progress.

### **Lesson 6: The Senses Carnival**

Highlights the role of the five senses in food choices and evaluates how food stimulates the senses. Helps students appreciate eating as enjoyable and satisfying rather than as a rushed or guilt-ridden experience.

### **Lesson 7: Taste Bud Twister**

Helps students understand how the tongue distinguishes different flavors in food. Explores how intensities of taste vary from person to person.

### **Lesson 8: How Sweet Is It?**

Presents health concerns related to drinking sweetened beverages. Teaches students how to analyze and interpret research supporting health claims. Helps students learn to estimate volume and sugar content of common soft drink containers and to establish goals for improving health through beverage choices.

### **Lesson 9: Bones**

Investigates low-fat sources of calcium-rich beverages. Helps students understand calcium’s role in bone health, particularly for growth. Includes evaluation of different types of milk and label reading activities.







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# Healthy Habits for Healthy Homes

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## Breakfast Power

Eating breakfast is essential to your whole family's health! A healthy breakfast helps adults think better at work and helps students learn better in school. Breakfast also helps keep people from overeating later on in the day. Make your breakfast count!

- Choose cereals with at least 3 grams of fiber per serving
- Top whole grain waffles or pancakes with fresh fruit and yogurt
- Add protein to the morning with low-fat cottage cheese or lean meats

## Skip the Pop

Did you know that a 20-ounce soda contains 17 teaspoons of sugar? That's over a 1/3 of a cup! That's over 250 calories! Soda, along with other sugary beverages, should be limited to rare occasions. Drinking milk with meals and water with snacks is a healthy habit for your whole family to get in to. 100% fruit juice is okay, but because it's high in calories, limit intake to about 1 cup a day. You can also add variety with sugar-free teas and low-calorie flavored waters.

## Tune Out

Did you know that watching TV 10+ hours per week has a negative effect on school performance? That's one reason that experts recommend limiting total screen time, which includes TV, computer, and video games, to less than 2 hours per day. Screen time is also associated with obesity and violence. You can reduce screen time by setting limits and sticking to them. Take the TV out of the bedroom and leave the TV off during dinner. Make a family routine of going for a walk or playing a game after dinner instead of turning on the TV.

## Add 2000 Steps

The average Coloradoan only gets about 7,000 of the recommended 10,000 steps a day. Do you know how many steps you get? Wear a pedometer or step counter and find out! If you're below 10,000 steps a day, aim for adding 2,000 steps a day until you reach your goal. 2,000 steps is about 1 mile, or a 20-minute walk. Making simple changes, like taking the stairs, parking in the furthest spot, or going for a walk during lunch can help you reach your goal.

## Choose Half

Restaurant portion sizes today are often 2 to 3 times bigger than they were 20 years ago. To enjoy eating out without overeating, make a pact to eat only half the food you are served. Share the rest with a friend or take leftovers home. It's helpful to ask for a to-go box right away and package up your meal so you are not tempted to clean your plate.





# Healthy Habits for Healthy Homes

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## Eat a Rainbow

All colors of fruits and vegetables help you maintain a healthy weight by filling you up with nutrients and fiber instead of empty calories. Kids and adults need 4 to 5 cups of fruits and vegetables each day. Be sure to eat a vegetable at each meal and go for fresh fruit or veggie sticks for snacks.

## Family Meals

Eating meals together at home gives parents the chance to help kids develop healthy eating habits. Eating together gives parents the opportunity to role model healthy eating, ensure their kids are eating nutritious foods, and introduce new foods to kids. Make a commitment to eat at least one meal together each day. You might be surprised at the difference in your family's communication, health, happiness, and finances!

## Sleep It Off

Set a regular bedtime and wake time schedule and stick to it! Getting adequate sleep is important for brain function, stress management, and maintaining a healthy weight. So how much do you need?

Adults	7 – 9 hours
Teens	8.5 – 9.25 hours
Children (ages 5 to 12)	10 – 11 hours
Preschool Children (ages 3 to 5)	11 – 13 hours
Toddlers (ages 1 to 3)	12 – 14 hours

## Should I Force My Child to Eat?

Children are actually born with a natural sense of wanting to eat and knowing how much they need to eat. Parents play an important role in helping their children establish healthy eating habits, but it is not the parent's responsibility to decide how much food a child should eat. Nutrition experts agree that the role of the parent is to decide what foods are offered, when foods are given, and where foods are eaten. It is the child's role to decide if and how much they will eat. If you're concerned that your child is eating too many sweets, then it's your responsibility to remove the sweets and let your child choose from healthier options when they are hungry.

## Kids & Veggies

Tired of trying to get your kids to eat their veggies? You're not alone! Studies show that it can take up to 15 exposures to a food before a kid will like it. So, if your child doesn't like broccoli now, that's okay. Keep offering the broccoli and encouraging your child to try a bite. Don't ever force your child to eat a food, as this can cause kids to turn against the food even more. Just be patient and persistent. Continue offering the food and be a role model for your child by eating healthy yourself. They'll eventually catch on!



# Healthy Habits for Healthy Homes

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## 6 Keys to Raising a Healthy Eater

1. **Set regular meal and snack times.**
2. **Be persistent, but not forceful.** Continue to offer healthy foods, even if your children don't like them at first. Encourage your children to try new foods, but do not force them to eat.
3. **Be a role model.** Children follow their parents' lead, so if you eat healthy, so will your kids.
4. **Involve your kids.** Let your kids help choose recipes, go shopping, and prepare meals.
5. **Start with small portions.** It's okay to have seconds if your child says he is still hungry, but start with small servings first.
6. **Give positive rewards.** Avoid using food as a reward. Instead, praise your child's good behavior with positive words, play time, or extra time with you.

## Do You Know What You're Eating?

Read the ingredient list on food labels to help you make healthy food choices. The ingredients are listed in order of most to least by weight. Look for foods that list a whole grain as the first ingredient (i.e. whole wheat or 100% stone ground wheat). Limit foods that list high fructose corn syrup, sugar, or hydrogenated oil in the first few ingredients.

## Healthy Plates

Are you serving healthy, balanced meals? Use the "plate method" to find out! Divide your plate into four equal sections. One corner should be used for protein foods like lean meat, eggs, or beans. Another corner should be used for grains, like pasta, bread, or rice. The other two corners should be filled with fruits and vegetables, like salad, broccoli, or orange slices. Serve a glass of low-fat milk on the side and you have a healthy, well-balanced meal!

## Be a Mindful Eater

Americans often face weight problems because we eat when we are not truly gut hungry. In our society, we eat when we are bored, stressed, emotional, happy, because food is in front of us, or because the food just tastes good. We finish our plates even though we feel uncomfortably full afterwards. To reverse this trend, we need to become mindful eaters. The key to being a mindful eater is listening to your body! Eat when you are hungry, but stop when you begin to feel full. If you find yourself wanting food when you are not truly gut hungry, try something other than eating to fulfill what you really need. If you're stressed, take a walk. If you're bored, call a friend or read a book. Avoid turning to food for every occasion!

## Healthy Eating + Physical Activity = Better Grades!

Studies show that when kids eat healthy and stay active, they do better in school! Healthy foods provide the essential nutrients kids need to concentrate and focus on learning. Being active keeps kids alert and ready to learn. Good nutrition and physical activity also improve kids' overall health, which means they are sick less and miss fewer days of school.



# Healthy Habits for Healthy Kids

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## 1. Be Active!

- Spend at least 1 hour every day being physically active.
- Play inside: Turn off the TV and get movin'! Play hide-and-seek. Clear a space for wiggling, dancing, tumbling, playing with soft foam balls or squishy toys.
- Play outside: Ride bikes, go for a walk or hike – take the dog, your dog needs to be active too! Toss a softball, jump rope, hula hoop, ride scooters, toss a frisbee, go swimming, kick a ball, play tag, play at the park.
- Parents, play with your kids every day! It's great fun for all.

## 2. Eat More Fruits and Veggies! More Matters!

- Eat 4 to 6 cups of colorful fruits and veggies every day.
- Fruits and veggies are packed with vitamins, minerals, and fiber, are low in calories, and are great for you!
- Fresh, frozen, canned (in 100% juice), dried (no added sugars), and 100% juice – they all count!
- Go easy on the fruit juice – it's high in calories – limit intake to about 1 cup per day.
- Make  $\frac{1}{2}$  your plate fruits and veggies.

## 3. Snack More on Healthy Foods and Less on Junk Foods

- Kids need 2 to 3 small healthy snacks a day to keep them satisfied and energized until the next meal.
- Almost all snacks served to kids should be fruits and veggies.
- Plan ahead – stock the refrigerator with healthy snacks.
- Keep junk foods out of the house so kids and adults aren't tempted to eat too much of them.

## 4. Eat Small Portions

- Bigger is not better. Serve small portions.
- Rules have changed! You don't have to eat everything on your plate. Listen to your body and stop eating when you're full.
- Eat slowly. It takes about 20 minutes for your brain to get the message that you are full.
- Use small plates and bowls.
- At restaurants, share a meal or take half home.

## 5. Eat Together!

- Kids whose families sit down together to a home-cooked meal are less likely to be overweight, are more likely to eat fruits and vegetables, and have time together to connect at the end of a busy day.

# Healthy Habits for Healthy Kids (cont'd)

## 6. Get Enough ZZZZZZZ's

- How much sleep do we need every night?
  - **Kids (5 – 12 yrs)** : 10 to 11 hours
  - **Teens**: 8.5 to 9.25 hours
- Kids' health, body weight, behavior, and academic performance take a nose dive when they are sleep deprived.
- Adequate sleep boosts kids' energy and enthusiasm, helps them learn more easily, reduces many behavioral problems, and helps control body weight.



## 7. Drink Milk with Meals and Water with Snacks

- Milk should be the main beverage served to kids at meal time.
- Water should be the main beverage served to kids with snacks.
- Dairy products help kids build strong bones and may help them maintain a healthy weight.
- Limit sugared sodas and other sugary beverages.
- When choosing fruit juice, make it 100% fruit juice. Remember that it's high in calories, so limit intake to about 1 cup per day.

## 8. Limit Screen Time

- Screen time is the time spent watching TV or DVDs, playing video games, and using the computer (not including computer use for school work).
- **Pediatricians recommend:**
  - kids spend less than 2 hours per day in front of a screen — less is even better!
  - no screen time for kids under 2 years of age
  - no TVs in kids' bedrooms
- **Kids who have less screen time:**
  - perform better in school and tend to read more
  - have more time for active play and are more fit
  - have a healthier body weight
  - miss out on all those commercials for junk foods

## 9. Eat Breakfast

- Eating a healthy breakfast helps kids think better, improves academic performance, and improves attitude and mood.
- Kids who eat breakfast are less likely to be overweight and more likely to get enough calcium.
- Make your breakfast count - choose whole grain cereals that have at least 3 grams of fiber; top whole grain waffles, pancakes, and cereals with fresh fruit and low-fat yogurt.
- Include a healthy protein such as cottage cheese or a slice of lean turkey to make your breakfast have staying power.

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[www.CanDoOnline.org](http://www.CanDoOnline.org)

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# Eat Better! Move More!

## Tips for Families



### Eat Better!

- 1. Make Half Your Grains Whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- 2. Vary Your Veggies.** Go dark green, orange, and red with your vegetables – eat spinach, broccoli, carrots, and sweet potatoes.
- 3. Focus on Fruits.** Eat fruit at meals and snack time. Choose fresh, frozen, canned (in 100% juice), or dried (no added sugars), and go easy on the fruit juice (make it 100% juice).
- 4. Get Your Calcium-rich Foods.** To build strong bones, serve low-fat and fat-free milk and other calcium-rich products several times a day.
- 5. Go Lean with Protein.** Eat lean or low-fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6. Change Your Oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil. Avoid saturated and trans fats.
- 7. Don't Sugarcoat It.** Choose foods and beverages that do not have sugar and sweeteners such as high fructose corn syrup as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

### Move More!

- 1. Set a Good Example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2. Take the 'President's Challenge' as a Family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3. Establish a Routine.** Set aside time each day as activity time - walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children need 60 minutes everyday or most days of the week.
- 4. Have an Activity Party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.
- 5. Set up a Home Gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6. Move It!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7. Give Activity Gifts.** Give gifts that encourage physical activity - active games or sporting equipment.

Be active and get your family to join you. **Have fun together.**



# Eat Better!

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## 30 Tips to Eat Better!

1. Drink nonfat or 1% milk. They have just as much calcium and protein, but are lower in fat and calories than 2% or whole milk.
2. Use smaller dishes and silverware. Smaller plates, glasses, bowls, and spoons help you control portion sizes.
3. Mix berries, bananas, low-fat milk, and sugar substitute for a light breakfast or dessert.
4. Try reduced-sugar jams and jellies. They have a fresh flavor with half the calories!
5. Top a whole wheat English muffin with natural peanut butter and apple slices.
6. Lighten up your omelet! If the recipe calls for 4 eggs, use 2 egg whites and 2 whole eggs.
7. Try turkey sausage or Canadian bacon instead of regular bacon to reduce fat at breakfast.
8. Trade regular butter for a light whipped butter or low-calorie butter substitute.
9. Spread your bagel or toast with light or fat-free cream cheese instead of butter.
10. Split a bagel with someone or save half for tomorrow.
11. Choose 1% cottage cheese.
12. Try whole wheat tortillas instead of white tortillas.
13. Trim all the fat from beef, pork, and chicken.
14. Skim the fat off soups, stews, and sauces before serving. If you cool them first, the fat floats to the top and is easy to remove.
15. Sauté fresh vegetables like zucchini, peppers, mushrooms, and onions with fat-free Italian dressing and lime juice.
16. Use light or fat-free mayonnaise on sandwiches and in salads.
17. Choose whole grain bread, pasta, and crackers. Read the ingredient label and look for the words "whole" or "100%" to be the first word (i.e. whole wheat, 100% whole grain).
18. Stuff a whole wheat pita pocket with more fresh vegetables and less meat and cheese.
19. Read the nutrition facts label when buying yogurt. Choose varieties that have fewer calories and less added sugar.
20. Share restaurant meals with a friend or take half home with you.
21. Use grapes, bananas, strawberries, and pineapple to make fun fruit kabobs.
22. Eat a fruit or vegetable at every meal and snack.
23. Snack on light popcorn.
24. Measure out 1 serving of snack foods like crackers, baked chips, raisins, cereal, or trail mix - put them into snack-size baggies. Keep on hand for quick, grab & go snacks that are portioned just right!
25. Top salads with chopped apples, mandarin oranges, and slivered almonds for a crunchy, fresh flavor.
26. Omit half the butter or margarine called for in macaroni and cheese, rice, pasta, and stuffing.
27. Try reduced-fat or part-skim cheeses on pizza or in casseroles.
28. Sauté or steam zucchini, green peppers, mushrooms, or onions and add them to spaghetti sauce.
29. Serve milk with meals and water with snacks. Save soda and juice drinks for rare occasions.
30. Save yourself about 100 calories by leaving off the cheese from sandwiches and burgers.



# Move More!



## 30 Tips to Get Active!

1. Play outside or take a family walk after dinner.
2. Improve your sleep – take a walk a couple of hours before bedtime.
3. Keep an activity journal. Write down the physical activities you do each day for a month and record how you feel after being active.
4. Volunteer to walk dogs for an animal shelter.
5. Circle around the block once when you get your mail.
6. Walk around the outside aisles of the grocery store before shopping.
7. Do sit ups, jumping jacks, or stretches during the commercial breaks of your favorite show.
8. Walk to your school playground after dinner and play.
9. Paddle away calories on a raft, kayak, or canoe trip.
10. Walk around the school track. 4 laps of a regulation track is about 1 mile, or 2000 steps.
11. Skip the drive-thru window and walk into the bank or restaurant.
12. Learn how to dance! Take a line dancing class or make up a dance of your own.
13. Don't sit and wait! Stroll the halls while you're waiting for a doctor's appointment. Walk around the soccer field while you're watching practice. Walk outside while you're waiting for a dinner reservation.
14. Get books on tape from the library and listen while you walk.
15. Make regular walking dates with family or friends.
16. Walk or bike to school!
17. Walk to the store, dry cleaners, or post office instead of driving.
18. Register for a community walk or run.
19. Pace around your house while talking on the phone.
20. Check out the sunrise on an early morning walk.
21. Walk to your friend's house for a visit.
22. Focus on walking distance rather than speed. It's better to get in more steps at a comfortable pace than to burn out quickly.
23. Walk on a treadmill or in the mall on rainy days.
24. Tour a museum, zoo, or natural area rather than watch a movie.
25. Always take the stairs instead of the elevator!
26. Plan a picnic and play frisbee before or after lunch.
27. Tour the community gardens on foot.
28. Entice your kids by turning your walk into a scavenger hunt.
29. Try a new biking or walking trail at least once a month.
30. Check out the local ice skating rinks.



# Fit Kids... Cool Kids... Smart Kids...



## Get Fit Kids!

- Kids should get **at least 60 minutes** of moderate to vigorous intensity physical activity every day (physical activity that raises both heart rate and breathing rate).
- No matter what activity kids choose, they can do it all at once, or divide it into two or three bouts during the day.
- If kids divide up activity into bouts, each bout should be at least 10 to 15 minutes long.
- Kids should avoid periods of inactivity lasting 2 hours or more, especially during daylight hours.

## Fit Kids are Smart Kids

- Kids who get daily physical activity perform better in school, have better attendance rates, have a more positive attitude about school, are less disruptive behavior, and have higher self-esteem.<sup>1,2</sup>
- Academic achievement improves when kids spend more time in PE, even when students spend less time in class! Consistently higher math scores were seen after 240 minutes per week of class time was exchanged for physical activity time.<sup>3</sup>
- A 2002 study showed an association between physical fitness and SAT-9 test results. Students with the highest fitness scores also had the highest test scores.<sup>4</sup>

## Fit Kids are Cool Kids

### 5 Cool Ways to Get Physical

Who says kids have to play sports to have fun and be fit? Here are a few fun ways for kids to get fit.

#### Use your feet

Your feet were made for walking, so use them every chance you get. Walk to a friend's house, to the store, around the mall or wherever it's safe to walk. While you're at it, walk your dog. Or offer to walk your neighbor's dog.

#### Move to the Beat

Turn up the music and dance! Dance with your friends or on your own. And who says you can't do two things at once? Dance while you talk on the phone. Dance while you watch TV. You can even dance while you clean your room!

#### Roll Around Town

Make your muscles do the work on your bike, skates or scooter as you enjoy the cool breeze. Don't forget to wear the gear: a helmet, and knee, wrist and elbow pads for skating.

## Healthy Kids Run Series

Sign kids (ages 5 to 12) up for 8 FREE local fun runs. Kids will earn prizes for participating!

Contact Healthy Kids Club at 970-495-7511 or [lhz@pvhs.org](mailto:lhz@pvhs.org)

#### Get Your Friends Moving

Gather a few friends to shoot hoops, kick around a soccer ball, play street hockey or throw around a football or baseball. You don't need to be on a team to enjoy sports. Check out the rec center in your neighborhood for open gym times and other fun activities like tennis, swimming, or dance classes.

#### Be a Buddy

Stuck babysitting or playing with younger brothers or sisters? Make it play time. Young kids love games like hopscotch, tag, hide-and-seek, Hula-Hoops, jump rope, squirt guns, T-ball, kickball or flying a kite - especially when they're doing it with a "cool" older friend like you.

Source: [www.Kidnetics.com](http://www.Kidnetics.com)

## What Parents Can Do

- Be a physically active role model and have fun with your kids. Adults need at least 30 minutes of daily physical activity.
- Walk or bike with your kids at every available opportunity. Take a family walk after dinner instead of watching TV or playing computer games. Encourage your kids to walk and bike to school.
- Plan active weekends. Include biking, hiking, skating, walking, or playing ball. Take a trip to the park, skating rink, zoo, or swimming pool.
- Limit inactive behavior such as TV watching and video game playing. Offer active alternatives to screen time such as jumping rope, playing hide-and-seek, kicking a ball.
- Give your kids gifts that encourage physical activity.
- Take the President's Challenge as a family. You can track your individual physical activities as a family and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).



## The Importance of Regular Physical Activity for Kids

- Physical activity is one of the most potent weapons against the increasing rates of childhood obesity and related diseases, particularly when combined with good nutrition.
- Researchers suggest that the childhood obesity epidemic is largely the result of a decline in regular physical activity.
- Kids in the US today are less fit than they were a generation ago.
- Inactive kids, when compared to active kids, weigh more, have higher blood pressure, and have lower levels of good cholesterol (HDLs).
- Because of our sedentary lifestyles (TV, video games, computers, driving instead of walking, reduced PE and recess time in schools, etc.), fewer than 25% of US kids get at least 30 minutes of any type of physical activity each day.<sup>5</sup>

## Benefits of Being Active!

- Improves academic performance and classroom behavior
- Improves fitness levels and builds muscular strength
- Helps control weight, build lean muscle, and reduce fat
- Builds and maintains healthy bones and joints
- Improves energy levels
- Fosters healthy social and emotional development
- Improves mood, self-esteem, and feelings of well being
- Reduces the risk of depression and anxiety

## Walk and Bike to School!

- Encourage kids to walk and bike to school!
- Find safe routes to your school – visit the Safe Routes to School website in your community for maps that show the safest walking and biking routes to your school. Fort Collins: [www.walktoschool-usa.org](http://www.walktoschool-usa.org). Loveland: <http://www.ci.loveland.co.us/publicworks/Traffic/SafeRoutes.htm>.
- Encourage kids to participate in International Walk a Child to School Day. Schools and communities join together every October to celebrate walking to and from school. [www.walktoschool-usa.org](http://www.walktoschool-usa.org).
- Organize a walking bus or riding bus – rather than carpooling, an adult walks or bikes to school with kids. [www.walktoschool-usa.org](http://www.walktoschool-usa.org).

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- 1 Sallis JF, et al. Effects of health-related physical education on academic achievement: Project SPARK. *Research Quarterly for Exercise and Sport* 1999; 70:127-134
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# Encourage Kids to Walk and Bike to School!



## Why Walk or Bike to School?

- **To move more and stay fit!** Walking and biking helps kids get more daily physical activity and keep bodies strong and fit.
- **To do better in school!** Kids who are active do better in school and get into trouble less often. When kids walk or bike to school, they arrive at school awake and more ready to learn!
- **To feel good!** Walking and biking can help kids relax and stay in a good mood.
- **To catch up with friends and family!** Walking or biking gives kids time to talk, laugh, and share stories with friends and family.
- **To build great neighborhoods!** Walking or biking gives kids and families time to build strong relationships with neighbors. When kids walk or bike to school, fewer cars travel through the neighborhood making it a safer place.
- **To keep parents smiling and the environment clean!** By not driving to school, kids help keep our air fresh and clean. Fewer cars congesting the pick-up and drop-off points at schools means less air pollution, safer walking and biking environments, and happier parents!
- **To enjoy the outdoors!** Kids can see the leaves change color and breathe the fresh air.
- **To have FUN!** Kids can play games while walking or biking to school. Try playing a rhyming game or the alphabet game.

## Walk and Bike to School!

Encourage your neighborhood and community to build partnerships with schools, PTAs, and the Safe Routes to School program to create an environment that is supportive of walking and biking to school safely. By creating safe routes to school, walking and biking to school can once again be a safe, fun, pleasant part of kid's daily routine!

## Safe Routes to School!

Safe Routes to School (SR2S) is a program that promotes safe walking and biking to school. With the hope of increasing the number of students walking or biking to school, the SR2S program uses 5E's - Education, Engineering, Encouragement, Enforcement, and Evaluation - to provide a comprehensive approach to safe walking and biking to school. Check out the SR2S websites for Fort Collins and Loveland.

Fort Collins: [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes).

Loveland: [www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm).

**When kids walk or bike to school, they arrive at school awake and more ready to learn!**

- **Find safe routes to your school.** The SR2S websites has maps that show the safest walking and biking routes to your school.
- **Organize a walking bus or biking bus.** Rather than carpooling, gather kids together and have an adult walk or bike to school with them. SR2S SchoolPool Match can help match families from participating schools with others who are interested in sharing a trip to school via biking or walking – carpooling too.
- **Participate in Activities Sponsored by SR2S.** Both SR2S programs in Fort Collins and Loveland sponsor special events throughout the school year to encourage parents and students to walk and bike to school together. In Loveland, multiple elementary schools participate in T-n-T Tuesdays and the Fort Collins SR2S program offers Walking and Wheeling Wednesdays.
- **Request speed radar for your school.** Principals can request that speeds be monitored around schools to help promote a safer walking and biking environment.
- **Use SR2S curriculum in the classroom.** SR2S offers FREE online curriculum for grades K-9 that encourages kids to walk and bike to school. Lessons promote traffic safety, fitness, and clean air. Students are encouraged to become active citizens and examine transportation issues in their own community.

### Safe Routes to School Contacts:

City of Fort Collins-Transportation Planning, [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes), Contact: Matt Wempe, (970) 416-2040, [saferoutes@fcgov.com](mailto:saferoutes@fcgov.com)

City of Loveland-Traffic Division, [www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm), Contact: Shelley Aschenbrenner, (970) 962-2558, [aschem@ci.loveland.co.us](mailto:aschem@ci.loveland.co.us)

## Safety Tips for Kids

- Try to always walk, bike, or ride the bus with a buddy.
- Always walk on a sidewalk.
- Stop at the curb before crossing the street.
- Look left, right, and left again before crossing.
- Make sure drivers see you before crossing in front of them.
- Cross only at corners or marked crosswalks.
- Walk, don't run, across the street.
- When you are riding your bike, ALWAYS wear a helmet that is properly fitted.
- Ride on the right side of the road or trail in a single file line. Come to a complete stop before crossing any street.
- When biking, stop completely before crossing railroad tracks. Go straight across the tracks slowly.
- When on your bike, be courteous to pedestrians.
- Do not play in driveways, streets, or parking lots.
- If a stranger follows you on foot, get away as quickly as you can. If a stranger follows you in a car, turn around and go the other direction to a close safe place.



## Support Walking and Biking in Your Community!

### Participate in International Walk a Child to School Day

Schools, families, neighborhoods, and communities join together every October to celebrate walking to and from school. International Walk a Child to School Day is an event promoted in both Fort Collins and Loveland communities. [www.walktoschoolusa.org](http://www.walktoschoolusa.org)

### Put Your Walking and Biking Maps to Use

Visit <http://fcgov.com/bicycling/> for a map of Fort Collins walking and biking routes and visit <http://www.ci.loveland.co.us/parksrec/rectrails.htm> for walking and biking routes in Loveland.

### Listen to Local Officials

*"Bicycling is more than a mode of transportation or a recreational activity. It's a way of life, a part of who we are and what we value as a community. As a former city planner, I can tell you that the extent of bicycling (and walking) in a community is a good barometer of quality of life. Streets that are busy with bicyclists and walkers foster a sense of neighborhood and community."*

Fort Collins City Manager Darin Atteberry  
Reprinted from the Fort Collins Forum, April 12, 2007

### Fort Collins Wins Bicycle Friendly Award

Fort Collins is the recipient of the League of American Bicyclists' Gold Medal Award as a bicycle friendly community. Fort Collins is 1 of 9 cities in the country that has received this distinction, and only 3 cities have received the platinum award. Visit: <http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/>

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# Raising a Healthy Eater

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## A Healthy Eater...

### Who, My Kid?

It's no surprise that parents need some help understanding what it means to eat healthy. From the Food Guide Pyramid to the latest food fad, it can be awfully confusing. The good news is that you don't need a degree in nutrition to raise a healthy eater. By following some basic guidelines, you can create an environment that encourages your child to eat well and maintain a healthy weight.

Almost all the snacks served to kids should be **fruits and vegetables**.

## Did You Know?

- Kids who drink more sugar-sweetened sodas, fruit drinks, sport drinks, and teas consume more calories and are more likely to be overweight than kids who drink fewer sugary drinks.
- Almost all the snacks served to kids should be fruits and vegetables. Most kids aren't eating enough!

## 12 Tips for Parents

### 1. Parents Control the Supply Lines

- Offer kids a variety of healthy foods and beverages at meal and snack times.
- Your job is to decide:
  - WHAT to offer to eat
  - WHERE to eat
  - WHEN to eat
- Though kids will pester their parents for less nutritious foods, adults should be in charge of deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they won't feel deprived.

### 2. Kids Get a Say So!

- Nutrition experts agree that from the foods you offer, let kids choose:
  - WHAT to eat
  - HOW MUCH to eat
  - WHETHER to eat at all
- This may seem like a lot of freedom, but if you follow tip #1, your kids will be choosing only from the foods and beverages you decide to serve.

### 3. Quit the "Clean Plate Club"

- Encourage kids to stop eating when they feel comfortably full.
- Many parents grew up with the "clean-your-plate" rule. This rule should no longer be used because it encourages kids to ignore their bodies' fullness cues and overeat.
- When kids notice and respond to feelings of fullness, they're less likely to overeat.

### 4. Be Persistent but Not Forceful

- Food preferences are developed early in life, so offer kids a variety of foods.
- Encourage kids to try a few bites of new foods, but don't force them to eat.
- Kids may need to be exposed to a food up to 15 times before they decide they like it.

### 5. Kids Do as You Do

- Be a role model and eat healthy yourself.
- When trying to teach good eating habits, try to set the best example possible.
- Choose nutritious snacks, eat at the table, don't skip meals, and eat together as a family at least once a day.

## Healthy Eating For Life!

If you want to help your child become a lifelong healthy eater, here is a way to assess how things stand right now.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/> My child eats fruit every day.
<input type="checkbox"/>	<input type="checkbox"/> My child eats vegetables every day.
<input type="checkbox"/>	<input type="checkbox"/> My child eats a variety of foods, including dairy, whole grains, fruits, vegetables, and healthy sources of protein.
<input type="checkbox"/>	<input type="checkbox"/> My child typically eats only when hungry.
<input type="checkbox"/>	<input type="checkbox"/> My child does not use food to relieve stress or boredom.
<input type="checkbox"/>	<input type="checkbox"/> My child will try new foods.
<input type="checkbox"/>	<input type="checkbox"/> Our family rarely eats or snacks in front of the TV.
<input type="checkbox"/>	<input type="checkbox"/> Our family eats together at least 5 times a week.

If you answered 'no' to any of these questions, use these tips to help get your child on the right track.

## 12 Tips for Parents (cont'd)

### 6. Serve Small Portions

- Start kids out with small portions and then allow them to take seconds if they are still hungry.
- Use small plates and glasses to help control portions.

### 7. Food is Not Love

- Avoid using food to reward or punish kids.
- When foods are used to reward kids and show affection, kids may start using food to cope with stress or other emotions.
- Offer hugs, praise, play time or extra time with you instead of food treats.

### 8. Bring Back the Family Meal

- Eat meals together at home as often as possible.
- Meals together improve nutrition, weight control, and family communication.
- Set regular meal and snack times.
- Turn off the TV when eating!

### 9. Drink Calories Count

- Sodas and other sugar-sweetened drinks are loaded with sugar and calories.
- Water and milk are the best drinks for kids.
- Juice is fine when it's 100% fruit juice, but because it is high in calories, limit it to 1 cup a day or less.

### 10. Put Sweets in Their Place

- Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner.
- When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli.
- Try to stay neutral about foods.

### 11. Rewrite the Kids' Menu

- Who says kids only want to eat hot dogs, pizza, burgers, and mac and cheese?
- When eating out, let kids try new foods - they might surprise you with their willingness to experiment.
- Let kids try a little of whatever you order or order an appetizer for them to try.

### 12. Limit TV and Computer Time

- The more kids sit in front of the TV, the more likely they are to (1) snack mindlessly and excessively, (2) eat the junk foods they see advertised, (3) be less physically active, and (4) gain excessive weight.

Source: [www.kidshealth.org](http://www.kidshealth.org)

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# How to Handle a Picky Eater

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## 10 To Do's for Dealing With a Picky Eater

When you get home from a long day at work, the last thing you want to do is wage war over broccoli at the dinner table. That's why it's so easy to fall into the trap of making mac-n-cheese or ordering pizza. It keeps you out of an "eat your vegetables" fight. The good news is, getting a picky eater to eat a nutritious meal doesn't have to be a battle. Here are some tips for dealing with a picky eater:

- 1. Mix in Healthy Stuff.** Mix healthier foods into foods that your child already likes. For example: add blueberries to pancakes; mix grated zucchini or carrots into muffins, meatloaf and soups; add fruit slices to a favorite cereal; mix chunks of broccoli into mac-n-cheese; or serve shredded veggies over rice.
- 2. Include Your Kids.** Kids of all ages can help with menu planning, grocery shopping, and meal preparation. By being involved, kids will have more buy-in. If they feel some ownership over the meal, they will be more likely to eat it.
- 3. Don't Buy Unhealthy Foods.** Out of sight, out of mind. If the chips and cookies aren't around, your kids can't eat them. They may resist at first, but when hungry, they'll start munching the carrot sticks. Keep healthy foods on hand - 100% fruit juice instead of colas or sugary drinks, and a bag of apples instead of a bag of chips.
- 4. Establish an Eating Routine.** Serve meals and snacks at about the same times every day. Most kids like routine. If your kids know they will only get food at certain times, they'll eat what they get when they get it. Try to have snacks incorporate two food groups. For example, offer cheese and whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.
- 5. Have Healthy Finger Foods Available.** Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks, raw or cooked, are great finger food options.
- 6. Repeal the "Clean Your Plate" Rule.** Kids know when they're full, so let them stop. Overeating is one of the major reasons we get too many calories.
- 7. Encourage Kids to "Eat their Colors."** This game works well with younger kids. Eating a variety of brightly colored foods gives kids more of the nutrients they need. Food that is bland in color often lacks nutrients.
- 8. Don't Forbid Foods.** Forbidden foods can quickly become the foods of greatest desire. A scoop of ice cream or a few cookies are all right occasionally. Think moderation. Allow kids to choose a special food from time to time and let them eat it guilt free. If you cut out all the goodies, your kids will be more likely to overeat when they do get them.
- 9. Turn Off the TV While Eating.** Eating in front of the TV is distracting, and kids may not notice that they're full because they're wrapped up in the show. Eating as a family – without the TV – is a great time to catch up.
- 10. Be a Good Role Model.** The best way to influence kids is by example. Don't expect them to eat spinach if you won't touch it.

Source: [www.AmericanHeart.org](http://www.AmericanHeart.org)



# Pack a Healthy Lunch!

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## Healthy Lunch Checklist

Include **EACH** of these key ingredients for a healthy lunch:

**Fruit**

Try apple slices, melon, strawberries, grapes, pears, bananas, kiwi, papaya, mangos.

**Veggies**

Try bell pepper slices (green, red, orange, or yellow), broccoli, baby carrots, snap peas, zucchini sticks, grape tomatoes, celery, sliced cucumbers, cauliflower.

**Protein**

Include a low-fat protein such as lean deli meats, grilled skinless chicken, water-packed tuna, turkey, hardboiled eggs, natural peanut or almond butter, 1% cottage cheese.

**Dairy or Calcium-Rich Food**

Try low-fat or fat-free milk, soy milk, light yogurt, mozzarella cheese sticks, calcium-fortified orange juice.

**Whole Grains**

Include foods that list a whole grain as the first ingredient on the food label such as whole wheat bread, pita, tortillas, or crackers.

## Healthy Lunches Help Kids....

- Stay alert and energetic all day
- Do better in school
- Build healthy bodies
- Ward off illnesses like colds and flu
- Meet a big part of their daily nutritional needs

## 8 Tips for Getting Kids to Eat a Healthy Lunch

- 1. Include at least one serving of fruit in every lunch.** Try serving fruit in different ways – whole, cut into slices, cubed, or with a low-fat yogurt dipping sauce.
- 2. Use whole grain bread instead of white bread for sandwiches.** Choose breads that list “whole wheat” or “whole grain” as the first ingredient.
- 3. Limit cookies, brownies, chips, and other baked goods.** These are loaded with sugar, unhealthy fats, and calories.
- 4. Sneak in vegetables.** Add vegetables like cucumber slices, green peppers, sliced zucchini, and tomatoes to sandwiches, wraps, and stuffed pitas.
- 5. Encourage kids to choose 1% or fat-free milk.** Milk is a good source of calcium, vitamin D, and protein. Sodas, fruit drinks, kool-aid, and sports drinks are loaded with sugar and calories, and have almost no nutritional value.
- 6. Switch from ham, bologna, salami, and other fatty luncheon meats to low-fat alternatives.** Try low-fat or fat-free turkey breast, chicken breast, roast beef, or water-packed tuna.
- 7. If you pack fruit juice, make sure it's 100% juice.** Fruit juice is rich in vitamins and minerals; however, it is high in calories so limit intake to about 1 cup per day. Watch out for fruit drinks like Sunny Delight, Hi-C, Fruitopia, and Capri Sun - with no more than 10% juice, they're mostly sugar and water masquerading as fruit juice.
- 8. If you pack chips, pack low-fat or baked varieties.** Pack baked chips, pretzels, Cheerios, or whole grain, low-fat crackers instead of potato, corn, tortilla, or other chips.

## Yummy Fillings for Sandwiches, Pitas, and Wraps

- Chicken, light mayo, and celery
- Turkey, provolone cheese, and apple slices
- Chicken, pesto, and sun-dried tomatoes
- Canned tuna, dark leaf lettuce, tomatoes, and boiled egg
- Turkey, light mayo, spinach, and grapes
- Black beans, roasted peppers and zucchini, and low-fat cheese
- Apples, raisins, and light cream cheese
- Avocado, tomato, lettuce, and coriander
- Cucumbers, carrots, black olives, chickpeas, sun-dried tomatoes, and feta cheese



## Food Safety

- Perishable foods such as dairy products (milk, cheese, yogurt), eggs, meat, fish, chicken, and mayo need to be kept COLD and eaten within about 4 hours of preparation.
- Choose an insulated lunch box or include a frozen freezer pack to keep the lunchbox cool.
- Many foods can be frozen prior to packing, such as sandwiches, yogurt, cheese, cooked meat, peanut butter, and mashed eggs.

## Healthy Lunchbox Ideas

### West Coast Swing

- 1 California Tortilla Roll Up
  - Top a whole wheat tortilla with lean turkey meat, light cream cheese, avocado, tomato, and dark leaf lettuce. Roll up and cut in half.
- 1 green apple, sliced and smeared with 1 Tbsp natural peanut butter
- 1 cup skim or low-fat milk

### South of the Border Celebration

- 1 South of the Border Chicken Pita Pocket (see recipe)
- 1 orange, sliced
- 1 cup skim or low-fat milk

### South of the Border Chicken Pita Pockets

- 4 skinless, boneless chicken breasts
- 2 Tbsp olive oil
- 1/2 tsp each of the following spices – garlic powder, onion powder, salt, black pepper, and cayenne pepper
- 4 whole wheat pita pockets
- 2 diced tomatoes
- 2 cups shredded dark leaf lettuce
- 1 sliced avocado
- Salsa

Directions (serves 8): Cut chicken into strips. In a skillet, heat oil and sauté chicken for 3 minutes. Sprinkle all the spices over chicken. Continue cooking until chicken is cooked (no pink inside). Split pitas in half, fill with chicken, and garnish with tomatoes, lettuce, avocado, and salsa. Enjoy warm or cold!

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# Healthy Lunch Checklist

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## Include **Each** of These Key Ingredients for a Healthy Lunch

### **Fruit**

Try apple slices, melon, strawberries, grapes, pears, bananas, kiwis, papayas oranges, mangos.

### **Veggies**

Try bell pepper slices (green, red, orange, or yellow), broccoli, baby carrots, snap peas, zucchini sticks, grape tomatoes, celery, sliced cucumbers, cauliflower.

### **Protein**

Include a low-fat lean protein such as lean deli meats, grilled skinless chicken, tuna packed in water, turkey, hardboiled eggs, natural peanut or almond butter, or 1% cottage cheese.

### **Dairy or Calcium-Rich Food**

Try low-fat or fat-free milk, soy milk, light yogurt, mozzarella cheese sticks, calcium-fortified orange juice.

### **Whole Grains**

Include foods that list a whole grain as the first ingredient on the food label such as 'whole wheat' bread, pita, tortillas, or crackers.



# Healthy Snacks



## Snack Attack

- As part of a healthy diet, kids should eat 3 main meals and 2 to 3 healthy snacks a day.
- Because snacks play a major role in kids' diets, contributing up to  $\frac{1}{3}$  to  $\frac{1}{2}$  of a child's daily food intake, be sure to offer healthy snacks to kids.

## Did You Know?

**Almost all of the snacks served to kids should be fruits and veggies!**

Most kids aren't eating enough fruits and veggies! Serving fruits and veggies for snacks is a great way to help kids get the vitamins and minerals they need for growth and brain power.

**Fruits and Veggies:  
How much do kids need?**

GIRLS		
Age	Fruit (cups/day)	Veggies (cups/day)
4 – 8	1	1.5
9 – 13	1.5	2
14 – 18	1.5	2.5

BOYS		
Age	Fruit (cups/day)	Veggies (cups/day)
4 – 8	1	1.5
9 – 13	1.5	2
14 – 18	1.5	2.5

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Healthy Beverages

**Drink Milk with Meals and Water with Snacks!**

### 1st Choice: Water

Water should be the main drink served to kids at snack times. Water satisfies thirst without adding calories or sugar and keeps kids hydrated. Calorie-free flavored waters, seltzers, plain sparkling water, and club soda are healthy options. They do not contain the sugars, calories, or caffeine of sodas. Serve them alone or try making "healthy sodas" by mixing them with equal amounts of 100% fruit juice.

## Did You Know?

**Kids who drink more sugar-sweetened drinks such as sodas, fruit drinks, sport drinks, and teas consume more calories and are more likely to be overweight than kids who drink fewer sugary drinks.**

### 2nd Choice: Milk (non-fat or low-fat)

Milk is a terrific source of calcium and vitamin D. However, if kids are drinking 2% or whole milk, it is also the #1 source of saturated fat in kids' diets. Soy and rice "milks" (fortified with calcium and vitamin D) are also healthy options.

### 3rd Choice: 100% Fruit Juice

Choose only 100% fruit juice and drink only small amounts each day. Better yet, eat whole fruit!

7 – 18 yr olds                      drink no more than 1.5 cups (12 oz) a day

1 – 6 yr olds                         drink no more than  $\frac{3}{4}$  cup (6 oz) a day

Fruit juice is rich in vitamins, minerals, and cancer-fighting compounds; however, it is high in calories – even if it's 100% juice. Orange juice is one of the most nutritious juices, followed by (in order of nutritional content) grapefruit, prune, pineapple, grape, and apple.

Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are easily mistaken for juice. These beverages are more like soda than juice. They are merely sugar water with a few tablespoons of added juice.

# Healthy Snacks

## Protein Foods

For a snack with staying power, include a protein.

- **Milk (non-fat or low-fat).** Join the “White Milk Club.”
- **Yogurt (non-fat or low-fat).** Try plain and add fresh or frozen (unsweetened) fruit, low-fat granola, or whole grain cereal.
- **Cheese.** Serve lower-fat cheeses in small portions; serve with other foods like fruit, vegetables, or whole grain crackers.
- **Cottage Cheese (low-fat)**
- **100% Nut Butter.** Try natural peanut, almond, or cashew butter.
- **Nuts and Seeds.** Nuts and seeds in general are very nutritious and a good source of protein but are high in fat and calories. Thus, serve small portions (a small handful) and serve along with another snack, such as fruit. Look for nuts that are unsalted and unsweetened. Try almonds (one of the most nutritious), peanuts, pecans, pistachios, walnuts, cashews, pumpkin seeds, and sunflower seeds.
- **Trail Mix.** Trail mixes are easy to make. Try your favorite combo of low-fat granola, whole grain cereals, nuts, pretzels, and dried fruits like raisins, apricots, apples, mangos, or cranberries. Trail mix is also high in calories so it’s best to serve small portions.
- **Poultry, Meat, Seafood, Tofu.** Choose lower-fat, reduced-sodium brands of skinless turkey, skinless chicken, roast beef, and pork. Choose tuna packed in water. Tofu is also a good protein source. Serve with veggies and whole grain foods such as bread, pita, crackers, or tortillas (as a wrap sandwich). Cut sandwiches in half to make snack-sized portions.
- **Eggs.** Hardboiled eggs make great snacks!

## Fruit – Eat a Rainbow!

Almost all snacks served to kids should be fruits and vegetables!

*Kids should eat 1 to 1.5 cups of fruit every day!*

- **Fresh or Frozen Fruit.** Eat a rainbow of anything in season: strawberries, blueberries, watermelons, kiwis, cantaloupe, apples, oranges, mangos, papayas. Cut into small chunks, make kabobs, or eat whole.
- **Fruit Cups, Canned Fruit, Applesauce (unsweetened)**
- **Dried Fruit (no added sugar).** Apricots, cranberries, raisins, apples, cherries, bananas, mangos, papayas.
- **Fruit Leather, Fruit Snacks (100% fruit).** Many brands of fruit leathers and fruit snacks are more like candy than fruit. They should be avoided because they are very high in sugar, low in fruit, low in fiber, and stick to teeth, which causes tooth decay.
- **Fruit Smoothie.** Blend fruit with 100% fruit juice and low-fat yogurt. Many store-made smoothies have added sugars and are not the healthiest choices.

*Serving Suggestions:* Try serving fruit with low-fat yogurt, 1% cottage cheese, or fat-free whipped topping. Some fruits, like apples, are great with natural peanut butter.

For a “stick-to-your-ribs” snack with staying power, serve a protein snack along with a fruit or vegetable.

## Vegetables – Eat a Rainbow!

Almost all snacks served to kids should be fruits and vegetables!

*Kids should eat 1.5 to 2.5 cups of vegetables every day!*

- **Fresh (raw or steamed).** Eat a rainbow of anything in season: broccoli, bell peppers (red, green, yellow, orange), cauliflower, carrots, celery, tomatoes, snap peas, snow peas, green beans, zucchini. Cut into small chunks, make kabobs, or eat whole.
- **Frozen or Canned (low sodium)**
- **Salad.** Make a salad from the darker green lettuces and spinach and add a variety of other veggies. Set out veggies like a salad bar and let kids build their own.
- **Edamame (pronounced “eh-dah-MAH-may”).** Edamame are soybeans that are fun to eat, easy to serve and great for you! Can be found fresh and frozen.

*Serving Suggestions:* Try serving veggies with hummus (many great flavors), bean dip, salsa, guacamole, 100% nut butter, 1% cottage cheese or low-fat or fat-free salad dressing (e.g. fat-free Ranch or Thousand Island).

# Healthy Snacks

## Breads, Crackers & Cereals

### Go for the Whole Grain!

Though most kids eat plenty of grain products, too many of those grains are cookies, cakes, sugary cereals, and other refined grains that are high in sugars and fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. If the first item on the ingredient list doesn't say whole grain, it's not truly a whole grain food.

- **English Muffins, Pita Bread, Tortillas.** Try stuffing or topping with veggies, 100% nut butter, low-fat cheese, 1% cottage cheese, lean deli meat, or water-packed tuna. Also try dipping them in hummus, salsa, guacamole, or bean dip.
- **Breakfast Cereals.** Whole grains, fortified, high fiber, low sugar, low-fat cereals are great either dry or with low-fat milk. Look for cereals with at least 3 to 5 grams of fiber and no more than 35% added sugars by weight (approx 8 grams of sugar per serving).
- **Crackers.** Choose whole grain crackers with less than 1 gram of saturated fat and zero trans fats per serving.
- **Bagels.** Choose whole grain bagels and watch serving sizes! Try mini bagels and top with 100% nut butters, fruit spreads, turkey slices, veggies, or a slice of low-fat cheese.
- **Rice Cakes.** Choose brown rice. Top with low-fat cheese, 100% nut butter, or lean deli meats.
- **Popcorn.** Air popped is best! Otherwise, try low-fat microwave popcorn. Forgo the butter! Spray with vegetable or olive oil and add parmesan cheese, garlic powder, or other non-salt seasonings.
- **Baked Tortilla Chips.** Choose low-fat, low sodium varieties - great with salsa, bean dip, or low-fat melted cheese.
- **Granola and Cereal Bars.** Choose whole grain, low-fat, low sugar bars.
- **Pretzels, Breadsticks, and Flatbreads.** These low-fat items should not be everyday offerings. Most are made from refined grains, not whole grains. Several are also high in salt. So only offer these as snacks now and then.



**Make it easy for kids to choose healthy snacks – keep fruits and veggies on hand and ready to eat. Don't stock your shelves with cookies, chips, and candy.**

# Healthy Snacks

## Yummy Snack Ideas!

- **Fruit kabobs** with cantaloupe, strawberries, grapes, and watermelon chunks (see recipe for low-fat yogurt dip)
- **Fruit and low-fat cheese kabobs**
- **Quesadillas** with whole wheat tortillas, low-fat cheese, salsa, and vegetables
- **Whole grain crackers** topped with low-fat cheese
- **Cucumber slices** topped with a dollop of low-fat cottage cheese and a dried cranberry
- **Sliced turkey** wrapped around slices of fresh cucumber, bell peppers, carrots
- **Low-fat granola bar** with non-fat or low-fat milk
- **Frozen bananas** topped with 'natural' peanut butter (no added sugars or fats)
- **Sliced vegetables** served with a low-fat dip such as hummus, bean dip, salsa, guacamole, or salad dressing (tons of great flavors to choose from!)
- **Ants on a Log** – spread peanut butter on celery and add raisins
- **Whole wheat pita** stuffed with tuna (water packed), lettuce leaves and celery chunks
- **Fruit parfait** with layers of low-fat yogurt, fresh fruit chunks, and low-fat granola



## Occasional Sweet Treats

When sweets are offered for those occasional treats, serve healthier versions that are lower in sugar, fat, and calories. Avoid rich bakery foods such as donuts, sweet rolls, cakes, cookies, and muffins that are super high in sugar and fat and have poor nutritional quality.

- **Frozen Fruit Bars or Popsicles (100% fruit juice, no added sugars)**
- **Angel Food Cake.** Top with fresh fruit and a dollop of low-fat whipped topping or yogurt.
- **Fig Newtons.** Look for fruit bars with no added sugars.
- **Cookies.** Animal crackers, Graham crackers, Gingersnaps, Vanilla Wafers.
- **Frozen Yogurt and Pudding.** Even low-fat varieties are high in added sugars so should be served only as occasional treats.

## Snack Recipes

### Fruit and Yogurt Smoothie

Put all ingredients into a blender and blend until smooth.

- ½ cup non-fat plain or vanilla yogurt
- ¼ cup 100% orange juice or non-fat milk
- 1 small banana
- ¼ cup blueberries
- ¼ cup fresh mango
- Ice if desired

### Easy Low-Fat Fruit Dip

- ½ cup low-fat or non-fat vanilla yogurt
- 1 tsp honey
- ¼ tsp cinnamon
- ¼ tsp nutmeg

Mix ingredients together in a bowl until well blended. Serve with your favorite fruits!

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# 20 Tips for Healthier Snacking

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When kids get hungry between meals, be prepared to offer quick and healthy snacks. Snacking is a major pastime for many kids - and it isn't necessarily bad. Snacking can help kids curb hunger throughout the day, as well as provide energy and nutrients. But the quality of your children's snacks is key. Consider these tips for healthier snacking. Because snacks play a major role in kids' diets, contributing up to  $\frac{1}{3}$  to  $\frac{1}{2}$  of a child's daily food intake, be sure to offer HEALTHY snacks.

- 1. Give kids a say.** Let kids choose snacks from a couple of comparable choices, such as regular or frozen low-fat yogurt, celery or carrots, whole-grain toast or whole-grain crackers, apples or oranges. Better yet, recruit your kid's help at the grocery store when you're selecting snacks or in the kitchen when you're assembling snacks.
- 2. Designate a snacking zone.** Restrict snacking to the kitchen. You'll save your kids countless calories from mindless munching in front of the TV.
- 3. Make it quick.** If your kids need to snack on the go, think beyond a bag of potato chips. Offer string cheese, low-fat yogurt, low-fat cereal bars, or other drip-free items.
- 4. Don't be fooled by labeling gimmicks.** Foods marketed as low-fat or fat-free can still be high in calories. Likewise, foods touted as cholesterol-free can still be high in fat, saturated fat, and sugar. Check nutrition labels to find out the whole story.
- 5. Go for the grain.** Whole-grain snacks — such as whole-grain pretzels or tortillas and low-sugar, whole-grain cereals — can give your children energy with some staying power.
- 6. Out of sight, out of mind.** If the cookie jar is full, your kids will probably clamor for cookies. But if there aren't any cookies in the house, fresh fruit or raw veggies may seem more appealing.
- 7. Play with your food.** Ask your kids to make towers out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit. Use a tablespoon of peanut butter as glue.
- 8. Think outside the box.** Offer something new, such as fresh pineapple, cranberries, red or yellow peppers, or roasted soy nuts. Slice a whole-wheat pita and serve with hummus.
- 9. Mix and match.** Serve baby carrots or other raw veggies with fat-free ranch dressing. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Top celery, apples or bananas with peanut butter.
- 10. Revisit breakfast.** Many breakfast foods — such as low-sugar, whole-grain cereals and whole-grain toast — make great afternoon snacks.

**Restrict snacking to the kitchen. You'll save your kids countless calories from mindless munching in front of the TV.**

## 20 Tips for Healthier Snacking (cont'd)

11. **Use the freezer.** Mix mashed bananas and peanut butter, spread between graham crackers and freeze. For a new twist on old snack-time favorites, freeze grapes or peeled bananas, or fill an ice cube tray with 100% fruit juice.
12. **Have fun.** Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Eat diced fruit with chopsticks. Give snacks funny names. Try the classic “ants on a log” (celery topped with peanut butter and raisins) or make up your own.
13. **Sweeten it up.** Healthy snacks don't need to be bland. To satisfy a sweet tooth, offer fat-free pudding, frozen yogurt or frozen fruit bars.
14. **Pull out the blender.** Use skim milk, fat-free yogurt and fresh fruit to make your own smoothies.
15. **Promote independence.** Make it easy for older kids to help themselves. Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal in an easily accessible cabinet, and stock fruit canned or packaged in its own juice in your pantry.
16. **Remember your leftovers.** A small serving of last night's casserole can make a great snack.
17. **Drinks count, too.** Offer your children plenty of water between meals. Jazz things up with shaped ice cubes, a crazy straw, or a squirt of lemon, cranberry or other fruit juice.
18. **Keep it safe.** Make sure your kid's snacks are age appropriate. Never give foods that pose a choking hazard — such as nuts, raisins, whole grapes or popcorn — to kids younger than age 4.
19. **Practice what you preach.** Let your kids catch you munching raw vegetables or snacking on a bowl of grapes.
20. **Be patient.** Your kid's snacking habits may not change overnight. Look for positive changes over weeks or months.



Teaching your kids to make healthy snack choices now will set the stage for a lifetime of healthy snacking!  
**Start Today!**

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# Eat More Fruits and Veggies



## Eat a Rainbow of Fruit and Veggies Every Day

Eating a variety of fruits and veggies every day is part of a healthy diet for both kids and adults.

Fruits and veggies are packed with vitamins and minerals, are low in calories, and high in fiber. They help you achieve a healthy weight and prevent chronic diseases (heart disease, stroke, type 2 diabetes, some types of cancer, and high blood pressure).

### Eat More Fruits and Veggies

- Add tomato and onions to scrambled eggs
- Freeze grapes and banana slices on a skewer for a snack
- Top peanut butter toast with bananas
- Ask for less cheese and more veggies atop your pizza
- Eat at least two vegetables at dinner
- Add frozen veggies to casseroles and pasta
- Choose fresh fruits and veggies for snacks and desserts

## How Many Fruits and Veggies Do You Need?

**1st:** Determine your level of physical activity (physical activity that is above the light activity of everyday life)

**Less Active:** You average less than 30 minutes of physical activity a day

**Moderately Active:** You average 30 to 60 minutes of physical activity a day

**Active:** You average more than 60 minutes of physical activity a day

**2nd:** Choose your age range

**3rd:** Determine how many cups of fruits and veggies you should eat every day

Source: [www.fruitsandveggiesmatter.org](http://www.fruitsandveggiesmatter.org)

WOMEN		
Age	Fruit (cups/day)	Veggies (cups/day)
19 – 30	2	2.5
31 – 50	1.5	2.5
51+	1.5	2

19 – 50	2	2.5
51+	1.5	2.5
2 – 3	2	3
51+	2	2.5

MEN		
Age	Fruit (cups/day)	Veggies (cups/day)
19 – 50	2	3
51+	2	2.5

19 – 50	2	3.5
51+	2	3
19 – 30	2.5	4
31 – 50	2.5	3.5
51+	2	3

GIRLS		
Age	Fruit (cups/day)	Veggies (cups/day)
2 – 3	1	1
4 – 8	1	1.5
9 – 13	1.5	2
14 – 18	1.5	2.5

LESS ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2
14 – 18	2	2.5

MOD ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

ACTIVE

BOYS		
Age	Fruit (cups/day)	Veggies (cups/day)
2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

LESS ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

MOD ACTIVE

2 – 3	1	1
4 – 8	1.5	2
9 – 13	2	2.5
14 – 18	2.5	3.5

ACTIVE

## Make it Count!

Learn What 1 Cup and 1/2 a Cup of Fruits and Veggies Look Like

### Examples of 1 Cup

1 large of ear corn



1 large orange



1 large sweet potato



### Examples of 1/2 Cup

5 broccoli florets



16 grapes



4 large strawberries



6 baby carrots



Please visit <http://www.fruitsandveggiesmorematters.org/> for more examples.

## Tracking Your Fruits and Veggies: Sample

Date: 7/7/2007 Name: Naomi

Gender: Female Age: 14 Activity Level: Less Active

Meal	Sample	Description/Portion Size	Total Fruits	Total Veggies
Breakfast	Fruit on cereal	one small banana = 1/2 c fruit	1/2	
Lunch	Big salad w/ lettuce & veggies	1 c lettuce = 1/2 c veggies 1/2 c other veggies = 1/2 c veggies		1
Snack	Six baby carrots w/peanut butter	Six baby carrots = 1/2 c veggies		1/2
Dinner	Green beans & corn on the cob	1/2 c green beans = 1/2 c veggies 1 ear of corn = 1 c veggies		1 1/2
<b>Total:</b>			1/2	3
<b>My Goal:</b>			1 1/2	2 1/2
<b>Did you meet your goal?</b>				

## Tracking Your Own Fruits and Veggies

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Activity Level: \_\_\_\_\_

Meal	Sample	Description/Portion Size	Total Fruits	Total Veggies
Breakfast				
Lunch				
Snack				
Dinner				
<b>Total:</b>				
<b>My Goal:</b>				
<b>Did you meet your goal?</b>				

Make seven copies of this blank chart to chart your fruits and veggies for a week!



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# Helping Kids Eat More Fruits and Veggies

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## Important Elements: Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them.
- Try feeding kids fruit and veggies of different textures. Some kids prefer smooth food, while others like lumpy. Some kids like crisp foods, while others like soft.
- Offer new fruits and veggies in combination with old favorites to show kids a variety of smells, textures, and colors.
- Fruits and veggies may be more appealing to kids if they are served raw.
- Various veggies can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat yogurt.

## 10 Tips for Motivating Kids to Eat More Fruits & Veggies!

- 1. Make Healthy Snacking Easy.** When kids come racing home hungry for a snack, chances are they'll grab whatever is most convenient, so be sure to place fruits and veggies in spots where kids will see them first. Place a bowl of fresh fruit on the kitchen counter or table. Keep a variety of cut up fruits and veggies in the fridge – store them in small plastic baggies for quick grab-and-go snacks. Put bottles of water and 100% fruit juice on lower shelves where kids will see them first when they open the fridge.
- 2. Make Fruits and Veggies Fun.** Try dressing up sandwiches with faces and smiles made from fruits and veggies (see recipe).
- 3. Add Fruits and Veggies to Favorite Foods.** Add grated or cut veggies into entrees, side dishes, and soups. Top off cereal with sliced bananas and blueberries. Make strawberry milkshakes with frozen strawberries, low-fat yogurt and milk. Add shredded carrots and dark green lettuce to a turkey sandwich. Get creative!
- 4. Set a Good Example.** When it comes to fruits and veggies, the actions of older family members strongly influence how kids react to fruits and veggies. So watch what you do – model healthful eating habits. Kids will mimic your actions and words. Comment on how much you love your salad. Snack on fruit and veggies. Order fruit or veggie sides when at restaurants.

**Strive to fill half your plate with fruits and veggies.** Add grated or cut veggies to entrees, side dishes and soups. Top cereals or yogurt with fresh fruit.

- 5. Serve Fruits and Veggies at Every Meal.** Strive to fill half your plate with fruits and veggies. Add grated or cut veggies to entrees, side dishes and soups. Top cereals or yogurt with fresh fruit.
- 6. Stock Up!** Pack the refrigerator, freezer and cupboard with fresh, pre-cut, frozen, and canned veggies so that it is easier to prepare meals and snacks that include vegetables.

## Fruit and Veggie Snack Ideas

- 4 Baby carrots
- Bell pepper strips
- Low-fat Ranch dressing for dip
- Water

- Low-fat yogurt (4 oz)
- Orange (1 medium)
- Water

- Whole wheat crackers (1 oz)
- Hummus (1/4 cup)
- 5 Strawberries
- Water

- Celery sticks and snap peas
- 1% Cottage cheese (1/2 cup)
- Cantaloupe and grapes (3/4 cup)
- Water

- Whole grain bread (1 slice)
- Natural peanut butter
- Banana slices and honey
- Milk (1% or fat-free)

- String cheese
- Green apple
- Rye Krisp crackers (1 oz)



## 10 Tips (cont'd)

- 7. Just Ask.** Ask that fruits and veggies be offered at school functions, after school programs, and in vending machines.
- 8. Let Kids Make Decisions.** When it comes to fruit and veggies, offering kids two to three choices is a smart idea. Choosing between orange juice and tomato juice for breakfast lets kids make decisions and exercise power. Also, let kids choose which fruits and veggies to serve and how to incorporate them into their favorite meals.
- 9. Don't Give Up!** Sometimes kids will love a new fruit or veggie with the first taste. Other times it may take up to 10 to 15 tries before kids acquire a taste for a new food. Ask kids to try one bite. If they don't like it, that's fine. Allowing them to stop at one bite makes trying new foods less scary. Forcing a child to eat something he or she truly doesn't like will only create a bad association with that food. It is important to keep offering new fruits and veggies.
- 10. Get Others Involved.** Encourage family members, friends, neighbors, and schools to offer fruits and veggies to your kids.

Source: [www.fruitandveggiesmatter.gov](http://www.fruitandveggiesmatter.gov)

### Veggie Head Bagels

- Light cream cheese or hummus
- Whole grain mini-bagel
- Broccoli, carrots, green peppers, red peppers, jicama
- Mozzarella cheese (part-skim)

**Directions:** Smear light cream cheese or hummus on each half of a whole grain mini-bagel. Create fun faces and hair on each bagel half by using small pieces of broccoli, carrots, green peppers, jicama, and shredded mozzarella cheese.

### Veggie Trees

#### Sauce:

- 1/4 cup plain non-fat yogurt
- 1/4 cup light sour cream
- 2 Tbsp honey
- 2 tsp spicy brown mustard

#### Trees:

- Baby carrots
- Broccoli florets
- Grape tomatoes
- Chopped fresh parsley

**Directions:** 1. Prepare sauce: Blend all ingredients together in a small bowl. 2. Create veggie trees: Place 2 baby carrots side by side to form the trunk. Make leaves by placing broccoli florets at the top of the carrots. Put cherry tomatoes in the tree tops. Spoon dipping sauce around the base of the carrots and sprinkle with chopped parsley to create grass.

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# Healthy Beverages for Kids

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## Kids and Sweetened Drinks

The kids are home... and their first stop is to grab a sweetened drink from the fridge. It's one of several bad habits that has built a nation of overweight kids. When it comes to health, kids and sweetened beverages are a bad match!

## Did You Know?

- Kids who drink more sugar-sweetened drinks such as sodas, fruit drinks, sports drinks, and teas consume more calories and are more likely to be overweight than kids who drink fewer sugary drinks.
- Sugary drinks often displace healthful foods and beverages like milk and 100% fruit juice.
- Sugary drinks are the # 1 source of sugar in the American diet.
- 30% of all calories consumed daily are from sweetened beverages.
- U.S. teens drink twice as much sugary soda as milk.
- Drinking just one 20-ounce bottle of soda each day for a year can result in gaining 10 extra pounds.

**Energy drinks are full of sugar, calories, and often caffeine.**

**A healthy diet, exercise, and a good night's sleep are the best energy boosters!**

## Water and Milk

### First Choice, Best Choice

There's a lot of talk about getting kids to eat healthy, but what about getting them to drink healthy? What kids drink can drastically affect the amount of sugar and calories they get, as well as the amount of calcium consumed – which is needed to build strong bones. Because kids are drinking more sweetened beverages than milk these days, they are consuming too much sugar, too many calories, and too little calcium.

## Better than Sugary Drinks...

- **Milk.** Choose 1% or skim. Beware of flavored milk - it's loaded with added sugars and extra calories. Milk should be the main drink served to kids with meals.
- **Water.** Water satisfies thirst without adding calories or sugar and keeps kids hydrated. Calorie-free flavored waters, seltzers, plain sparkling water, and club soda are healthy options. Not only is water calorie-free, but drinking it teaches kids to accept a low-flavor, no-sugar, no-cost beverage as a thirst-quencher. Water should be the main drink served to kids at snack times.
- **Fruit Juice.** Choose 100% juice and limit intake to about 1 cup per day. For more fiber and fewer calories, eat whole fruit instead of fruit juice.
- **Fruit Sparklers.** Add a splash of 100% fruit juice to plain sparkling water.
- **Iced Tea.** Keep a pitcher of unsweetened, decaffeinated iced tea in the refrigerator. There are many great herb teas that are packed with kid-friendly flavors.
- **Diet Soda.** While diet soda has no nutritional value, it may be a better option than regular soda. Drinking a can of diet soda rather than a regular soda saves about 150 calories.

## Impact of Too Many Sugary Drinks

- Weight gain
- Cavities
- Low calcium intake
- Heart disease
- Diabetes

## Put Limits on Juice!

To ensure kids aren't drinking too much juice and getting more calories than they need, the American Academy of Pediatrics recommends the following limits:

Age Range	Limit Juice to No More Than... (per day)
7 to 18 years	1 to 1½ cups (8 to 12 oz)
1 to 6 years	½ to ¾ cups (4 to 6 oz)
6 to 12 months	½ cup (4 oz)
Up to 6 months	No fruit juice

## The Pros and Cons of Fruit Juice...

*"I've heard that fruit juice is bad for kids because it's high in sugar and calories and contributes to obesity. But my kids really like fruit juice, and it's a good source of vitamins and nutrients. What should I do?"*

- 100% fruit juice is rich in vitamins, minerals, and other great nutrients.
- However, the sugar content in 100% juice makes it high in calories, so intake should be limited.
- The sugar in 100% fruit juice is natural sugar, not ADDED sugar.
- When kids want a sweet beverage, choose 100% fruit juice instead of sodas, sweetened juice, fruit drinks (about 10% juice) or fruit-juice cocktail drinks.
- While 100% juice and sweetened fruit drinks may have about the same number of calories, kids will get more vitamins and nutrients from 100% juice.
- Some kids don't like eating fruit, so serving juice is one way to get them the fruit they need everyday, but keep in mind that juice lacks the fiber of whole fruit. Whole fruit is a better choice than juice.

## Choose Healthy Beverages!

- Water & Milk – 1st Choice! Best Choice!
- Skip the Pop! Limit soda and other sugary beverages.
- Help kids learn to enjoy water as the thirst quencher of choice.
- Choose water or low-calorie beverages instead of sugar-sweetened beverages.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon.
- Drink zero calorie flavored waters or sparkling waters.
- Limit sport drinks! They are loaded with sugar and calories. Try reduced calorie sport drinks.
- Stock single-serving drinks at home for grab-n-go!
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8 oz. cans and bottles of soda which contain about 100 calories.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Watch out for high calorie drinks at the coffee shop such as lattes and frappuccinos. Order the smallest size available; request your drink be made with fat-free milk instead of whole milk; skip the whip, and if you like your beverage sweet, request a sugar-free flavoring.
- Be a role model by making healthy beverage choices.

Beverage	Size	Calories	Sugar (grams)
Water	1 cup (8 oz)	0	0
1% Milk	1 cup (8 oz)	100	11*
100% Orange Juice	1 cup (8 oz)	110	22 *
Sunny Delight Juice Drink (10% fruit juice)	1 cup (8 oz)	120	27
Powdered Drink Mix (sugar added)	1 cup (8 oz)	90	24
Soda	1 cup (8 oz)	100	27

\* The sugar in milk and fruit juice is natural sugar, not ADDED sugar.

While 100% juice is a healthier choice than drinks with added sugars, you should limit your intake to avoid getting more calories than you need.

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# Breakfast = Better Grades

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## Do Your Kids Eat Breakfast?

Many reports say that **40% of kids don't!** But we all know that breakfast is the most important meal of the day, right? A healthy breakfast is an essential part of being prepared to learn. Yet today's fast-paced lifestyle sometimes prevents kids (parents, too!) from sitting down to a good, nutritiously balanced breakfast before heading off to school. There's no doubt about it, breakfast is the first and most important meal of the day. Make sure you and your family start the day off right!

## BIG Benefits for Breakfast Eaters!

### Breakfast Eaters...

- Have higher tests scores and grades
- Are better able to concentrate and focus on learning
- Work faster, make fewer errors, and are more creative
- Are more cooperative and get along better with classmates
- Have fewer behavioral problems, tardiness, and visits to the school nurse
- Have better attendance rates
- Are healthier, eat more nutritiously, and better control their weight
- Eat less fat and cholesterol and have lower blood cholesterol levels
- Consume more vitamins, minerals, and other good nutrients
- Show fewer signs of depression, anxiety, hyperactivity, and other behavioral and attention problems

## What Is a Good, Nutritious Breakfast?

A balanced, nutritious, stick-to-your-ribs breakfast includes some protein, whole-grain foods, and a fruit and/or vegetable. This combination of foods will digest at different rates and give you energy to last throughout the morning.

### Protein – Dairy, Eggs, Meat, Nuts

- Milk – non-fat or low-fat
- Yogurt – non-fat or low-fat, low sugar
- Cheese – low-fat
- Cottage Cheese – low-fat
- Eggs – use limited oil/fat in preparation, serve poached, scrambled, hard boiled
- Lean meats – Canadian bacon, skinless turkey and chicken
- Nut butters (no added sugars) – natural peanut butter, almond butter

Missing breakfast and being hungry impairs kids ability to learn!

### Whole Grain Foods

- Hot or cold whole grain cereals – fortified, low-fat, low sugar, at least 3 to 5 grams of fiber
- Bread or toast – whole grains are the first foods listed on the ingredient label; otherwise they aren't whole grain
- Whole grain waffles or pancakes – top with fruit, yogurt, or light syrup

### Fruit

- Fresh or frozen (no added sugars)
- Canned or cups (in 100% juice, no added sugars)
- 100% Fruit juice – orange juice packs the biggest nutritional punch!
- Dried fruit (no added sugars)

### Vegetables

- Fresh, frozen, canned, or juiced
- Add a variety of veggies to your scrambled eggs or omelettes - top with salsa

# 10 Kid-friendly Breakfast Ideas

## Quick, Easy, Nutritious

1. Whole grain cereal and low-fat milk
2. Whole wheat tortilla spread with natural peanut butter and wrapped around a small banana
3. Toasted whole grain mini-bagel topped with low-fat cheese and apple slices
4. Fruit-filled breakfast bar (whole grain, low-fat, low sugar) and yogurt
5. Whole grain mini-waffle topped with fresh fruit (apples, bananas, strawberries, blueberries) and yogurt
6. Fruit Smoothie: Blend together 1 cup fruit, 1 cup yogurt, 1 cup ice, and 1/2 cup milk or juice
7. Whole wheat toast with natural peanut butter and raisins or 100% fruit spread
8. Breakfast Burrito – whole wheat tortilla wrapped around scrambled eggs, salsa, and grated low-fat cheese
9. Half a cantaloupe or honeydew melon filled with yogurt or 1% cottage cheese
10. Oatmeal with blueberries, strawberries, and raspberries, served with low-fat milk



## Be a Good Breakfast Role Model

Children learn by example, even when it comes to eating. Eating breakfast is a healthy way to start the day for **everyone!** Set a good example by eating a healthy, nutritious breakfast. Prepare and eat breakfast with your child as often as possible. You may also want to pack a healthy morning snack for your child.

### Breakfast Pocket

- 1 egg
- 1 Tbsp water
- 1/2 whole wheat pita, toasted
- 1/4 cup black beans
- 1/4 cup salsa

Directions: Stir egg and water in a small bowl. Cover and microwave on high 1 minute. Fill pita pocket with egg, salsa, and beans.

### Ham and Eggs on the Go!

- 1 whole wheat English muffin, toasted
- 1 egg
- 1 Tbsp water
- 1 slice lean ham
- 1 slice low-fat cheese

Directions: Stir egg and water in a small bowl. Cover and microwave on high for 1 minute. Toast English muffin and top with egg, ham, and cheese. Microwave 30 seconds to melt cheese.

### Banana and Peanut Butter Smoothie

Put into a blender and blend until smooth:

- 1 small ripe banana
- 3 Tbsp natural peanut butter
- 1 Tbsp honey
- 1 cup cold milk (low-fat or non-fat) or 1 cup low-fat vanilla yogurt
- Garnish with banana slices and chopped peanuts, if desired

## Check Out Breakfast Options

If your child doesn't have time for breakfast at home or isn't hungry early in the morning, learn about breakfast programs offered at school.

## Best Breakfast Beverages

- Milk (non-fat or low-fat)
- Water
- 100% fruit juice (limit to 1 to 1.5 cups per day)

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# Limit Screen Time!

## Healthy Habits for TV, Video Games, and the Computer



### Kick Out the Tube!

No doubt about it – TV, interactive video games, and computers can be excellent sources of education and entertainment for kids. But too much plugged-in time can have unhealthy side effects.

That's why it's a good idea to monitor and limit your kids' "screen-time," the time spent watching TV or DVDs, playing video games and using the computer.

### Healthy Screen Time

Doctors recommend that kids get **less than 1 to 2 hours a day of screen-time** (not counting computer use related to school). And less is even better! No screen time for kids under 2 years of age.

### Did You Know?

- The American Academy of Pediatrics says that kids are spending too much time sitting behind a screen.
- The average American youth spends more time in front of a TV, computer, and/or game screen than any other activity except sleeping – about 45 hours per week – that's an average of 6.4 hours of screen time per day!
- On average, kids will spend more time in front of the TV than in school this year (1,023 hrs vs 900 hrs).
- 40% of Americans frequently or always watch TV during dinner.

Source: [www.screentime.org](http://www.screentime.org)

### Why Tune Out?

**Excessive TV and screen time cuts into family time, harms our kids' ability to read and succeed in school, promotes violence, and contributes to unhealthy lifestyles and obesity.**

The average kid spends about 20 hours each week watching TV – that's 2.5 to 3 hours of TV every day (and that doesn't include video and computer time).

Watching more than 1 to 2 hours of TV per day has been consistently associated with a decreased interest in school activities and **lower academic achievement**.

The more kids watch TV and sit in front of a screen, the more likely they are to:

- Overeat
- Snack mindlessly and excessively while in front of the screen
- Eat the junk foods they see advertised on TV
- Snack between meals and eat less healthy meals
- Be less physically active - almost any other activity uses more energy than watching TV!
- Gain excessive weight
  - About 30% of school age kids are overweight
  - 60% of overweight incidence can be linked to excessive TV watching

## Have your school participate in Screen-Turnoff Week!

### What is Screen-Turnoff Week?

A national initiative from the Center for Screen-Time Awareness ([screentime.org](http://screentime.org)) that encourages kids, adults, families and schools to recognize and reduce the amount of time spent in front of a TV and/or computer screen.

### When?

**2009:** September 20-26 | **2010:** April 19-25 & September 19-25

### How?

Contact CanDo to find out how your school can participate in Screen-Turnoff Week.

## 10 Tips for Tuning Out!

1. Put the family on a TV diet. As a family, make at least 1 night per week a screen-free night. Make a pact to do something active rather than sit in front of the screen. Take a walk, play games, toss a frisbee!
2. Kick the TV out! Remove the TV from kids' bedrooms.
3. Turn off the TV during meals.
4. Hide the remote! Avoid channel surfing!
5. Don't allow kids to watch TV while doing homework.
6. Avoid using the TV, computers, or video games as a reward or punishment.
7. Treat TV, videos, and computer time as a privilege that kids need to earn – not a right to which he or she is entitled. Tell kids that TV is allowed only after chores and homework are completed.
8. Avoid using the TV, computers or video games as a babysitter.
9. Move the TV to a less prominent location – don't make TV a focal point of the room.
10. Practice what you preach – kids won't accept being restricted to 1 to 2 hours of TV if you park in front of the TV for 4 hours. The best way to influence your kids' behavior is by example.



## Turn Off TV... Turn On a Healthier Lifestyle!

- Walk the dog, walk your neighbor's dog, give your dog a bath
- Hit your local biking and walking trails – bike, walk, hike, rollerblade
- Plant your own vegetable garden
- Invite Mom and Dad outside for a walk
- Have a hula hoop contest, see who can jump rope the longest
- Have friends over for a scavenger hunt
- Put on your favorite CD and dance!
- Take a dance class
- Fly a kite, juggle, play Twister, have a tug-of-war contest, build a fort
- Walk to a place where you can watch the sunset
- Check out your local recreation center
- Have friends over and make up a skit
- Shoot some hoops, play on the swings
- Learn a new sport, climb a tree
- Jump on a trampoline, have a water balloon fight
- Go canoeing, climbing, sailing, snow shoeing
- Play kickball, foosball, frisbee, hide-and-seek
- Wash the car, make a home video
- Teach somebody something new, teach your pet a new trick
- Read a joke book, a regular book, a magazine, the newspaper
- Volunteer at the Humane Society, serve a meal at the Mission
- Rake the yard for your neighbor

**“The easiest way to reduce inactivity is to turn off the TV set. Almost anything uses more energy than watching TV.”**

Dr. William Dietz,  
Centers for Disease Control

### Resources:

- *Center for Screen-Time Awareness:* [www.screentime.org](http://www.screentime.org)
- *Kids Health:* [www.kidshealth.org](http://www.kidshealth.org)
- *Do More, Watch Less: A TV/screen reduction tool for use with kids. Also available in Spanish.* [www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm](http://www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm)
- *Media-Smart Youth:* [www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy)

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# Sleep for Success!

We need sleep – lots of sleep – to keep us healthy, happy, and doing our best!



## Are You Getting Enough?

Sleep is very important! Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as much as 20 hours a day sleeping! To give your body a chance to rest, grow, and be full of energy – **get plenty of sleep every night!**

## How Much Sleep Do We Need Every Day?

Adults	7 to 9 hours
Teens	8.5 to 9.25 hours
Kids	10 to 11 hours
Preschool Kids (3 – 5 yrs)	11 to 13 hours
Toddlers (1 – 3 yrs)	12 to 14 hours

Source: National Sleep Foundation, [www.sleepfoundation.org](http://www.sleepfoundation.org)

## Why Bedtime Matters

Kids' health and behavior take a nose dive when their sleep habits are out of whack. Insufficient sleep makes kids short-tempered and whiny.

**In school, a sleep-deprived child has trouble with concentration, memory, physical performance and decision making.**

On the flip side, adequate sleep will boost a child's energy and enthusiasm. Good-quality sleep can also help kids learn more easily, reduce behavioral problems, and maintain a healthy weight.

## Why Do We Sleep?

When you are off in dreamland, your brain and body are very busy getting ready for a new day.

### Your brain needs sleep so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems, be creative, and think of new ideas

### Your body needs sleep so your:

- Body weight is better controlled
- Muscles, bones, and skin grow
- Muscles, skin, and other parts repair from injuries
- Body can stay healthy and fight off sickness
- Energy levels are high and your mood is good

## Too Little Sleep? Telltale Signs...

When adults don't get enough sleep, they're usually grumpy and lethargic. Kids can act this way too, but may also swing to the opposite extreme and be hyperactive. They may also have difficulty paying attention and behaving properly.

### Kids may require more sleep if he or she:

- Is hard to wake up on school mornings
- Has a short attention span, reduced concentration, or is irritable or restless
- Has reduced memory and learning
- Has unusually low energy and activity levels
- Is more tearful, anxious, touchy, defensive or impatient than usual
- Is over-active



## Signs of Sleep Disorders in Children

Talk to your pediatrician if your child exhibits any of the following signs:

- Snoring
- Breathing pauses during sleep
- Problems with sleeping through the night
- Difficulty staying awake during the day
- Unexplained decrease in daytime performance
- Unusual events during sleep



## Get a Good Night's Sleep!

### Avoid caffeine for at least 6 hours before bedtime.

The stimulating effects of caffeine in sodas, coffee, teas, energy drinks, and chocolate can keep you wide awake for hours!

### Stick to a sleep schedule.

Go to bed and wake up at the same time each day – even on weekends. As creatures of habit, people have a hard time adjusting to altered sleep patterns. Sleeping later on weekends won't fully make up for the lack of sleep during the week and will make it harder to wake up early on Monday morning.

### Create a relaxing bedtime routine.

Establish a nightly routine that signals that it's almost time for bed, and follow this ritual at roughly the same time every night. Do the same relaxing things before bed each night; try taking a warm bath, reading, or listening to quiet music.

### Avoid watching TV or playing computer and video games before going to bed.

Make after-dinner playtime a relaxing time. Too much screen activity close to bedtime can keep you awake.

### Exercise is great but not right before bed.

Try to exercise at least 30 – 60 minutes on most days to help you sleep, but avoid hard exercise 2 – 4 hours before bedtime.

### Make sure your bedroom is cool, dark and quiet.

Heat, light, and sound distractions make it hard to fall asleep and stay asleep.

### Avoid big meals before bed.

A large meal may cause indigestion that disrupts sleep. If hungry, drink a warm glass of milk or have a small healthy snack.

### Get enough sunlight.

Exposure to daylight is key to regulating sleep. Try to get outside in natural sunlight for at least 30 minutes each day.

### Myth:

Kids who don't get enough sleep at night will show signs of sleepiness during the day.

### Truth:

Unlike adults, kids who don't get enough sleep at night typically become more active during the day. They may also have difficulty paying attention and behaving properly.

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# Figuring Out Food Labels

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## Lots to Learn from the “Nutrition Facts” Food Label

### 1. Start Here

#### Serving Size and Servings Per Container –

The amount of calories and nutrients listed on the food label are all based on the serving size. If you eat double the serving size, you get double the calories and nutrients. If you eat half the serving size, you get half the calories and nutrients. The Servings Per Container tell you how many servings are in the whole package.

### 2. Check Calories

#### Total Calories and Calories from Fat –

The number on the left of the label tells you how many total calories you will get in one serving of the food. The number on the right tells you how many of the total calories in one serving come from fat.

### 3. Limit These Nutrients

#### Total Fat, Saturated fat, Trans Fat,

**Cholesterol, and Sodium** – Eating too much of these nutrients can cause health problems such as obesity, diabetes, and heart disease. Choose foods that are low in these nutrients.

### 4. Get Enough of These Nutrients

#### Vitamin A, Vitamin C, Calcium, and Iron –

These important nutrients are needed every day to help your body stay healthy and strong. Be sure to eat foods that are high in these nutrients.

### 5. Footnote

This area shows your daily “budget” for nutrients like fats, cholesterol, sodium, carbohydrate, and fiber. Your “budget” for these nutrients is based on a daily diet of 2,000 or 2,500 calories. Some people who are very active need more calories while less active people need fewer calories.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
<b>Saturated Fat</b> 3g	15%
<b>Trans Fat</b> 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
<b>Dietary Fiber</b> 0g	0%
<b>Sugars</b> 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Start Here →

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

6

Quick Guide to % DV

• 5% or less is Low  
• 20% or more is High

### 6. Quick Guide to Percent Daily Value (%DV)

The %DV tells you how much of the daily recommended amount of each nutrient is in one serving of the food. The %DV is based on a 2,000 calorie diet. If one serving of a food has a %DV of 25% for carbohydrate, that means a person who eats one serving will get 25% of the carbohydrates he or she needs in a day. The other 75% must come from other foods to reach the important 100%.

Quick Tip! A %DV of 5% or less means a serving of the food is low in that nutrient. A %DV of 20% or more means a serving of the food is high in that nutrient. Try to go low for things like fat, saturated fat, cholesterol, and sodium and high for things like fiber, vitamin A, vitamin C, calcium and iron.

## Nutrition Facts Label Glossary

### Total Fat

Total fat includes four types of fat - saturated, trans, polyunsaturated, and monounsaturated. While fat has a bad reputation, everyone needs to consume some fat to maintain healthy brain, nerve, cardiovascular, and immune function. The problem is that most kids, teens, and adults eat too much total fat and too much saturated and trans fats. A low-fat food has 3 grams or less of total fat per serving.

### Saturated Fat

Saturated fat raises your blood cholesterol more than anything else in your diet. To keep your heart healthy, make sure you don't eat too much! Aim for less than 20 grams of saturated fat a day – less is better! Limit high saturated fat foods like whole milk, cream, cheese, sour cream, ice cream, butter, lard, and the skin on turkey and chicken.

### Trans Fat

Trans fat is also included in the total fat. Trans fats should be avoided because they raise your bad cholesterol (LDLs) and decrease your good cholesterol (HDLs). The major source of trans fats in the diet is partially-hydrogenated or hydrogenated oils which are often found in vegetable shortening, margarine, crackers, cookies, brownies, and muffins. Check the ingredients label and avoid foods with partially hydrogenated oils or hydrogenated oils!

### Polyunsaturated and Monounsaturated Fats

These two types of fats are more heart healthy because they do not raise your cholesterol. Try to get most of your fat from these types of fats. Good sources include salmon, nuts, seeds, olives, avocados, soybean oil, olive oil and canola oil.

### Cholesterol

Cholesterol is found only in foods from animal sources, such as beef, eggs, cheese, and chicken. Try to keep your cholesterol intake below 300 milligrams (mg) per day. Too much cholesterol can lead to heart disease.

### Sodium

We know this as “salt.” Too much sodium may raise your blood pressure. Aim for less than 2,300 mg per day. A low sodium food has 140 mg or less in one serving.

### Total Carbohydrate, Dietary Fiber, and Sugars

Carbohydrates are found in bread, pasta, rice, cereal, fruit, potatoes, milk, starchy vegetables, and sweets. Carbohydrates are your body's primary source of energy. Fiber and sugar are two types of carbohydrates. It is important to eat lots of fiber (25-30 grams/day) because it can help reduce the risk of heart disease. Sugar, on the other hand, should be limited. The sugar listed on the nutrition label includes both naturally occurring sugar and added sugar.

### Protein

Protein's main job is to build muscle, keep organs strong, and fight off disease. Protein is found in both plant and animal foods, including fish, poultry, meat, eggs, beans, tofu, and nuts.

### Vitamin A, Vitamin C, Calcium, and Iron

The Nutrition Facts label tells you how much of these important vitamins and minerals are in one serving of the food. The amount is measured in % Daily Values. If the label says the %DV for vitamin A is 80%, that means one serving provides 80% of the vitamin A needed for a person who eats a 2,000-calorie diet.



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# Top 10 Healthy Foods

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## Why They Are Good For You

- 1. Spinach:** It's high in vitamin A, and is a good source of calcium, folate, iron, magnesium, riboflavin and vitamins B-6 and C. The plant compounds in spinach may boost your immune system and help prevent certain types of cancer.
- 2. Sweet potatoes:** The deep orange-yellow color of sweet potatoes tells you that they're high in beta-carotene, a potent antioxidant that may reduce the risk of heart attack and certain types of cancer. Sweet potatoes are a good source of fiber, potassium and vitamins C and B-6. They are also fat-free and relatively low in calories.
- 3. Vegetable juice:** Drinking vegetable juice is an easy way to include more vegetables in your diet. It's packed with vitamins, minerals and other healthy nutrients. Vegetable juices that include tomatoes are good sources of lycopene, an antioxidant. Be sure to select low-sodium varieties.
- 4. Wheat germ:** The germ at the center of the wheat seed is a concentrated source of nutrients. Two tablespoons provide a good source of thiamin, folate, magnesium, phosphorus, iron and zinc. Sprinkle over cereals, yogurt and salads. It's also great in muffins, cookies and pancakes.
- 5. Blueberries:** Blueberries are a rich source of fiber, antioxidants and phytonutrients. Regular intake of blueberries may improve short-term memory and reduce the cellular damage associated with aging.
- 6. Apples:** Apples are a good source of pectin, a fiber that can lower cholesterol and blood sugar levels. They're also a good source of vitamin C - an antioxidant that protects your body's cells. Vitamin C also keeps your blood vessels healthy and aids in the absorption of iron and folate.
- 7. Almonds:** Almonds are packed with nutrients - fiber, riboflavin, magnesium, iron, calcium and vitamin E, a natural antioxidant. They're also good for your heart. Most of the fat in almonds is monounsaturated fat, which can help lower cholesterol levels when substituted for other fats. Unsalted almonds are relatively low in sodium, with less than 140 milligrams of sodium per ounce.
- 8. Broccoli:** Besides providing calcium, potassium, folate and fiber, broccoli contains phytonutrients - compounds that may help prevent diabetes, heart disease and some cancers. Broccoli contains the antioxidant beta-carotene and is also an excellent source of vitamin C.
- 9. Red beans:** Small red, pinto and dark red kidney bean varieties are low in fat and are an excellent source of antioxidants, protein, fiber and copper. They're also a good source of iron, magnesium, phosphorus, potassium and thiamin.
- 10. Salmon:** Salmon is an excellent source of omega-3 fatty acids which are believed to provide heart health benefits. Salmon is also low in saturated fat and cholesterol and is a good source of protein. If possible, choose wild salmon, which is less likely to contain unwanted chemicals such as mercury.

Source: Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org)



## Contenido:

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<b>D47</b>	Los 10 alimentos más saludables





# Hábitos Saludables para Hogares Saludables

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## El Poder Del Desayuno

¡Desayunar es esencial para la salud de toda la familia! Un desayuno saludable ayuda a los adultos a pensar mejor en el trabajo y a los estudiantes a aprender mejor en la escuela. El desayuno también evita el comer excesivamente más tarde durante el día. ¡Haga que cuente su desayuno!

- Seleccione cereales que contengan por lo menos 3 gramos de fibra por porción
- Agregue frutas frescas y yogur a sus gófrs (waffles) o panqueques de grano integral
- Agregue proteína a la mañana con requesón bajo en grasa o carne magra

## Evite Los Refrescos

¿Sabía usted que un refresco de 20 onzas contiene 17 cucharillas de azúcar? ¡Eso es más de un tercio de taza! ¡Es más de 250 calorías! La soda, al igual que otras bebidas endulzadas debe limitarse a ocasiones especiales.

El tomar leche durante la comida y agua con las meriendas es un hábito saludable para toda la familia. El jugo 100% de fruta está bien, pero ya que contiene muchas calorías, tome solamente una taza por día. Además, para variar puede tomar té sin azúcar y agua con sabor de bajas calorías.

## Desconéctese

¿Sabía usted que ver la televisión por más de 10 horas por semana tiene un efecto negativo en el rendimiento de su niño en la escuela? Ésa es una de las razones por la cual los expertos recomiendan limitar el tiempo total que se pasa frente a la pantalla, que incluye la tele, la computadora, y videojuegos, a menos de 2 horas por día. El tiempo que se pasa frente a la pantalla también está asociado con la obesidad y la violencia. Usted puede reducir el tiempo frente a la pantalla estableciendo límites y siendo firme. Saque la tele del dormitorio y desconéctela durante la cena. Establezca una rutina familiar de caminar o jugar después de cenar en vez de ver la tele.

## Añada 2000 Pasos

Un coloradiense típico camina sólo unos 7,000 pasos en vez de los 10,000 pasos recomendados por día. ¿Sabe cuántos pasos camina usted? ¡Lleve un contador de pasos para averiguarlo! Si camina menos de 10,000 pasos por día, trate de añadir 2,000 por día hasta que realice su meta. Los 2,000 pasos equivalen más o menos a una milla o un paseo de 20 minutos. Haciendo cambios simples como usando las escaleras, estacionando su carro en el espacio más lejano, o caminando durante la hora del almuerzo puede ayudarle a realizar su meta.

## Seleccione La Mitad

Hoy en día las porciones en los restaurantes son de 2 a 3 veces más grandes que hace veinte años. Para disfrutar la comida fuera de la casa sin comer demasiado, coma solamente la mitad de la comida servida. Comparta el resto con un amigo o lleve lo restante a casa. Es útil pedir una caja inmediatamente y empaquetar la comida para no sentir la tentación de comer más.



# Hábitos Saludables para Hogares Saludables

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## Un Arcoiris En Su Plato

Las frutas y verduras de todos los colores le ayudan a mantener un peso saludable al satisfacerle con nutrientes y fibra en vez de con calorías vacías. Los chicos y los adultos necesitan de 4 a 5 tazas de frutas y verduras cada día. Asegúrese de comer una verdura con cada comida y fruta fresca o verduritas para las meriendas.

## Comidas Familiares

El comer juntos en el hogar le da a los padres la ocasión de ayudar a sus chicos a desarrollar hábitos saludables para comer. El comer juntos le ofrece a los padres la oportunidad de ser modelos de hábitos saludables para comer, para asegurar que los chicos comen alimentos nutritivos, y para introducir alimentos nuevos a los chicos. Comprométanse a comer juntos por lo menos una vez cada día. ¡Puede que le sorprenda la diferencia en la comunicación, la salud, la alegría y las finanzas de la familia!

## Duerma Más

¡Fije un horario para acostarse y despertarse y no lo abandone! El dormir suficiente es importante para la función del cerebro, el manejo del estrés, y para mantener un peso saludable. Entonces, ¿cuántas horas de sueño necesita?

Adultos	7-9 horas
Adolescentes	8.5-9.25 horas
Niños (5-12 años)	10-11 horas
Niños preescolares (3-5 años)	11-13 horas
Pequeñines (1-3 años)	12-14 horas

## ¿Debo Forzar a Mi Hijo a Comer?

Los niños nacen con un sentido natural de desear comer y sabiendo cuánta comida necesitan. Los padres juegan un papel importante ayudando a los hijos a establecer hábitos saludables de comer, pero no es la responsabilidad de los padres decidir cuánto debe comer un niño. Los expertos en nutrición concuerdan en que el rol de los padres es decidir qué comidas se ofrecen, cuándo servir las y dónde se van a comer. El rol del niño es decidir si come, y cuánto va a comer. Si se preocupa de que su hijo come demasiados dulces, entonces es su responsabilidad quitárselos y ofrecerle opciones más saludables cuando tenga hambre.

## Los Niños Y Las Verduras

¿Está cansada de tratar de que sus chicos coman más verduras? ¡No está sola! Los estudios han mostrado que puede tomarle hasta 15 veces ofreciendo un alimento antes de que le guste a un chico. Por lo tanto, está bien si ahora no le gusta el brécol al niño. Siga ofreciéndolo y animando a su niño a probarlo. Nunca fuerce al niño a comer algo porque esto puede hacer que rechace más el alimento. Sea paciente y persistente. Continúe ofreciendo el alimento y coma alimentos saludables usted misma para ser un buen modelo para su hijo. ¡Eventualmente ellos se darán cuenta!



# Hábitos Saludables para Hogares Saludables

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## Seis Claves Para Criar a Un Niño Que Coma Sanamente

1. **Fije horarios regulares para las comidas y las meriendas.**
2. **Sea persistente pero no a fuerzas.** Siga ofreciendo comidas saludables aunque no les gusten a sus niños al principio. Anime a sus niños a probar nuevos alimentos, pero no les obligue a comer.
3. **Sea un modelo.** Los niños siguen el ejemplo de los padres. Por eso, si usted come sanamente, sus niños lo harán también.
4. **Incluya a sus chicos.** Deje que sus chicos ayuden a escoger recetas, vayan de compras, y preparen comidas.
5. **Empiece con porciones pequeñas.** Está bien si su niño come más porque aún tiene hambre, pero empiece con porciones pequeñas.
6. **Dé recompensas positivas.** Evite usar la comida como recompensa. En cambio, alabe el buen comportamiento de sus niños con palabras positivas, tiempo para jugar, o más tiempo con usted.

## ¿Sabe Usted Lo Que Come?

Lea la lista de ingredientes en las etiquetas de alimentos para ayudarlo a tomar decisiones saludables para sus comidas. Los ingredientes se alistan por peso en orden de más a menos. Busque aquellas comidas que alisten un grano integral como el primer ingrediente. (por ejemplo: trigo integral 100% trigo molido a mano). Limite las comidas que alisten entre los primeros ingredientes el jarabe de maíz alto en fructosa, azúcar o aceite hidrogenado.

## Platos Saludables

¿Sirve usted comidas saludables y balanceadas? ¡Use el “método del plato” para averiguar! Divida su plato en cuatro secciones iguales. Una sección se debe usar para proteínas como la carne magra, huevos o frijoles. Otra sección se debe usar para granos, como pasta, pan o arroz. Las otras dos secciones se deben llenar de frutas y verduras como ensalada, brécol, o rodajas de naranja. ¡Con un vaso de leche baja en grasa tendrá una comida sana y bien balanceada!

## Sea Consciente al Comer

Los Americanos a menudo nos enfrentamos a problemas de peso porque comemos cuando realmente no sentimos hambre. En nuestra sociedad, comemos cuando estamos aburridos, estresados, emocionados, contentos, porque la comida está frente a nosotros, o simplemente porque la comida sabe bien. Comemos todo en nuestros platos aunque nos sintamos incómodamente llenos después. Para invertir esta tendencia debemos ser conscientes al comer. ¡La clave para ser consciente al comer es escuchar a su cuerpo! Coma cuando tenga hambre, pero pare cuando empiece a sentirse lleno. Si tiene deseos de comer cuando en verdad no tiene hambre, haga algo aparte de comer para satisfacer lo que realmente necesite. Si tiene estrés, dé un paseo. Si está aburrido, llame a un amigo o lea un libro. ¡Evite recurrir a la comida para cada ocasión!

## ¡El Comer Saludable + Actividad Física= Mejores Calificaciones!

¡Los estudios muestran que cuando los chicos comen sanamente y se mantienen activos, tienen más éxito en la escuela! Las comidas sanas proveen los nutrientes esenciales que los chicos necesitan para concentrarse y enfocarse en el aprendizaje. La actividad mantiene a los chicos alerta y listos para aprender. La buena nutrición y la actividad física también mejoran la salud general de los chicos, por lo tanto se enferman menos y faltan menos días a la escuela.



# Hábitos Saludables para Chicos Saludables

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## 1. ¡Sé Activo!

- Pasa por lo menos una hora cada día en una actividad física.
- Juega bajo techo: ¡Apaga la tele y muévete! Juega al esconder. Haz espacio para menearte, bailar, dar volteretas, jugar con pelotas de espuma y juguetes blandos.
- Juega al aire libre: Monta bicicleta, da un paseo o caminata- lleva al perro, ¡tu perro también debe ser activo! Tira una pelota de softball, salta la cuerda, gira con un hula hoop, monta en escúter, tira un frisbee, patear un balón, ve a nadar, juega a la roña, juega en el parque.
- ¡Padres, jueguen con sus chicos cada día! Todos se divertirán.

## 2. ¡Come Más Frutas y Vegetales!

### ¡Más Importa!

- Come de cuatro a seis tazas al día de frutas y vegetales de colores.
- ¡Las frutas y vegetales están repletos de vitaminas, minerales y fibra, son bajos en calorías y buenos para tí!
- Las frutas frescas, congeladas, enlatadas (en jugo 100%), deshidratadas (sin azúcares añadidas), y el jugo 100%- ¡todas cuentan!
- Cuidado con el jugo de fruta- es alto en calorías- limita el consumo a una taza por día.
- Haz que la mitad de tu plato contenga frutas y verduras.

## 3. Coman Más Meriendas Saludables y Menos Comida Chatarra

- Los chicos necesitan dos o tres meriendas saludables cada día para mantenerse satisfechos y con energía hasta la próxima comida.
- Casi todas las meriendas servidas a los chicos deberían ser frutas y verduras.
- Planee de antemano- llene el refrigerador con comidas saludables.
- No tenga comida chatarra en casa para que niños y adultos no tengan tentación de comerlas.

## 4. Coman Porciones Pequeñas

- Más grande no es mejor. Sirva porciones pequeñas.
- ¡Las reglas han cambiado! No tiene que comerse todo lo que está en su plato. Escuche a su cuerpo y deje de comer cuando esté satisfecho.
- Coma lentamente. Le toma a su cerebro 20 minutos para recibir el mensaje que está satisfecho.
- Use platos y cuencos pequeños.
- En los restaurantes, comparta una comida o llévese la mitad a casa.

## 5. ¡Coman Juntos!

- Los niños cuyas familias se sientan juntas durante una comida preparada en casa suelen no estar sobrepeso, son más propensos a comer frutas y verduras, y tienen tiempo para compartir al fin de un día ocupado.

## Hábitos Saludables para Chicos Saludables (continuación)

### 6. ¡Duerman Lo Suficiente!

- ¿Cuánto tiempo necesitamos dormir cada noche?
  - **Chicos (5-12 años):** 10 a 11 horas
  - **Adolescentes:** 8.5 a 9.25 horas
- La salud, el peso, el comportamiento y el rendimiento académico de los chicos bajan de manera significativa cuando les hace falta dormir.
- El sueño adecuado aumenta la energía y el entusiasmo de los chicos, les ayuda a aprender con más facilidad, reduce muchos problemas de comportamiento, y ayuda a controlar el peso.



### 7. Beban Leche con Las Comidas y Agua con Las Meriendas

- La leche debe ser la bebida principal servida a los chicos a la hora de comer.
- El agua debe ser la bebida principal servida a los chicos con las meriendas.
- Los productos lácteos ayudan a desarrollar huesos fuertes en los niños y pueden ayudarles a mantener un peso saludable.
- Limiten las sodas endulzadas y otras bebidas con azúcar.
- Cuando escojan jugo de fruta, asegúrense de que sea 100% jugo de fruta. Recuerden que tiene muchas calorías, así que limiten el consumo a una taza por día.

### 8. Limiten El Tiempo Frente a La Pantalla

- El tiempo frente a la pantalla es el tiempo que se pasa mirando la tele o los DVDs, jugando videojuegos, y usando la computadora (sin incluir el uso de la computadora para la tarea escolar).
- **Los pediatras recomiendan que:**
  - los chicos pasen menos de dos horas por día frente a la pantalla—¡menos es mejor!
  - ningún tiempo frente a la pantalla para chicos menores de dos años
  - nada de tele en las habitaciones de los chicos
- **Los chicos con menos tiempo frente a la pantalla:**
  - hacen mejor trabajo en la escuela y tienden a leer más
  - tienen más tiempo para jugar activamente y están en mejor forma
  - tienen un peso más sano
  - no ven todos esos anuncios de comida chatarra

### 9. Desayunen

- El comer un desayuno sano ayuda a los chicos a pensar mejor, mejora el rendimiento académico, la actitud y el humor.
- Los niños que desayunan suelen no estar sobrepeso y reciben suficiente calcio.
- Hagan que cuente el desayuno- escojan cereales de grano integral que tengan por lo menos 3 gramos de fibra; pongan fruta fresca y yogur bajo en grasa encima de los gófres (waffles), panqueques y cereales integrales.
- Incluyan una proteína saludable tal como requesón o una tajada de pavo magro para que su desayuno le dure más tiempo.

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Nutrition to Defeat Obesity

[www.CanDoOnline.org](http://www.CanDoOnline.org)

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# ¡Coman Mejor!

## ¡Muévase Más!

### Consejos Para Las Familias

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## ¡Coman Mejor!

- 1. La mitad de los granos que comen deben ser integrales.** Seleccione con mayor frecuencia alimentos de grano integral como el pan de trigo integral, avena, arroz integral, y palomitas bajas en grasa.
- 2. Varíen sus verduras.** Seleccionen verduras de color verde, naranja y rojo- coman espinaca, brécol, zanahoria y camote.
- 3. Enfaticen las frutas.** Coman fruta a la hora de comer y con las meriendas. Elija frutas frescas, congeladas, enlatadas, (en jugo 100%), o deshidratadas (sin azúcar adicional), y limite el consumo de jugos (beba jugo 100%).
- 4. Sirva alimentos altos en calcio.** Para fortalecer los huesos, sirva varias veces al día leche baja en grasa o descremada, y otros productos ricos en calcio.
- 5. La magra es mejor.** Coma carne, pollo, pavo, y pescado que sean magros o bajos en grasa. Además, cambie su rutina usando más frijoles y guisantes. Agregue garbanzos, nueces, o semillas a la ensalada; frijoles pintos a un burrito; o frijoles rojos a la sopa.
- 6. Cambie el aceite.** Todos necesitamos aceite. Obtenga el suyo de pescado, nueces y aceites líquidos como el aceite de maíz, de soya, de canola y de oliva. Limite el uso de grasas saturadas y ácidos grasos.
- 7. Póngale menos azúcar.** Seleccione alimentos y bebidas que no contengan como uno de los ingredientes principales azúcar ni dulcificantes como jarabe de maíz, alto en fructosa. Las azúcares adicionales agregan más calorías con poco o ningún valor nutritivo.

Fuente: [www.mypyramid.gov](http://www.mypyramid.gov)

## ¡Muévase Más!

- 1. Sirva de buen ejemplo.** Sean activos y consigan que su familia participe. Diviértanse juntos. Jueguen con los chicos o las mascotas. Vayan a caminar, revuélquense en las hojas, o jueguen a la pelota.
- 2. Como familia, tomen el “Reto del Presidente.”** Lleven cuenta de cada una de las actividades físicas que hacen juntos, y ganen premios por su estilo de vida activa en la página [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3. Establezcan una rutina.** Aparten un período de tiempo cada día para estar activos- caminar, correr, patinar, montar en bicicleta o nadar. Los adultos necesitan por lo menos 30 minutos de actividad física la mayoría de los días de la semana; los niños necesitan 60 minutos todos los días o la mayoría de los días de la semana.
- 4. Tengan una fiesta de actividades.** Enfoquen la próxima fiesta de cumpleaños en la actividad física. Intenten sus propios Juegos Olímpicos o carreras de relevo. Tengan una fiesta de boliche o patinaje.
- 5. Construyan un gimnasio en casa.** Utilicen artículos del hogar, como el usar latas para pesas. Las escaleras pueden servir como máquina de escaleras.
- 6. ¡Muévase!** En vez de quedarse sentados durante los anuncios en la tele, levántense y muévase. Mientras hablan por teléfono, levanten pesas o caminen. Recuerden limitar el tiempo que pasan mirando la tele y en la computadora.
- 7. Dé regalos de actividad.** Den regalos que fomenten la actividad física- juegos activos o equipo deportivo.

Sean activos y consigan que su familia participe. **Diviértanse juntos.**



# ¡Coman Mejor!

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## 30 Consejos para Comer Mejor

1. Tome leche descremada o de 1%. Tienen la misma cantidad de calcio y proteína que la leche de 2% o la íntegra, pero contienen menos grasa y calorías.
2. Use platos y cubiertos de menor tamaño. Los platos, vasos, cuencas, y cucharas pequeñas ayudan a controlar el tamaño de las porciones.
3. Mezcle bayas, plátanos, leche baja en grasa y sustituto de azúcar para un desayuno o postre ligero.
4. Pruebe las mermeladas y jaleas con menos azúcar. ¡Tienen un sabor fresco con la mitad de las calorías!
5. Unte un panecillo integral con crema de cacahuate natural y rebanadas de manzana.
6. ¡Haga más saludable su tortilla de huevos! Si la receta pide 4 huevos, use dos claras de huevo y dos huevos enteros.
7. Para reducir la grasa en el desayuno, pruebe las salchichas o tocino Canadiense de pavo en vez de tocino (beicon) normal.
8. Cambie la mantequilla regular por mantequilla batida baja en grasa o un sustituto de mantequilla bajo en calorías.
9. Unte su rosquilla (bagel) o pan tostado con queso crema bajo en grasa o sin grasa, en vez de mantequilla.
10. Comparta una rosquilla con un amigo o guarde la mitad para mañana.
11. Seleccione requesón de 1%.
12. Pruebe las tortillas integrales en vez de tortillas de harina blanca.
13. Quítele toda la grasa a la carne de res, la carne de cerdo y al pollo.
14. Aparte la grasa de la sopa, el caldo, y las salsas antes de servirlos. Si deja que se enfríen primero, la grasa sube y es más fácil de quitar.
15. Saltee verduras frescas como calabacín, pimiento, champiñones, y cebolla con aliño italiano sin grasa y con jugo de limón.
16. Use mayonesa baja en grasa o sin grasa en los sandwiches y en las ensaladas.
17. Elija pan, pasta y galletas integrales. Lea la etiqueta de ingredientes y busque las palabras “integral” ó “100%” como la primera palabra (Por ejemplo: trigo integral, 100% de grano integral).
18. Rellene el pan pita integral con más verduras frescas y menos carne y queso.
19. Al comprar yogur, lea la información nutricional. Elija las variedades que contengan menos calorías y menos azúcar adicional.
20. Comparta con un amigo los platos en un restaurante o llévese la mitad a casa.
21. Use uvas, plátanos, fresas y piña para hacer pinchos de fruta.
22. Coma frutas y verduras con cada comida y merienda.
23. Para una merienda leve, coma palomitas con menos grasa.
24. Mida una porción de bocaditos como galletas, papitas horneadas, pasas, cereal o granola- póngalas en bolsitas plásticas . ¡Tendrá a mano un bocado saludable y rápido en porciones perfectas!
25. Cubra las ensaladas con manzanas y naranjas picadas y trocitos de almendras para un sabor fresco y crujiente.
26. Omita la mitad de la mantequilla o margarina cuando prepare coditos con queso, arroz, pasta y relleno.
27. Pruebe quesos bajos en grasa o parcialmente descremados en pizza o en cacerolas.
28. Saltee o cocine al vapor calabacín, pimiento verde, champiñones o cebolla y agréguelos a la salsa para espagueti.
29. Sirva leche con las comidas y agua con las meriendas. Deje la soda y los refrescos para ocasiones especiales.
30. Reduzca 100 calorías de su comida omitiendo el queso en los sandwiches y las hamburguesas.



# ¡Muévase Más!



## 30 Consejos Para Permanecer Activos!

1. Después de la cena, jueguen afuera o den un paseo como familia.
2. Duerman mejor- den un paseo un par de horas antes de dormir.
3. Mantengan un diario de su actividad. Anoten las actividades físicas que hacen cada día durante un mes, y anoten cómo se sienten al ser más activos.
4. Ofrézcanse como voluntarios para caminar con los perros de un refugio de animales.
5. Den una vuelta a la cuadra cuando van a recoger el correo.
6. Caminen por los pasillos exteriores en el supermercado antes de hacer las compras.
7. Hagan ejercicios abdominales (sit-ups), saltos coordinados (jumping jacks), o estírense durante los anuncios mientras miran su programa favorito.
8. Caminen hasta el campo de juego de su escuela después de la cena, y jueguen.
9. Gasten calorías remando en balsa, kayak, o canoa.
10. Den vueltas a la pista escolar. Cuatro vueltas en una pista de tamaño de regulación es igual a una milla, ó 2000 pasos.
11. No usen la ventanilla de auto-servicio y, en vez, entren al banco o al restaurante.
12. ¡Aprendan a bailar! Tomen una clase de line dancing o inventen su propio baile.
13. ¡No esperen sentados! Paseen por los pasillos mientras esperan una cita con el doctor. Den vueltas al campo mientras miran una práctica de fútbol. Caminen afuera mientras esperan por su reservación para la cena.
14. Obtengan en la biblioteca libros grabados en cintas y escuchen mientras caminan.
15. Hagan citas con familiares o amigos para caminar con regularidad.
16. ¡Caminen o monten bicicleta a la escuela!
17. Caminen a la tienda, la tintorería o a la oficina de correos en vez de ir en auto.
18. Inscríbanse para una caminata o carrera en la comunidad.
19. Caminen por la casa mientras hablan por teléfono.
20. Caminen en la madrugada para disfrutar de un amanecer hermoso.
21. Caminen a la casa de un amigo para visitarle.
22. Enfóquense más en la distancia que en la velocidad. Es mejor dar más pasos a una velocidad confortable que cansarse rápidamente.
23. Durante los días de lluvia, utilicen una caminadora o caminen en el centro comercial.
24. En vez de mirar una película, hagan una excursión a un museo, al zoológico, o a un área natural.
25. ¡Suban siempre por las escaleras en vez de usar el ascensor!
26. Planeen un picnic y jueguen con un frisbee antes o después del almuerzo.
27. Recorran a pie los jardines comunitarios.
28. Atraigan a los chicos convirtiendo una caminata en un juego de búsqueda (scavenger hunt).
29. Busquen un nuevo sendero por lo menos una vez al mes para caminar o montar bicicleta.
30. Visiten los sitios locales de patinaje sobre el hielo.



# Chicos en Buena Forma...

## Chicos "Cool"... Chicos Listos...

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### ¡Chicos, Pónganse en Forma!

- Los chicos deben hacer por lo menos **60 minutos** de actividad física de moderada a vigorosa cada día (actividad física que aumenta el latir del corazón y la respiración).
- No importa la actividad que los chicos escojan, ellos pueden hacerla toda a la vez o dividirla en dos o tres segmentos durante el día.
- Si los chicos dividen la actividad en segmentos, cada uno debe durar por lo menos de 10 a 15 minutos.
- Los chicos deben evitar momentos de inactividad de 2 horas o más, en particular durante el día.

### Los Chicos en Buena Forma Son Chicos Listos

- Los chicos que hacen actividades físicas a diario rinden mejor en la escuela, no faltan tanto a la escuela, tienen una actitud más positiva, son menos perturbadores, y tienen una auto-estima más alta.
- Los logros académicos mejoran cuando los chicos pasan más tiempo en Educación Física, ¡aun cuando pasan menos tiempo en clase! Las calificaciones en matemáticas resultaron más altas consistentemente después que 240 minutos de tiempo en clase por semana se cambiaron por tiempo de actividad física.
- En el año 2002 un estudio mostró una relación entre la aptitud física y los resultados de las pruebas SAT-9. Los estudiantes con las calificaciones más altas en su estado físico también tuvieron resultados más altos en las pruebas.

### Los Chicos en Buena Forma son Chicos "Cool"

#### 5 Maneras "Cool" Para Estar en Buena Forma

¿Quién dice que los chicos tienen que jugar deportes para divertirse y estar en buena forma? Aquí hay algunas maneras divertidas para que los chicos se pongan en forma.

##### Usen Los Pies

Los pies son para caminar, así que úsenlos cada vez que puedan. Caminen a la casa de un amigo, a la tienda, por el centro comercial o dondequiera que sea seguro caminar. A la misma vez, caminen con sus perros. O pueden ofrecer caminar al perro de su vecino.

##### Muévanse Al Ritmo

¡Suban el volumen de la música y bailen! Bailen con los amigos o por su propia cuenta. Y, ¿quién dice que no pueden hacer dos cosas a la vez? Bailen mientras hablan por teléfono. Bailen mientras miran la tele. ¡Hasta pueden bailar cuando limpian sus cuartos!

##### Den Vueltas Por El Pueblo

Dejen que los músculos hagan el trabajo en la bicicleta, los patines o los escúteres mientras ustedes disfrutan de la brisa suave. No se les olvide llevar el equipo: un casco, y protección para las rodillas, las muñecas y los codos cuando patinen.

### La Serie de Carreras Healthy Kids

Inscriba a los chicos (edad de 5-12) para 8 carreras locales, GRATIS y divertidas. ¡Los chicos ganarán premios por participar! Llame al Healthy Kids Club (970) 495-7511 ó por correo electrónico a [lhz@pvhs.org](mailto:lhz@pvhs.org)

##### Animen A Sus Amigos A que Se Muevan

Junten a algunos amigos para jugar baloncesto, practicar el soccer, jugar hockey en la calle o tirar una pelota de fútbol o béisbol. No necesitan estar en un equipo para disfrutar de los deportes. Vayan al centro de recreo de su vecindad para averiguar las horas en que está abierto el gimnasio y otras actividades divertidas como el tenis, la natación o clases de baile.

##### Sean Buenos Compañeros

¿Te encuentras atrapado cuidando niños o jugando con tus hermanos o hermanas menores? Conviértelo en hora de jugar. A los chicos les encantan los juegos como rayuela, la roña, el escondite, hula-hoop, saltar la cuerda, jugar con pistolas de agua, el T-ball, patear el balón, o volar un papalote-especialmente cuando lo hacen con un amigo "cool" y más grande como tú.

Fuente: [www.Kidnetics.com](http://www.Kidnetics.com)

## Lo Que Pueden Hacer Los Padres

- Sea un modelo de actividad física y diviértase con sus chicos. Los adultos necesitan al menos 30 minutos de actividad física diaria.
- Camine o monte en bicicleta con sus chicos cada vez que tenga la oportunidad. Salga a caminar con su familia después de comida en vez de mirar la tele o jugar videojuegos. Motive a sus chicos a caminar a la escuela o ir en bicicleta.
- Planee alguna actividad para los fines de semana. Incluya montar en bicicleta, excursiones en el campo, patinar, caminar o jugar con una pelota. Vayan al parque, la pista de patinaje, el zoológico o a la alberca.
- Limite la conducta inactiva como mirar la tele y los videojuegos. Ofrezca alternativas activas como saltar la cuerda, jugar al escondite, o patear una pelota, en vez de tiempo ante una pantalla.
- Dele a sus chicos regalos que estimulan la actividad física.
- Acepten el President's Challenge como familia. Puede llevar récord de sus actividades físicas como familia, y ganar premios por estilos de vida activos en [www.presidentschallenge.org](http://www.presidentschallenge.org).



## La Importancia de La Actividad Física Regular Para Los Chicos

- La actividad física es una de las armas más potentes para evitar la obesidad en aumento de la niñez y las enfermedades relacionadas, especialmente combinada con una buena nutrición.
- Los investigadores sugieren que la epidemia de obesidad en la niñez ocurre por la falta de actividad física regular.
- Hoy día los chicos en los Estados Unidos son más obesos que los de la pasada generación.
- Los chicos inactivos, cuando se comparan con chicos activos, pesan más, tienen presión arterial más alta, y tienen niveles más bajos de buen colesterol (HDL).
- Debido a nuestro estilo de vida sedentario (TV, videojuegos, computadoras, manejar en vez de caminar, reducción de las clases de Educación Física y el recreo en las escuelas, etc.), menos del 25% de los chicos en los Estados Unidos tienen por lo menos 30 minutos de cualquier tipo de actividad física cada día.

## ¡Los Beneficios De Ser Activos!

- Mejora el rendimiento académico y el comportamiento en el salón de clases
- Mejora el nivel de aptitud física y aumenta la fuerza muscular
- Ayuda a controlar el peso, a formar músculos y a reducir el tejido graso.
- Ayuda en la formación y mantenimiento de huesos y articulaciones sanos
- Mejora los niveles de energía
- Fomenta el desarrollo social y emocional
- Mejora el humor, la autoestima y la sensación de bienestar
- Reduce el riesgo de depresión y ansiedad

## ¡Camina y Monta En Bicicleta A La Escuela!

- ¡Anime a sus chicos a caminar y montar en bicicleta para ir a la escuela!
- Encuentre rutas seguras para ir a la escuela- visite el website de Fort Collins Safe Routes to School para ver los mapas de las rutas más seguras para caminar y montar bicicleta hasta la escuela. [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes).
- Aliente a sus chicos a participar en el International Walk a Child to School Day. Las escuelas y comunidades se unen cada octubre para celebrar el caminar hacia y desde la escuela. [www.walktoschool-usa.org](http://www.walktoschool-usa.org).
- Organice un grupo para caminar y uno para montar en bicicleta- en vez de viajar varios en un mismo auto, un adulto camina o monta bicicleta con varios chicos. [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes). [www.walktoschool-usa.org](http://www.walktoschool-usa.org).

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# ¡Anime a Los Chicos a Caminar y Montar en Bicicleta a la Escuela!

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## ¿Por Qué Caminar o Montar en Bicicleta a La Escuela?

- **¡Para moverse más y mantenerse en forma!** El caminar y montar en bicicleta ayuda a los chicos a lograr más actividad diaria y a mantener sus cuerpos fuertes y en buena forma.
- **¡Para obtener mejores calificaciones en la escuela!** Los chicos que son activos obtienen mejores calificaciones y se meten en problemas con menos frecuencia. ¡Cuando los chicos caminan o montan en bicicleta a la escuela, llegan a la escuela más despiertos y mejor preparados para aprender!
- **¡Para sentirse bien!** El caminar y montar en bicicleta puede ayudar a los chicos a relajarse y a mantenerse de buen humor.
- **¡Para ponerse al día con los amigos y familiares!** El caminar o montar en bicicleta les da a los chicos tiempo para hablar, reír, y compartir historias con los amigos y familiares.
- **¡Para crear barrios buenos!** El caminar o montar en bicicleta les da a los chicos y a las familias tiempo para construir relaciones fuertes con los vecinos. Cuando los chicos caminan o montan en bicicleta a la escuela, hay menos autos en el barrio lo cual lo hace más seguro.
- **¡Para mantener a los padres contentos y el ambiente limpio!** Al no manejar el auto a la escuela, los chicos ayudan a mantener nuestro aire fresco y limpio. El tener menos autos en los puntos de llegada y partida de la escuela significa menos contaminación del aire, ambientes más seguros para caminar y montar en bici, ¡y padres más contentos!
- **¡Para disfrutar el aire libre!** Los chicos pueden ver las hojas cambiando de colores y pueden respirar el aire fresco.
- **¡Para divertirse!** Los chicos pueden jugar mientras caminan o montan en bici a la escuela. Intenten un juego de rimar o del alfabeto.

## ¡Caminen o Monten en Bicicleta a La Escuela!

- Animen ustedes a su vecindad y su comunidad a establecer asociaciones con las escuelas, las Asociaciones de Padres y Maestros, y el programa Safe Routes to School para crear un ambiente que apoye el caminar y montar en bici a la escuela con seguridad. ¡El crear rutas seguras a la escuela, caminar y montar en bici a la escuela puede ser, otra vez, una parte segura, divertida y agradable de la vida diaria de un chico!

¡Cuando los chicos caminan o montan en bicicleta a la escuela, llegan a la escuela más despiertos **mejor preparados para aprender!**

## ¡Safe Routes to School!

- Safe Routes to School (SR2S) es un programa ofrecido por el Departamento de Transportación de la Ciudad de Fort Collins que promueve el caminar y montar en bicicleta a la escuela con seguridad. Con la esperanza de aumentar el número de estudiantes que caminan o montan en bici a la escuela, el programa SR2S usa 5 ideas- Educación, Ingeniería, Estímulo, Aplicación y evaluación- para enfatizar completamente el caminar y el montar en bicicleta a la escuela con seguridad. Échele un vistazo a los sitios de SR 25 en la web para actividades en Fort Collins y Loveland. Fort Collins: [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes). Loveland: [www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm)
- **Buscar rutas seguras a su escuela.** El sitio del programa SR2S tiene mapas que muestran las rutas más seguras para caminar o montar en bici a su escuela.
- **Participa en actividades patrocinadas por SR2S.** Ambos programas de SR25 en Fort Collins y Loveland patrocinan eventos especiales a lo largo del año escolar para animar al los padres y alumnos a caminar o montar en bicicleta juntos. En Loveland varias escuelas primarias (elementary) participan en el programa T-n-T los martes y el programa SR 25 de Fort Collins lleva a cabo el programa A Pie y en Bicicleta "Walking and Wheeling" los miércoles.
- **Pedir radar para monitorizar la velocidad en la escuela.** Los directores pueden pedir que se monitorice la velocidad con el fin de promover un ambiente más seguro para caminar y montar en bici.
- **Usar el currículo de SR2S en la clase.** SR2S ofrece GRATIS el currículo en la red para los grados K-9 que alienta a los chicos a caminar y montar en bici al ir a la escuela. Las lecciones promueven la seguridad en el tráfico, la aptitud física y el aire fresco. Se anima a los estudiantes a ser ciudadanos activos y a examinar los problemas de transportación en su propia comunidad.

City of Fort Collins-Transportation Planning, [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes), Contacto: Matt Wempe, (970) 416-2040, [saferoutes@fcgov.com](mailto:saferoutes@fcgov.com)

City of Loveland-Traffic Division, [www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm), Contacto: Shelley Aschenbrenner, (970) 962-2558, [aschem@ci.loveland.co.us](mailto:aschem@ci.loveland.co.us)

## Consejos de Seguridad para Los Chicos

- Traten siempre de caminar, montar en bicicleta, o tomar el autobús con un compañero.
- Caminen siempre en la acera.
- Párense a la orilla de la acera antes de cruzar la calle.
- Miren a la izquierda, a la derecha, y de nuevo a la izquierda antes de cruzar.
- Asegúrense de que los conductores de autos los vean antes de cruzar frente a ellos.
- Cruzen la calle sólo en las esquinas o en los cruces para peatones.
- Caminen, no corran, al cruzar la calle.
- Cuando monten en bicicleta, SIEMPRE lleven un casco que les quede bien.
- Monten en bici al lado derecho de la calle o en fila. Párense completamente antes de cruzar cualquier calle.
- Cuando monten en bici, paren completamente antes de cruzar las vías del tren. Entonces, crucen las vías directamente y lentamente.
- Cuando monten en bici, sean corteses a los peatones.
- No jueguen en las entradas para autos (driveways), las calles, ni en los estacionamientos.
- Si un desconocido les sigue a pie, huyan rápidamente. Si un desconocido les sigue en un auto, dense la vuelta y vayan en la otra dirección a un lugar cercano que sea seguro.



## ¡Apoye el Caminar y el Montar Bicicleta en Su Comunidad!

### ¡Participe en el Día Internacional para Caminar con un Niño a La Escuela!

Las escuelas, familias, los vecindarios y las comunidades se unen cada octubre para celebrar el caminar a la escuela y de la escuela. El Día Internacional de Camina a la Escuela, es un evento que se promueve en ambas comunidades de Fort Collins y Loveland. [www.walktoschool-usa.org](http://www.walktoschool-usa.org).

### Use los Mapas para Caminar y Montar en Bicicleta

Visiten el sitio <http://fcgov.com/bicycling/> para ver el mapa de Fort Collins con las rutas para caminar y andar en bici. También visiten el sitio <http://www.ci.loveland.co.us/parksrec/rectrails.htm> para ver el mapa de Loveland con las rutas para caminar y andar en bici.

### Preste Atención a Los Funcionarios Locales

*“Montar en bicicleta es más que un modo de transportación o una actividad recreativa. Es un estilo de vida, parte de quienes somos y lo que nosotros valoramos como comunidad. Como antiguo planificador de la ciudad, yo puedo decirles que la popularidad en una comunidad del montar en bicicleta (y el caminar) es un buen barómetro de la calidad de vida. Las calles que están ocupadas con ciclistas y peatones crean un sentido de vecindad y comunidad.”*

Director de la Ciudad de Fort Collins: Darin Atteberry – Reprinted from the Fort Collins Forum, April 12, 2007

### Fort Collins Gana Premio por Apremiar el Ciclismo

Fort Collins recibió la medalla de oro de la League of American Bicyclists (Liga de Ciclistas Americanos) por ser una comunidad que acepta el ciclismo. Fort Collins es una de nueve comunidades en el país que ha recibido esta distinción, y sólo tres comunidades han recibido el premio de platino.

Visite: <http://www.bicyclefriendlycommunity.org/index.htm>.

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# Cómo Criar un Comilón Saludable

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## Un Chico Que Come Sanamente...

### ¿Quién, Mi Hijo?

No es sorpresa que los padres necesiten ayuda para comprender qué significa comer saludablemente. Desde la Pirámide Alimentaria hasta los nuevos tipos de comidas, puede ser muy confuso. Las buenas noticias son que no necesita un título en nutrición para criar un niño que coma saludablemente. Siguiendo algunas pautas básicas, puede crear un ambiente que anime a su niño a comer bien y a mantener un peso saludable.

Casi todas las meriendas servidas a los chicos deberían ser **frutas y vegetales.**

### ¿Sabían Que....?

- Los chicos que beben más sodas, jugos de fruta, bebidas deportivas, y té endulzados consumen más calorías y es más probable que estén sobrepeso que los niños que beben menos bebidas endulzadas.
- Casi todas las meriendas servidas a los chicos deberían ser frutas y vegetales. ¡La mayoría de los chicos no están comiendo suficientes de éstas!

## 12 Consejos Para Los Padres

### 1. Los padres controlan las provisiones

- Ofrézcale a los chicos una variedad de alimentos y bebidas saludables a la hora de comida y de la merienda.
- Su responsabilidad es decidir:
  - QUÉ alimento ofrecer
  - DÓNDE comer
  - CUÁNDO comer
- Aunque los chicos molesten a sus padres pidiendo alimentos menos nutritivos, los adultos deben decidir qué comidas tienen regularmente en el hogar. Los chicos no van a pasar hambre. Comerán lo que está disponible en la despensa y el refrigerador. Si su merienda favorita no es muy nutritiva, puede comprarla de vez en cuando para que no se sientan privados.

### 2. ¡Los Chicos Pueden Dar Su Opinión!

- Los expertos en nutrición concuerdan en que de las comidas que usted ofrezca, permita que los chicos decidan:
  - QUÉ van a comer
  - CUÁNTO van a comer
  - SI van a comer
- Esto puede parecer como mucha libertad, pero si usted sigue el Consejo #1, sus chicos estarán eligiendo sólo de las comidas y bebidas que usted decida servir.

### 3. Olvídense del “Club del Plato Limpio”

- Anime a los chicos a que dejen de comer cuando se sientan llenos.
- Muchos padres se criaron con la regla de “limpiar el plato.” Esta regla no debe usarse porque hace que los chicos ignoren las señales cuando están llenos, y coman demasiado.
- Cuando los chicos notan y reaccionan al sentirse llenos, es menos probable que coman demasiado.

### 4. Sea Persistente Pero No Muy Vigorosamente

- Las preferencias por comidas se desarrollan temprano, así que ofrezca a los chicos una variedad de alimentos.
- Anime a los chicos a probar alimentos nuevos, pero no los fuerce a comer.
- Los chicos tal vez tendrán que intentar un alimento hasta 15 veces antes de decidir que les gusta.

### 5. Los Chicos Hacen Lo Que Usted Hace

- Sea un modelo y coma saludablemente usted también.
- Cuando esté enseñando buenos hábitos de comer, dé el mejor ejemplo posible.
- Elija bocados nutritivos, coman sentados a la mesa, no salte comidas, y coman juntos como familia por lo menos una vez al día.

# ¡Comiendo Sanamente Para Siempre!

Si quiere ayudar a su niño a que coma sanamente toda su vida, he aquí una manera para evaluar cómo van las cosas ahora mismo.

Sí	No
<input type="checkbox"/>	<input type="checkbox"/> Mi niño come frutas todos los días.
<input type="checkbox"/>	<input type="checkbox"/> Mi niño come verduras todos los días.
<input type="checkbox"/>	<input type="checkbox"/> Mi niño come una variedad de alimentos, incluyendo productos lácteos, granos integrales, frutas, vegetales, y fuentes saludables de proteína.
<input type="checkbox"/>	<input type="checkbox"/> Mi niño típicamente come sólo cuando tiene hambre.
<input type="checkbox"/>	<input type="checkbox"/> Mi niño no usa la comida para aliviar el estrés ni el aburrimiento.
<input type="checkbox"/>	<input type="checkbox"/> Mi niño trata comidas nuevas.
<input type="checkbox"/>	<input type="checkbox"/> Nuestra familia rara vez come o come meriendas frente a la tele.
<input type="checkbox"/>	<input type="checkbox"/> Nuestra familia come junta por lo menos 5 veces a la semana.

Si contestó "No" a alguna de estas preguntas, use estos consejos para guiar a su niño al buen camino.

## 12 Consejos para Los Padres (continuación)

### 6. Sirva Porciones Pequeñas

- Sírvale a los chicos porciones pequeñas al principio y luego déjelos comer más si aún tienen hambre.
- Use platos y vasos pequeños para controlar las porciones.

### 7. La Comida No Es Cariño

- Evite usar la comida para premiar o castigar a los chicos.
- Cuando se usa comida para premiar a los chicos y demostrar cariño, los chicos pueden comenzar a usar la comida para lidiar con el estrés y otras emociones.
- Ofrezca abrazos, elogios, tiempo para jugar o tiempo adicional con usted en vez de bocaditos.

### 8. Reanude las Comidas Familiares

- Coman juntos en casa con frecuencia.
- Las comidas juntos mejoran la nutrición, el control del peso, y la comunicación familiar.
- Fije horas regulares para las comidas y meriendas.
- ¡Apague la tele cuando estén comiendo!

### 9. Las Calorías de las Bebidas Cuentan

- Las sodas y otras bebidas endulzadas están repletas de azúcar y calorías.
- El agua y la leche son las mejores bebidas para los chicos.
- El jugo está bien si es jugo 100% de fruta, pero limitelo a una taza o menos cada día porque es alto en calorías.

### 10. Ponga los Dulces en Su Lugar

- Ocasionalmente los dulces son buenos, pero no deje que el postre sea la razón principal para comer la cena.
- Cuando el postre es el premio por comerse la cena, los chicos naturalmente le dan más valor al pastelito que al brécol.
- Trate de permanecer neutral en cuanto a las comidas.

### 11. Escriba de Nuevo el Menú Para los Chicos

- ¿Quién dice que los chicos solamente quieren comer perros calientes, pizza, hamburguesas y macarrones con queso?
- Cuando coman fuera de la casa, deje que los chicos prueben comidas diferentes- tal vez lo sorprendan con su buena voluntad para experimentar.
- Deje que los chicos prueben un poquito de lo que usted ordene, u ordene un aperitivo para que ellos lo prueben.

### 12. Limite el Tiempo Ante la Televisión y la Computadora

- Mientras más tiempo pasen los chicos frente a la tele, es más probable que (1) coman bocaditos inconsciente y excesivamente, (2) coman la comida chatarra que ven anunciada, (3) sean menos activos físicamente, y (4) aumenten de peso excesivamente.

Fuente: [www.kidshealth.org](http://www.kidshealth.org)

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# Cómo Manejar a un Comedor Melindroso

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## 10 Cosas Que Puede Hacer Para Lidar con Un Comedor Melindroso

Cuando regresa a casa después de un día difícil en el trabajo, lo último que quiere hacer es tener una guerra sobre el brécol a la hora de cenar. Es por eso que es tan fácil caer en la trampa de hacer el mac-y-queso o de ordenar una pizza. Le evita la batalla de “come tus verduras”. Las buenas noticias son que es posible lograr que un niño melindroso coma una comida nutritiva sin tener una batalla. Aquí siguen algunos consejos para tratar con un niño melindroso:

- 1. Añada alimentos saludables.** Agregue alimentos saludables a las comidas que a su hijo/a le gusten. Por ejemplo: agregue arándanos (blueberries) a los panqueques; mezcle calabaza o zanahorias ralladas en los molletes, el meatloaf y en las sopas; agregue rebanadas de fruta al cereal favorito; mezcle pedazos de brécol en el mac-y-queso; o sirva vegetales troceados sobre arroz.
- 2. Incluya a sus chicos.** Los chicos de todas las edades pueden ayudar a planear el menú, con la compra del mandado, y con la preparación de la comida. Al estar involucrados, los chicos se sienten más en control.
- 3. No compre alimentos que no son saludables.** Ojos que no ven, corazón que no siente. Si las hojuelas (chips) y las galletas no están disponibles, sus chicos no pueden comerlas. Podrán resistirse al principio, pero cuando tengan hambre, se comerán los trozos de zanahoria. Tenga alimentos saludables a mano- jugo 100% de fruta en vez de sodas o bebidas endulzadas, y una bolsa de manzanas en vez de una bolsa de hojuelas.
- 4. Establezca una rutina para comer.** Sirva las comidas y las meriendas a casi la misma hora todos los días. A la mayoría de los chicos le gusta la rutina. Si los chicos saben que van a comer sólo durante horas particulares, se comerán lo que le den cuando se les sirva. Trate de servir meriendas que incluyan dos grupos de alimentos. Por ejemplo, ofrezca queso y galletas de grano integral, o rebanadas de manzana con yogur o requesón bajos en grasa.
- 5. Tenga alimentos sanos que se puedan agarrar con los dedos.** A los chicos les encanta agarrar la comida, entonces ofrézcales comidas que puedan agarrar. Los pedazos de frutas y verduras, crudas o cocidas, son buenas opciones de comida que se puede agarrar con los dedos.
- 6. Anule la ley de “Limpia el plato.”** Los chicos saben cuando están llenos, así que déjelos parar de comer. El comer demasiado es una de las razones principales por que ingerimos demasiadas calorías.
- 7. Anime a los chicos a que “coman sus colores.”** Este juego sirve para los chicos más pequeños. El comer una variedad de alimentos de colores brillantes les da a los chicos más de los nutrientes que necesita. Los alimentos de color insípido a menudo carecen nutrientes.
- 8. No prohíba comidas.** Las comidas prohibidas podrían convertirse fácilmente en las comidas más deseadas. Está bien darles un cucharón de helado o algunas galletas algunas veces. Piense en la moderación. Permita que los chicos escojan una comida especial de vez en cuando y déjelos que coman sin sentirse culpables. Si les prohíbe todas las cosas ricas, es más probable que coman de más cuando se les ofrezcan.
- 9. Apague la televisión mientras comen.** Es una distracción comer frente a la tele, y tal vez los chicos no noten que están llenos porque su atención está en el programa. El comer como una familia- sin la tele- es una gran forma de compartir.
- 10. Sea un buen modelo.** La mejor manera de influenciar a los chicos es con el ejemplo. No espere que coman espinaca si usted no la prueba.

Fuente: [www.American Heart.org](http://www.American Heart.org)



# ¡Empaque un Almuerzo Saludable!

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## Lista de Chequeo Para Almuerzos Saludables

Incluya **CADA UNO** de estos ingredientes clave para un almuerzo saludable:

- Fruta**  
Trate rebanadas de manzana, melón, fresas, uvas, peras, plátanos, kiwi, papaya o mango.
- Verduras**  
Trate trozos de pimiento (verde, rojo, anaranjado o amarillo), brécol, zanahorias en miniatura, guisantes con cáscara (snap peas), palitos de zapallito (zucchini), tomates uvita, apio, rebanadas de pepino, coliflor.
- Proteína**  
Incluya una proteína baja en grasa como carnes magras de tipo fiambre, pollo asado sin pellejo, atún empacado en agua, pavo, huevos duros, crema de cacahuate natural o crema de almendra, requesón de 1%.
- Productos lácteos o comida rica en calcio**  
Trate leche baja en grasa o descremada, leche de soya, yogur bajo en grasa, palitos de queso mozzarella, jugo de naranja fortificado con calcio.
- Granos integrales**  
Incluya comidas que alisten en la etiqueta un grano integral como primer ingrediente, como el pan, el pan de pita, tortillas o galletas de trigo integral.

## Los Almuerzos Saludables Ayudan a los Chicos....

- a mantenerse alerta y con energía todo el día
- a hacer mejor trabajo en la escuela
- a desarrollar cuerpos sanos
- a defenderse contra enfermedades como la gripe y la influenza
- a satisfacer una gran parte de sus necesidades nutritivas diarias

## 8 Consejos para Que los Chicos Coman un Almuerzo Saludable

1. **Incluya por lo menos una porción de fruta en cada almuerzo.** Trate de servir la fruta de varias maneras- entera, en rebanadas, en cubitos, o con yogur bajo en grasa para mojar (dip).
2. **Para sandwiches, use pan integral en vez de pan blanco.** Seleccione panes que listen “trigo integral” o “grano integral” como el primer ingrediente.
3. **Limite las galletas, bizcochitos de chocolate, hojuelas, y otros dulces horneados.** Están repletos de azúcar, grasas no saludables, y calorías.
4. **Añada verduras a escondidas.** Añada verduras como rebanadas de pepino, pimiento verde, calabacín rebanado, y tomates a los sandwiches, rollos (wraps), y pan de pita relleno.
5. **Anime a los chicos a beber leche de 1% ó descremada.** La leche es una buena fuente de calcio, vitamina D, y proteína. Las sodas, los refrescos de fruta, kool-aid, y los refrescos deportivos están repletos de azúcar y calorías, y casi no tienen valor nutritivo.
6. **Cambie el jamón, embutido de Bolonia, salami, y otras carnes fiambre altas en grasa por alternativas bajas en grasa.** Pruebe la pechuga de pavo baja en grasa o magra, la pechuga de pollo, carne de res asada, o atún empacado en agua.
7. **Si empaca jugo de fruta, asegúrese que sea 100% jugo.** El jugo de fruta abunda en vitaminas y minerales; sin embargo, es alto en calorías, así que limite su consumo a una taza por día. Tenga cuidado con las bebidas de fruta como Sunny Delight, Hi-C, Fruitopia, y Capri Sun- que no contienen más de 10% de jugo, contienen mayormente azúcar y agua pasando como jugo de fruta.
8. **Si incluye hojuelas, empaque las bajas en grasa o variedades horneadas.** Empaque hojuelas horneadas, pretzels, Cheerios, o galletas de grano integral bajas en grasa en vez de hojuelas de papa, maíz, tortilla u otras hojuelas.

## Rellenos Sabrosos para Sandwiches, Pitas y Rollos

- Pollo, mayonesa baja en grasa, y apio
- Pavo, queso provolone, y rebanadas de manzana
- Pollo, pesto, y tomates secados al sol
- Atún enlatado, lechuga de hoja oscura, tomates, y huevo duro
- Pavo, mayonesa baja en grasa, espinaca, y uvas
- Frijoles negros, pimientos y calabacín asados, y queso bajo en grasa
- Manzanas, pasas, y queso crema bajo en grasa
- Aguacate, tomate, lechuga, y cilantro
- Pepinos, zanahorias, aceitunas negras, garbanzos, tomates secados al sol, y queso feta



## Seguridad Con La Comida

- Las comidas perecederas como los productos lácteos (leche, queso, yogur), huevos, carne, pescado, pollo, y mayonesa se deben mantener FRÍOS y deben comerse dentro de 4 horas después de la preparación.
- Escoja una lonchera insulada o incluya un paquete congelado para mantener la lonchera fría.
- Hay muchas comidas que se pueden congelar antes de empacarlas, como sandwiches, yogur, queso, carne cocida, crema de cacahuate, y puré de huevos.

## Ideas Saludables para Loncheras

### West Coast Swing

- 1 Rollo California de tortilla
  - Cubra una tortilla de trigo integral con carne de pavo magra, queso crema bajo en grasa, aguacate, tomate y lechuga de hoja oscura. Enróllela y córtela por la mitad.
- 1 manzana verde, rebanada y untada con 1 cucharada de crema de cacahuate
- 1 taza de leche baja en grasa o descremada

### South of the Border Celebration

- 1 South of the Border Pita Pocket de pollo (vea la receta)
- 1 naranja en rebanadas
- 1 taza de leche baja en grasa o descremada

### South of the Border Pita Pocket de Pollo

- 4 pechugas de pollo sin hueso y sin pellejo
- 2 cucharadas de aceite de oliva
- ½ cucharadita de cada una: polvo de ajo, polvo de cebolla, sal, pimienta negra y pimienta cayena
- 4 panes de pita de trigo integral
- 2 tomates, troceados
- 2 tazas de lechuga de hoja oscura, en tiras
- 1 aguacate rebanado
- Salsa

Direcciones (8 porciones): Corte el pollo en tiras. Caliente el aceite en una sartén y fría el pollo por 3 minutos. Añada las especias al pollo. Cocine hasta que no haya color rosado en la carne de pollo. Corte el pan de pita por la mitad, rellene con el pollo, y adórnelo con tomates, lechuga, aguacate, y salsa.

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# Lista de Chequeo para un Almuerzo Saludable

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## Incluya **CADA UNO** de estos ingredientes para un almuerzo saludable

### Fruta

Trate rebanadas de manzana, melón, fresas, uvas, peras, plátanos, kiwis, papayas, naranjas y mango.

### Verduras

Trate rajadas de pimiento (verde, rojo, anaranjado o amarillo), brécol, zanahorias en miniatura, guisantes con cáscara (snap peas), palitos de zapallito, tomates uvita, apio, rebanadas de pepino, y coliflor.

### Proteína

Incluya una proteína baja en grasa tal como carnes magras de tipo fiambre, pollo asado sin pellejo, atún empacado en agua, pavo, huevos duros, crema de cacahuete natural o crema de almendra, requesón de 1%.

### Productos lácteos o comida rica en calcio

Trate leche baja en grasa o descremada, leche de soya, yogur bajo en grasa, palitos de queso mozzarella, jugo de naranja fortificado con calcio.

### Granos Integrales

Incluya comidas que alisten en la etiqueta un grano integral como el primer ingrediente, tal como pan, pita, tortillas, o galletas de “trigo integral.”



# Meriendas Saludables



## La embestida de la merienda

- Como parte de una dieta saludable, los chicos deben comer 3 comidas principales y de 2 a 3 meriendas saludables cada día.
- Ya que las meriendas tienen un papel importante en la dieta de los chicos, contribuyendo hasta de 1/3 a 1/2 del consumo diario de la comida de un niño, no olvide ofrecerles meriendas saludables.

## ¿Sabía usted?

¡Casi todas las meriendas que se le sirven a los chicos deben ser frutas y verduras!

¡La mayoría de los chicos no comen suficientes frutas ni verduras! El servir frutas y verduras como merienda es una buena forma de ayudar a los chicos a recibir las vitaminas y minerales que necesitan para el crecimiento y la capacidad intelectual.

### Las frutas y las verduras:

#### ¿Cuántas necesitan los chicos?

Las Niñas		
Edad	Fruta (tazas/día)	Verduras (tazas/ día)
4 - 8	1	1.5
9 - 13	1.5	2
14 - 18	1.5	2.5

Los Niños		
Edad	Fruta (tazas/día)	Verduras (tazas/ día)
4 - 8	1	1.5
9 - 13	1.5	2
14 - 18	1.5	2.5

Fuente: [www.Fruitsandveggiesmatter.gov](http://www.Fruitsandveggiesmatter.gov)

## Bebidas Saludables

¡Bebe leche con las comidas y agua con las meriendas!

### 1a Selección: El agua

El agua debe ser la bebida principal que se le sirva a los chicos a la hora de la merienda. El agua satisface la sed sin añadir calorías ni azúcar y mantiene a los chicos hidratados. Las aguas con sabor sin calorías, los seltzers, el agua con gas, y el club soda son opciones saludables. No contienen las azúcares, las calorías, ni la cafeína de las sodas. Sirvalas solas o trate de hacer "sodas saludables" mezclándolas con una cantidad igual de jugo 100% de fruta.

## ¿Sabía Usted?

Los chicos que beben más bebidas endulzadas con azúcar tales como sodas, bebidas de fruta, bebidas deportivas, y té consumen más calorías, y es más probable que estén sobrepeso que los chicos que beben menos bebidas endulzadas.

### 2a Selección: La leche (descremada o baja en grasa)

La leche es una fuente estupenda de calcio y vitamina D. Sin embargo, si los chicos beben la de 2% o la leche íntegra, éstas son la fuente #1 de grasa saturada en la dieta de los chicos. La "leche" de soja y la de arroz (fortificada con calcio y vitamina D) son también opciones saludables.

### 3a Selección: Jugo 100% de fruta

Seleccione sólo jugo 100% de fruta y beba sólo porciones pequeñas cada día. ¡Lo mejor es comer la fruta entera!

7-18 años de edad no más de 1.5 tazas (12 onzas) cada día

1-6 años de edad no más de ¾ taza (6 onzas) cada día

El jugo de fruta es rico en vitaminas, minerales y compuestos que combaten el cáncer; sin embargo, es alto en calorías- aunque sea 100% jugo. El jugo de naranja es uno de los jugos más nutritivos, seguido por (en orden del contenido nutritivo) toronja/pomelo, ciruela, piña, uva, y manzana.

Muchas bebidas como Capri Sun, V-8 Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, o las bebidas con jugo de Very Fine, Welch's o Snapple se confunden fácilmente con jugo. Estas bebidas son más sodas que jugo. Simplemente son agua con azúcar y algunas cucharadas de jugo.

# Meriendas Saludables

## Comidas con Proteína

Para tener energía todo el día, incluye una proteína en las meriendas.

- **Leche (descremada o baja en grasa).** Únase al “Club de Leche Blanca.”
- **Yogur (sin grasa o bajo en grasa).** Pruebe el natural y añada frutas frescas o congeladas (sin azúcar), granola baja en grasa, o cereal integral.
- **Quesos.** Sirva quesos bajos en grasa en porciones pequeñas; sívalos con otras comidas tales como frutas, vegetales, o galletas de grano integral.
- **Requesón (bajo en grasa)**
- **Crema 100% de nueces.** Pruebe la de cacahuate, almendra o anacardo (cashews) natural.
- **Nueces y semillas.** En general, las nueces y semillas son muy nutritivas y son una buena fuente de proteína, pero tienen mucha grasa y calorías. Por lo tanto, sirva porciones pequeñas (un puñado), y sívalas junto con otro bocado, tal como fruta. Busque nueces sin sal y sin azúcar. Trate almendras (una de las más nutritivas), cacahuates, pacanas pistachos, nueces, anacardos, semillas de calabaza, y semillas de girasol.
- **Trail Mix.** Estas mezclas son fáciles de preparar. Trate su combinación favorita de granola baja en grasa, cereales integrales, nueces, pretzels, y frutas secas como pasas, albaricoques/chabacanos, manzanas, mangos, o arándanos. El Trail Mix también tiene muchas calorías, así que es mejor servirlo en porciones pequeñas.
- **Aves, carne, mariscos, tofu.** Seleccione marcas bajas en grasa y en sodio, de pavo sin pellejo, pollo sin pellejo, carne de res asada, y carne de cerdo. Seleccione atún empacado en agua. El tofu también es una buena fuente de proteína. Sívalo con verduras y alimentos de grano integral como pan, pan de pita, galletas o tortillas (en forma de rollo). Corte los sandwiches en dos pedazos para tener porciones propias de la merienda.
- **Huevos.** ¡Los huevos duros son bocados excelentes!

## Fruta – ¡Come una Mezcla de Colores!

¡Casi todas las meriendas que se sirven a los chicos deben ser frutas y verduras!

¡Los chicos deben comer de 1 a 1.5 tazas de fruta cada día!

- **Fruta fresca o congelada.** Come una mezcla de colores de las frutas de temporada: fresas, arándanos, sandías, kiwis, melón, manzanas, naranjas, mangos, papayas. Córtalas en trozos pequeños, haz pinchos, o cómelas enteras.
- **Copas de fruta, fruta enlatada, puré de manzanas (sin azúcar)**
- **Fruta seca (sin azúcar).** Albaricoques/chabacanos, arándanos, pasas, manzanas, cerezas, plátanos, mangos, papayas.
- **Fruit leather, bocados de fruta (100% fruta).** Muchas marcas de fruit leather y bocados de fruta son más dulces que fruta. Se deben evitar porque contienen mucha azúcar, poca fruta, son bajos en fibra, y se pegan a los dientes lo cual causa caries dentales.
- **Licuaos de fruta.** Combina la fruta con jugo 100% de fruta y yogur bajo en grasa. Los licuaos comerciales contienen azúcar y no son los más saludables.

*Sugerencias para servir:* Prueba sirviendo la fruta con yogur bajo en grasa, requesón 1%, o crema batida sin grasa. Algunas frutas, como las manzanas, son excelentes con crema de cacahuate natural.

**Come una proteína con una fruta o un vegetal para una merienda que te mantendrá satisfecho y te dará energía todo el día.**

## Las Verduras – ¡Un Arcoiris en tu Plato!

¡Casi todas las meriendas que se le sirven a los chicos deben ser frutas y verduras!

¡Los chicos deben comer de 1.5 a 2.5 tazas de verduras todos los días!

- **Frescas (crudas o al vapor).** Come una mezcla de colores de las verduras de temporada: brécol, pimientos (rojo, verde, amarillo, anaranjado), coliflor, zanahorias, apio, tomates, guisantes con cáscara (snap peas), guisantes asiáticos (snowpeas), ejote, zapallitos. Córtalas en trozos pequeños, haz pinchos, o cómelas enteras.
- **Congeladas o enlatadas (bajas en sodio)**
- **Ensalada.** Prepare una ensalada con lechugas verdes oscuras y espinaca, y añada una variedad de verduras. Preséntelas como un bar de ensalada y deje que los chicos hagan sus propias ensaladas.
- **Edamame (se pronuncia “eh-dah-MAH-may”).** ¡Edamame es el frijol de soya y es divertido comerlo, fácil para servir, y bueno para tu salud! Pueden encontrarse frescos y congelados.

*Sugerencias para servir:* Trate de servir las verduras con hummus (varios sabores ricos), salsa de frijoles para mojar (dip), salsa, guacamole, crema 100% de nueces, requesón de 1%, o aderezo para ensalada bajo en grasa o sin grasa (por ejemplo: Ranch o Thousand Island sin grasa).

# Meriendas Sanas

## Panes, Galletas y Cereales

### ¡Decídase por el grano integral!

Aunque la mayoría de los chicos come suficientes productos de grano, muchos de esos granos son galletas, pasteles, cereales endulzados, y otros granos refinados con alto contenido de azúcares y grasa. Trate de servir mayormente granos integrales, que proveen más fibra, vitaminas y minerales que los granos refinados. Si el primer ingrediente listado en la etiqueta no dice grano integral, no es verdaderamente un alimento de grano integral.

- **Molletes ingleses, pan de pita, tortillas.** Trate de rellenarlos o cubrirlos con verduras, crema 100% de nueces, queso bajo en grasa, requesón de 1%, carne magra del deli, o atún empacado en agua. También trate de mojarlos (dip) en hummus de garbanzos, salsa, guacamole, o frijoles refritos.
- **Cereales para el desayuno.** Los cereales bajos en grasa, de grano integral, fortificados, con mucha fibra y poca azúcar son buenos secos o con leche baja en grasa. Busque los cereales con por lo menos de 3 a 5 gramos de fibra y no más de 35% de azúcar adicional por peso (aproximadamente 8 gramos de azúcar por porción).
- **Galletas.** Seleccione galletas de grano integral con menos de 1 gramo de grasa saturada y cero de ácidos grasos por porción.
- **Bagels (rosquillas).** Seleccione bagels de grano integral, ¡y tenga cuidado con el tamaño de las porciones! Trate los bagels en miniatura y úntelos con crema 100% de nueces, mermeladas de fruta, tajadas de pavo, verduras, o una tajada de queso bajo en grasa.
- **Galletas de arroz (rice cakes).** Seleccione arroz integral. Unte con queso bajo en grasa, crema 100% de nueces, o carne magra del deli.
- **Palomitas de maíz.** ¡Al aire caliente es mejor! De otro modo, pruebe las palomitas de maíz bajas en grasa para el microondas. ¡Absténgase de la mantequilla! Rocíe con aceite vegetal o de oliva y agregue queso parmesano, ajo en polvo, u otros condimentos sin sal.
- **Totopos horneados.** Seleccione variedades bajas en grasa y en sodio- son ricos con salsa, frijoles refritos, o queso fundido bajo en grasa.
- **Barras de granola y cereal.** Seleccione barras de grano integral, bajas en grasa y en azúcar.
- **Pretzels, palitos de pan, y flatbreads.** Estos artículos bajos en grasa no deben ser ofrecidos a diario. La mayoría está confeccionada con granos refinados, no granos integrales. También muchos de ellos contienen mucha sal. Por lo tanto, ofrézcalos como meriendas de vez en cuando.



**Facilite que los chicos escojan meriendas saludables – tenga frutas y verduras a mano ya listas para comer. No llene la despensa con galletas, papitas o totopos, y dulces.**

# Meriendas Sanas

## ¡Ideas para meriendas riquísimas!

- **Pinchos de fruta** con melón, fresas, uvas, y trozos de sandía (vea la receta de yogur bajo en grasa para mojar [dip])
- **Pinchos de fruta y queso bajo en grasa.**
- **Quesadillas** con tortillas de grano integral, queso bajo en grasa, salsa y verduras
- **Galletas** de grano integral
- **Rajas de Pepino** untadas con una cucharada de requesón bajo en grasa y un arándano seco
- **Tajadas de pavo** enrollado con rajas de pepino fresco, pimientos, zanahorias
- **Barra de granola** baja en grasa con leche descremada o baja en grasa
- **Plátanos congelados** cubiertos de crema de cacahuete “natural” (sin azúcares ni grasa adicional)
- **Rajas de verdura** servidas con salsa para mojar baja en grasa como hummus, frijoles refritos, salsa, guacamole, o aderezo para ensalada (¡hay una gran variedad de sabores!)
- **Hormigas sobre un tronco** – unte trozos de apio con crema de cacahuete y agregue pasas
- **Pita de trigo integral** relleno con atún (empacado en agua), lechuga y trozos de apio
- **Parfait de frutas** con capas de yogur bajo en grasa, trozos de fruta, y granola baja en grasa



## Gustos dulces de vez en cuando

Cuando se ofrecen dulces para esas ocasiones especiales, sirva versiones más saludables que sean más bajas en azúcar, grasa y calorías. Evite los ricos productos de la panadería tales como donas, panes dulces, pasteles, galletas, y molletes que contienen mucha azúcar y grasa, y tienen muy poco valor nutritivo.

- **Barras de fruta congelada o paletas de helado (100% jugo de fruta, sin azúcares agregadas)**
- **Pastel de Ángel.** Cubra con fruta fresca y crema batida o yogur bajos en grasa.
- **Fig Newtons (galletas de higo).** Busque las que no contengan azúcares agregadas.
- **Galletas.** Galletas en forma de animales, galletas Graham, Gingersnaps (gengibre), Vanilla Wafers.
- **Yogur congelado o pudín.** Aun las variedades bajas en grasa son altas en azúcares agregadas y deben servirse sólo como gustos ocasionales.

## Recetas Para Meriendas

### Licuada de fruta y yogur

Ponga todos los ingredientes en una licuadora y mezcle hasta que estén suaves.

- ½ taza de yogur natural o de vainilla, bajo en grasa
- ¼ taza jugo 100% de naranja o leche descremada
- 1 plátano pequeño
- ¼ taza de arándanos
- ¼ taza mango fresco
- Hielo si gusta

### Salsa para mojar (dip) para frutas

- ½ taza yogur de vainilla bajo en grasa o descremado
- 1 cucharadita de miel
- ¼ cucharadita de canela molida
- ¼ cucharadita nuez moscada

Mezcle bien los ingredientes en un tazón. ¡Sirva con sus frutas favoritas!

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# 20 Sugerencias para Meriendas Más Saludables

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Cuando a los chicos les da hambre entre las comidas, esté lista para ofrecer meriendas rápidas y saludables. Merendar es un gran pasatiempo para muchos chicos- y no es necesariamente malo. El merendar puede ayudar a los chicos a controlar el hambre durante el día, a la vez que provee energía y nutrientes. La clave está en la calidad de las meriendas. Considere estas sugerencias para meriendas más saludables. Ya que las meriendas juegan un gran papel en la dieta de los chicos, contribuyendo de 1/3 hasta 1/2 de lo que come el niño a diario, asegúrese de ofrecer meriendas SALUDABLES.

- 1. Deje que los chicos opinen.** Deje que los chicos escojan meriendas de dos opciones comparables como un yogur bajo en grasa refrigerado o congelado, apio o zanahorias, pan integral tostado o galletas de grano integral, manzanas o naranjas. Es aún mejor que su chico le ayude en el mercado al seleccionar las meriendas o en la cocina cuando las prepare.
- 2. Designe una zona para merendar.** Limite las meriendas a la cocina. Le ahorrará a sus chicos una gran cantidad de calorías consumidas sin pensar cuando comen frente a la tele.
- 3. Hágalo rápido.** Si sus chicos necesitan merendar rápidamente, piense en algo más que una bolsa de papitas. Ofrezca queso en tiritas (string cheese), yogur bajo en grasa, barras de cereal bajas en grasa u otras cosas que no se derramen.
- 4. No se deje engañar por trucos en las etiquetas.** Las comidas que se anuncian como bajas en grasa o sin grasa aún pueden contener muchas calorías. Es lo mismo con las comidas que se anuncian sin colesterol y que aún pueden contener mucha grasa, grasa saturada y azúcar. Lea la información nutricional en la etiqueta.
- 5. Busque el grano.** Las meriendas de grano integral—como los pretzels o las tortillas integrales, y los cereales integrales bajos en azúcar—pueden darles a sus niños energía que perdura.
- 6. Ojos que no ven, corazón que no siente.** Si el tarro de galletas está lleno, es probable que sus chicos pedirán galletas. Pero si no hay galletas en casa, puede ser que la fruta fresca o las verduras crudas apetezcan más.
- 7. Juegue con la comida.** Pídale a sus chicos que hagan torres con las galletas integrales, que escriban palabras con los palitos de pretzels, o que hagan caras chistosas en un plato usando diferentes frutas. Use una cucharada de crema de cacahuete como pegadura.
- 8. No se deje limitar.** Ofrezca algo nuevo como piña fresca, arándanos, pimientos rojos o amarillos, o nueces de soya tostadas. Corte un pan integral de pita y sívalo con hummus.
- 9. Mezcle y empareje.** Sirva zanahorias en miniatura u otras verduras crudas con aderezo Ranch sin grasa. Sirva palitos de galletas Graham o fruta fresca con yogur sin grasa. Unte crema de cacahuete a trozos de apio, manzana o plátano.
- 10. Vuelva al desayuno.** Muchas comidas para el desayuno — como los cereales integrales bajos en azúcar y el pan integral tostado — son buenisimos para meriendas en la tarde.

**Limite las meriendas a la cocina. Le ahorrará a sus chicos una gran cantidad de calorías consumidas sin pensar cuando comen frente a la tele.**

## 20 Sugerencias para Meriendas Más Saludables (continuación)

11. **Use el congelador.** Combine plátanos machacados con crema de cacahuete, untelo a galletas Graham y congélelas. Para variar las meriendas favoritas, congele uvas o plátanos pelados, o llene una bandeja para cubos de hielo con jugo 100% de fruta.
12. **Diviértase.** Use un cortador de galletas para cortar figuras en rebanadas de queso bajo en grasa, pan, o tortillas de grano integral. Coma trozos de fruta con palillos orientales. Póngale nombres chistosos a las meriendas. Trate “hormigas en un tronco” (apio cubierto con crema de cacahuete y pasas) o invente uno.
13. **Hágalo más dulce.** Las meriendas saludables no tienen que ser insípidas. Para satisfacer el gusto por lo dulce, ofrezca pudín sin grasa, yogur congelado, o paletas de fruta congeladas.
14. **Saque la licuadora.** Use leche descremada, yogur descremado, y fruta fresca para hacer sus propios licuados.
15. **Promueva la independencia.** Facilite que los chicos mayores se sirvan ellos mismos. Mantenga en el refrigerador una selección de verduras listas para comer. Deje fruta fresca en un bol sobre el mostrador. Tenga cereal integral, bajo en azúcar, en un gabinete al alcance, y tenga en la despensa fruta en lata o empacada en su propio jugo.
16. **Recuerde los sobrantes.** Una porción pequeña de la cacerola de la noche anterior puede ser una buena merienda.
17. **Las bebidas también cuentan.** Ofrézcale a sus niños bastante agua entre las comidas. Hágalo más interesante con cubitos de hielo con forma, un popote cómico, o un chorrito de jugo de limón, arándano u otro tipo de jugo de fruta.
18. **Manténgalos seguros.** Asegúrese de que las meriendas para sus chicos sean apropiadas para su edad. Nunca sirva alimentos que puedan ahogar—como nueces, pasas, uvas o palomitas de maíz—a chicos menores de cuatro años.
19. **Practique lo que predica.** Deje que sus chicos la vean cuando come verduras crudas o uvas.
20. **Sea paciente.** Los hábitos de merendar de su chico no van a cambiar al instante. Esté atenta a cambios positivos a través de semanas o meses.



¡El enseñar a sus chicos ahora a escoger meriendas saludables los preparará para una vida de meriendas saludables!  
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# Coma Más Frutas y Verduras



## Un arcoiris de frutas y verduras en su plato cada día

El comer una variedad de frutas y verduras cada día forma parte de una dieta saludable tanto para los chicos como para los adultos.

Las frutas y vegetales están repletas de vitaminas y minerales, son bajas en calorías, y altas en fibra. Le ayudan a mantener un peso saludable y a prevenir enfermedades crónicas (del corazón, apoplejía, diabetes tipo 2, algunos tipos de cáncer, y la alta presión).

## Coma Más Frutas y Verduras

- Añada tomate y cebolla a los huevos revueltos
- Congele uvas y rebanadas de plátano en un palillo para una merienda
- Añada rebanadas de plátano al pan tostado con crema de cacahuete
- Pida menos queso y más verduras en su pizza
- Coma por lo menos dos verduras con la cena
- Añada verduras congeladas a las cacerolas y a la pasta
- Seleccione frutas y verduras frescas como meriendas y postres

## ¿Cuántas Frutas y Verduras Necesita?

**1°:** Determine su nivel de actividad física (la actividad física es más que la actividad ligera de la vida diaria)

**Menos activo:** su promedio es de menos de 30 minutos de actividad física cada día

**Moderadamente activo:** su promedio es de 30 a 60 minutos de actividad física cada día

**Activo:** su promedio es más de 60 minutos de actividad física cada día

**2°:** Seleccione la escala de su edad

**3°:** Determine cuántas tazas de frutas y verduras debería comer cada día

Fuente: [www.fruitsandveggiemorematters.org](http://www.fruitsandveggiemorematters.org)

Mujeres		
Edad	Frutas (tazas/día)	Verduras (tazas/día)
19 - 30	2	2.5
31 - 50	1.5	2.5
51+	1.5	2

19 - 50	2	2.5
51+	1.5	2.5

Hombres		
Edad	Frutas (tazas/día)	Verduras (tazas/día)
19 - 50	2	3
51+	2	2.5

19 - 50	2	3.5
51+	2	3

19 - 30	2.5	4
31 - 50	2.5	3.5
51+	2	3

### Niñas

Edad	Frutas (tazas/día)	Verduras (tazas/día)
2 - 3	1	1
4 - 8	1	1.5
9 - 13	1.5	2
14 - 18	1.5	2.5

MENOS ACTIVAS

MOD. ACTIVAS

2 - 3	1	1
4 - 8	1.5	1.5
9 - 13	1.5	2
14 - 18	2	2.5

ACTIVAS

2 - 3	1	1
4 - 8	1.5	1.5
9 - 13	1.5	2.5
14 - 18	2	3

### Niños

Edad	Frutas (tazas/día)	Verduras (tazas/día)
2 - 3	1	1
4 - 8	1.5	1.5
9 - 13	1.5	2.5
14 - 18	2	3

MENOS ACTIVAS

MOD. ACTIVAS

2 - 3	1	1
4 - 8	1.5	1.5
9 - 13	1.5	2.5
14 - 18	2	3

ACTIVAS

2 - 3	1	1
4 - 8	1.5	2
9 - 13	2	2.5
14 - 18	2.5	3.5

# ¡Haga que Cuento!

Aprenda lo que son 1 taza y 1/2 taza de frutas y verduras

## Ejemplos de 1 taza

1 mazorca grande de maíz/elote



1 naranja grande



1 camote grande



## Ejemplos de 1/2 taza

5 florets de brécol



16 uvas



4 fresas grandes



6 zanahorias pequeñas



Visite

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) para más ejemplos.

# Cómo Rastrear sus Frutas y Verduras: ejemplo

Fecha: 7/7/2007 Nombre: Naomi

Género: Hembra Edad: 14 Nivel de actividad: Menos activa

Comida	Ejemplo	Descripción/Porción	Total de frutas	Total verduras
Desayuno	Cereal con frutas	un plátano pequeño = 1/2 taza	1/2	
Almuerzo	Ensalada grande con lechuga y verduras	1 taza lechuga = 1/2 taza verduras 1/2 taza otras verduras = 1/2 taza verduras		1
Merienda	Seis zanahorias pequeñas con crema de cacahuate	Seis zanahorias pequeñas = 1/2 c. veggies		1/2
Cena	Ejotes y una mazorca de maíz/elote	1/2 taza ejotes = 1/2 taza verduras 1 mazorca de maíz = 1 taza verduras		1 1/2
<b>Total:</b>			1/2	3
<b>Mi meta:</b>			1 1/2	2 1/2
<b>¿Alcanzó su meta?</b>				

# Cómo Rastrear su Propias Frutas y Vegetales

Fecha: \_\_\_\_\_ Nombre: \_\_\_\_\_

Género: \_\_\_\_\_ Edad: \_\_\_\_\_ Nivel de actividad: \_\_\_\_\_

Comida	Ejemplo	Descripción/Porción	Total de frutas	Total verduras
Desayuno				
Almuerzo				
Merienda				
Cena				
<b>Total:</b>				
<b>Mi meta:</b>				
<b>¿Alcanzó su meta?</b>				

Haga siete copias en blanco de esta tabla para anotar durante una semana sus frutas y verduras.



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# Cómo Ayudar a los Chicos a Comer Más Frutas y Verduras

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## Elementos importantes: olor, textura y color

- A los chicos les repugna probar alimentos nuevos si el olor, el sabor o el color no les atrae.
- Trate de darles frutas y verduras de texturas distintas. Algunos chicos prefieren comida suave mientras que a otros les gusta la comida con grumos. A algunos les gusta la comida crujiente mientras que otros prefieren la comida blanda.
- Ofrezca frutas y verduras nuevas en combinación con antiguas favoritas para mostrarle a los chicos una variedad de olores, texturas y colores.
- Las frutas y las verduras pueden ser más atractivas a los chicos si se sirven crudas.
- Pueden añadirse varias verduras a cualquier plato de pasta integral o pizza, y la fruta es una buena guarnición (adorno) para el yogur bajo en grasa.

## ¡10 Consejos para Motivar a los Chicos a Comer Más Frutas y Verduras!

- 1. Haga más fácil merendar algo sano.** Cuando los chicos corren a casa con hambre, es probable que agarren lo que sea más conveniente, así que coloque frutas y vegetales en sitios donde los chicos las vean primero. Ponga un tazón de fruta fresca sobre el mostrador o la mesa de la cocina. Tenga una variedad de fruta y verduras troceadas en el refrigerador- guárdelas en bolsitas de plástico para una merienda fácil. Ponga botellas de agua y jugo 100% de fruta en las repisas bajas para que los chicos las vean primero cuando abran la puerta del refrigerador.
- 2. Haga que sean más divertidas las frutas y las verduras.** Trate de adornar los sandwiches con caritas y sonrisas hechas con frutas y verduras (vea la receta).
- 3. Añada frutas y verduras a las comidas favoritas.** Añada verduras ralladas o cortadas al plato principal, platos acompañantes y sopas. Complete el cereal con plátanos cortados y arándanos. Prepare licuados de fresa con fresas congeladas, yogur bajo en grasa y leche. Añada zanahorias ralladas y lechuga verde oscura a un sandwich de pavo. ¡Sea creativa!
- 4. Dé un buen ejemplo.** En cuanto a las frutas y verduras, lo que hacen los miembros mayores de la familia influye en cómo los chicos reaccionan a las frutas y verduras. Así que cuidado con lo que hace- sea un buen modelo

**Esfuércese por llenar la mitad de su plato con frutas y verduras. Añada verduras ralladas o cortadas al plato principal, platos acompañantes y sopas. Complete el cereal o el yogur con fruta fresca.**

de hábitos saludables de comer. Los chicos imitarán sus acciones y sus palabras. Comente cuánto disfruta de la ensalada. Meriende con frutas y verduras. Pida platos acompañantes de fruta o verdura cuando esté en restaurantes.

**5. Sirva siempre frutas y verduras con todas las comidas.** Esfuércese por llenar la mitad de su plato con frutas y verduras. Añada verduras ralladas o cortadas al plato principal, platos acompañantes y sopas. Complete el cereal o el yogur con fruta fresca.

**6. ¡Abastézcase!** Llene el refrigerador, el congelador y la alacena con verduras frescas cortadas de antemano, congeladas, y enlatadas para que sea más fácil preparar comidas y meriendas que incluyan vegetales.

## Ideas Para Meriendas de Fruta y Verduras

- 4 zanahorias pequeñas
- rajas de pimiento
- aderezo Ranch bajo en grasa
- agua

- yogur bajo en grasa (4 onzas)
- naranja (1 mediana)
- agua

- galletas integrales (1 onza)
- hummus (1/4 taza)
- 5 fresas
- agua

- apio y chícharos
- requesón 1% (1/2 taza)
- melón y uvas (3/4 taza)
- agua

- pan integral (1 rebanada)
- crema de cacahuete natural
- rebanadas de plátano y miel
- leche (1% ó descremada)

- queso en tiritas
- manzana verde
- galletas Rye Krisp (1 onza)



## 10 Consejos (continuación)

- 7. Nada más pida.** Pida que se ofrezcan frutas y verduras en las funciones escolares, programas después de la escuela, y en las máquinas expendedoras.
- 8. Permita que los chicos tomen decisiones.** En cuanto a las frutas y verduras, es una buena idea ofrecerle a los chicos dos o tres opciones. El escoger entre jugo de naranja y jugo de tomate para el desayuno les permite tomar decisiones y ejercer poder. Además, permita que los chicos escojan cuáles frutas y verduras se servirán y cómo incorporarlas en sus comidas favoritas.
- 9. ¡No se rinda!** A veces a los chicos les encantará una fruta o verdura nueva con la primera prueba. Otras veces puede requerir hasta 10 ó 15 intentos antes de que adquieran un gusto por una comida nueva. Pídale a los chicos que prueben un bocadito. Si no les gusta, está bien. El permitirles probar un solo bocado hará que el probar las comidas nuevas sea menos espantoso. Obligar a un niño a comer algo que a él o ella no le guste, creará una mala asociación con esa comida. Es importante seguir ofreciendo nuevas frutas y verduras.
- 10. Involucre a otras personas.** Aliente a los miembros de la familia, a los amigos, a los vecinos y a las escuelas a ofrecer frutas y verduras a sus chicos.

Fuente: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

### Rosquillas con cabecitas de verduras (“Veggie Head Bagels”)

- queso crema bajo en grasa o hummus
- rosquilla pequeña de grano integral
- brécol, zanahorias, pimientos verdes y rojos, jícama
- queso mozzarella (parte descremada)

**Direcciones:** Unte queso crema a cada mitad de la rosquilla. Forme caritas graciosas y pelo en cada mitad usando pedazos pequeños de brécol, zanahorias, pimientos, jícama y queso mozzarella rallado.

### Arbolitos de verduras

#### La salsa:

- ¼ taza yogur bajo en grasa
- ¼ taza crema agria baja en grasa
- 2 cucharadas de miel
- 2 cucharaditas mostaza marrón

#### Arbolitos:

- zanahorias pequeñas
- florets de brécol
- tomates uvita
- perejil troceado

**Direcciones:** 1. Prepare la salsa: mezcle todos los ingredientes juntos en un bol. 2. Forme los árboles de verduras: Junte 2 zanahorias para formar el tronco. Forme las hojas colocando el brécol encima de las zanahorias. Ponga los tomates pequeños en la cumbre de los árboles. Vierta la salsa alrededor de la base de zanahorias y salpique con perejil para simular el césped.

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# Bebidas Saludables para Los Chicos

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## Los chicos y las bebidas endulzadas

Los chicos están en casa...y su primera parada es para agarrar una bebida endulzada del refrigerador. Éste es uno de los muchos malos hábitos que han creado una nación de chicos sobrepeso. En cuanto a la salud se refiere, ¡los chicos y las bebidas endulzadas son una mala combinación!

## ¿Sabía usted?

- Los chicos que beben más bebidas endulzadas con azúcar tal como sodas, bebidas de fruta, bebidas deportivas, y tés consumen más calorías y tienen más probabilidad de estar sobrepeso que los chicos que beben menos bebidas endulzadas.
- Las bebidas endulzadas a menudo desplazan las comidas y bebidas sanas como la leche o el jugo 100% de fruta. Las bebidas endulzadas son la fuente #1 de azúcar en la dieta Americana.
- 30% de todas las calorías que se consumen diariamente provienen de las bebidas endulzadas.
- Los adolescentes de los Estados Unidos beben dos veces más soda endulzada que leche.
- El beber solamente una botella de 20 onzas de soda todos los días por un año puede resultar en un aumento de 10 libras adicionales.

Las bebidas para energía están llenas de azúcar, calorías y, con frecuencia, cafeína.

¡Una dieta saludable, el ejercicio, y una buena noche de sueño son las mejores fuentes de energía!

## El Agua y la Leche

### La primera opción, la mejor opción

Hay mucho que hablar sobre cómo motivar a los chicos a que coman de manera saludable, pero ¿cómo podemos motivarlos a beber de manera saludable? Lo que los chicos beben puede afectar drásticamente la cantidad de azúcar y calorías que consumen, al igual que la cantidad de calcio que consumen- el cual es necesario para desarrollar huesos fuertes. Ya que en la actualidad los chicos están bebiendo más bebidas endulzadas que leche, ellos están consumiendo demasiada azúcar, demasiadas calorías, y muy poco calcio.

## Mejor Que las Bebidas Endulzadas...

- **Leche.** Seleccione 1% ó descremada. Tenga cuidado con la leche con sabor- está repleta de azúcares añadidas y calorías extras. La leche debe ser la bebida principal servida a los chicos con las comidas.
- **Agua.** El agua satisface la sed sin añadir calorías ni azúcar, y mantiene hidratados a los chicos. El agua con sabor sin calorías, los seltzers, el agua natural con gas, y el club soda son opciones saludables. El agua no sólo no tiene calorías, sino que el beber agua les enseña a los chicos a aceptar una bebida con menos sabor, sin azúcar, y de bajo precio para calmar la sed. El agua debe ser la bebida principal servida a los chicos con la merienda.
- **Jugo de fruta.** Seleccione jugo 100% y limite el consumo a 1 taza por día. Para más fibra y menos calorías, coma la fruta entera en lugar del jugo.
- **Gaseosa de fruta.** Añada un poco de jugo 100% de fruta al agua natural con gas.
- **Té helado.** Tenga una jarra de té helado sin azúcar ni cafeína en el refrigerador. Hay muchos tés de hierbas muy buenos con sabores que les gustan a los chicos.
- **Soda de dieta.** Mientras que la soda de dieta no tiene ningún valor alimenticio, puede ser una mejor opción que la soda regular. Una lata de soda de dieta contiene alrededor de 150 menos calorías que la soda regular.

## El Impacto de Demasiadas Bebidas Endulzadas

- Aumento en peso
- Caries dentales
- Consumo bajo de calcio
- Enfermedades del corazón
- La diabetes

## ¡Limite el Jugo!

Para asegurar que los niños no están bebiendo demasiado jugo ni consumiendo más calorías de las que necesitan, la Academia Americana de Pediatría recomienda los siguientes límites:

Edad	Limite el jugo a no más de... (por día)
7-18 años	1 a 1½ taza (8 a 12 onzas)
1-6 años	½ a ¾ taza (4 a 6 onzas)
6-12 meses	½ taza (4 onzas)
hasta 6 meses	nada de jugo

## El Pro y el Contra del Jugo de Fruta...

*“Yo he oído que el jugo de frutas no es bueno para los chicos porque contiene mucha azúcar y muchas calorías que contribuyen a la obesidad. Pero a mis chicos les gusta mucho el jugo de frutas, y es una buena fuente de vitaminas y nutrientes. ¿Qué debo hacer?”*

- El jugo 100% de frutas es rico en vitaminas, minerales y otros magníficos nutrientes.
- Sin embargo, la cantidad de azúcar en jugo 100% de frutas le aumenta las calorías, así que debe limitarse su consumo.
- El azúcar del jugo 100% de frutas es azúcar natural, no azúcar AÑADIDA.
- Cuando los chicos quieren una bebida endulzada, seleccione jugo 100% de frutas en lugar de sodas, jugo endulzado (cerca de 10% de jugo) o cóctel de jugo de fruta.
- Mientras que el jugo 100% de frutas y las bebidas endulzadas de fruta pueden contener cerca de la misma cantidad de calorías, los chicos obtendrán más vitaminas y nutrientes del jugo 100%.
- A algunos chicos no les gusta comer fruta, así que el servir jugo es una manera de darles la fruta que necesitan cada día, pero recuerde que el jugo no tiene la fibra de la fruta entera. La fruta entera es una mejor opción.

## Seleccione Bebidas Saludables!

- Agua y leche- ¡La primera opción! ¡La mejor opción!
- ¡Omita la soda! Limite la soda y otras bebidas endulzadas.
- Enseñe a los chicos a disfrutar del agua como lo principal para calmar la sed.
- Seleccione agua o bebidas bajas en calorías en lugar de bebidas endulzadas con azúcar.
- Haga el agua más divertida con rodajas de limón, lima, pepino o sandía.
- Beba agua con sabor de cero calorías o agua con gas.
- ¡Limite las bebidas deportivas! Están repletas de azúcar y calorías. Trate las bebidas deportivas bajas en calorías.
- ¡Tenga en casa bebidas en envases de una porción para cuando hay prisa!
- Para calmar la sed en forma rápida, fácil y barata, lleve una botella de agua que pueda llenar durante el día. Cuando opte por una bebida endulzada, escoja el tamaño pequeño. Algunas compañías ahora venden latas y botellas de soda de 8 onzas que contienen cerca de 100 calorías.
- ¡No “llene el refri” con bebidas endulzadas. En cambio, tenga una jarra o botellas de agua fría en el refrigerador.
- Cuidado con las bebidas altas en calorías de la cafetería, tales como lattes y frappuccinos. Ordene el tamaño más pequeño disponible; pida que preparen su bebida con leche descremada en lugar de leche íntegra; no use crema batida, y si le gusta su bebida dulce, pida un sabor que no tenga azúcar.
- Sea un buen modelo escogiendo bebidas saludables.

Bebida	Tamaño	Calorías	Azúcar (gramos)
Agua	1 taza (8 onzas)	0	0
Leche 1%	1 taza (8 onzas)	100	11*
Jugo 100% de naranja	1 taza (8 onzas)	110	22 *
Refresco Sunny Delight (10% jugo de frutas)	1 taza (8 onzas)	120	27
Mezcla en polvo para bebida (azúcar añadida)	1 taza (8 onzas)	90	24
Soda	1 taza (8 onzas)	100	27

\* El azúcar en la leche y en el jugo de frutas es azúcar natural, no AÑADIDA.

Mientras que el jugo 100% es una opción más saludable que las bebidas con azúcar añadida, usted debe limitar su consumo para evitar ingerir más calorías de las que necesita.

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# Desayuno = Mejores Calificaciones

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## ¿Se desayunan sus chicos?

¡Muchos informes dicen que un **40% de los chicos no lo hacen!** Pero todos sabemos que el desayuno es la comida más importante del día, ¿no? Un desayuno saludable es una parte esencial del estar preparado para aprender. Sin embargo, el estilo de vida apresurado de hoy en día a veces impide que los chicos (tanto como los padres) se sientan a comer un buen desayuno balanceado y nutritivo antes de ir a la escuela. No hay ninguna duda, el desayuno es la primera comida y la más importante del día ¡Asegúrese de que usted y su familia comienzan el día bien!

## ¡GRANDES Beneficios Para los Que Desayunan!

### Los que desayunan...

- obtienen puntuaciones más altas en los exámenes, y mejores calificaciones
- pueden concentrar mejor y enfocar en el aprendizaje
- trabajan más rápido, cometen menos errores, y son más creativos
- son más cooperadores y se llevan mejor con sus compañeros de clase
- tienen menos problemas de conducta, menos tardanzas, y menos visitas a la enfermería de la escuela
- tienen mejores índices de asistencia
- son más saludables, consumen alimentos más nutritivos, y controlan mejor su peso
- comen menos grasa y colesterol, y tienen niveles más bajos de colesterol
- consumen más vitaminas, minerales y otros nutrientes importantes
- exhiben menos indicios de depresión, ansiedad, hiperactividad, y otros problemas de conducta y de atención

## ¿En Qué Consiste un Desayuno Bueno y Nutritivo?

Un desayuno balanceado, nutritivo que te mantenga satisfecho incluye alguna proteína, comidas de grano integral y una fruta y/o verdura. Esta combinación de alimentos se digiere a un paso que te dará energía que dure toda la mañana.

### Proteína- productos lácteos, huevos, carnes, nueces

- leche- descremada o baja en grasa
- yogur- descremado o bajo en grasa, bajo en azúcar
- queso- bajo en grasa
- requesón- bajo en grasa
- huevos- limite el uso de aceite/grasas en la preparación; sírvalos escalfados, revueltos o hervidos
- carnes magras- tocino Canadiense, pavo y pollo sin pellejo
- cremas de nueces (sin azúcar añadida)- crema de cacahuate natural, crema de almendras

## ¡La falta del desayuno y el estar hambriento afecta la habilidad de los chicos para aprender!

### Comidas de grano integral

- cereales de grano integral, fríos o calientes- fortificados, bajos en grasa y azúcar, con por lo menos 3 a 5 gramos de fibra
- pan o pan tostado- los granos integrales son los primeros ingredientes listados en la etiqueta; de otra manera no son integrales
- gofres (waffles) o panqueques integrales- cúbralos con frutas, yogur, o almíbar bajo en azúcar

### Frutas

- frescas o congeladas (sin azúcares añadidas)
- enlatadas o en copitas (en jugo 100%, sin azúcares añadidas)
- jugo 100% de frutas- ¡el jugo de naranja es el más nutritivo!
- frutas secas (sin azúcares añadidas)

### Verduras

- frescas, congeladas, enlatadas o en jugo
- añada una variedad de verduras a los huevos revueltos o tortillas de huevo- cúbralos con salsa

# 10 Ideas Para Desayunos Agradables a los Chicos

## Rápidos, Fáciles y Nutritivos

1. Cereal integral y leche baja en grasa
2. Un plátano pequeño envuelto en una tortilla integral untada con crema de cacahuete natural
3. Una pequeña rosquilla integral cubierta de queso bajo en grasa y rebanadas de manzana.
4. Barra para el desayuno rellena de frutas (integral, baja en grasa y azúcar), y yogur
5. Gofres (waffles) pequeños de grano integral cubiertos con fruta fresca (manzanas, plátanos, fresas, arándanos) y yogur
6. Licuado de fruta: mezcle en una licuadora 1 taza de fruta, 1 taza de yogur, 1 taza de hielo, y ½ taza de leche o jugo
7. Pan tostado integral con crema de cacahuete y pasas o mermelada 100% de fruta
8. Burrito para desayuno- tortilla de trigo integral envuelta con huevos revueltos, salsa y queso rallado bajo en grasa
9. Medio melón (de castilla o pulpa verde) relleno con yogur o con requesón de 1% de grasa
10. Avena con arándanos, fresas y frambuesas, servida con leche baja en grasa



## Sea un Buen Modelo para el Desayuno

Los niños aprenden por el ejemplo, inclusive los hábitos de comer. ¡El comer desayuno es una forma saludable de comenzar el día para **todos!** Dé un buen ejemplo comiendo un desayuno saludable y nutritivo. Prepare y coma el desayuno con su niño cuando sea posible. Tal vez usted también quiera empacar una merienda saludable para su hijo, para la mañana.

### Emparedado para el desayuno

- 1 huevo
- 1 cucharada de agua
- ½ pan pita integral, tostado
- ¼ taza frijoles negros
- ¼ taza de salsa

Direcciones: bata el huevo y el agua en un bol pequeño. Cúbralo y cocínelo en el microondas por 1 minuto a temperatura alta. Rellene el pan de pita con el huevo, la salsa y los frijoles.

### ¡Jamón y huevos para llevar!

- 1 mollete Inglés integral, tostado
- 1 huevo
- 1 cucharada de agua
- 1 tajada de jamón sin grasa
- 1 rebanada de queso bajo en grasa

Direcciones: bata el huevo y el agua en un bol pequeño. Cúbralo y cocínelo en el microondas por 1 minuto a temperatura alta. Tueste el panecillo Inglés y cúbralo con el huevo, jamón, y queso. Colóquelo en el microondas por 30 segundos para derretir el queso.

### Licuado de plátano y crema de cacahuete

Ponga en una licuadora hasta que quede suave:

- 1 plátano pequeño, maduro
- 3 cucharadas de crema de cacahuete natural
- 1 cucharada de miel
- 1 taza de leche fría (baja en grasa o descremada) ó 1 taza de yogur de vainilla bajo en grasa
- Adorne con rebanadas de plátano y trocitos de cacahuates, al gusto

## Las Mejores Bebidas Para el Desayuno

- Leche (descremada o baja en grasa)
- Agua
- Jugo 100% de fruta (limite de 1 a 1.5 taza por día)

## Busque Opciones para el Desayuno

Si su hijo/a no tiene tiempo para desayunar en casa o no tiene hambre temprano por la mañana, entérese sobre los programas de desayuno escolar.

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# ¡Limite el Tiempo Frente a La Pantalla!

Hábitos saludables para la tele, los videojuegos y la computadora



## ¡Descarte la televisión!

No cabe duda- la televisión, los juegos interactivos de video, y las computadoras pueden ser fuentes de educación y diversión para los chicos. Pero mucho tiempo sintonizado a éstos podría tener efectos secundarios negativos para la salud.

Por eso es buena idea monitorizar y limitar el tiempo que sus chicos pasan “frente a la pantalla”, el tiempo que pasan mirando la tele o DVDs, jugando videojuegos y usando la computadora.

## Tiempo saludable frente a la pantalla

Los doctores recomiendan que los chicos pasen menos **de 1 a 2 horas al día frente a la pantalla** (sin contar el uso de computadoras para la tarea escolar). ¡Y menos es mejor! Los chicos menores de 2 años no deben pasar ningún tiempo frente a la pantalla.

## ¿Sabía Usted?

- La Academia Americana de Pediatría informa que los chicos pasan demasiado tiempo sentados frente a una pantalla.
- El joven americano promedio pasa más tiempo frente al televisor, la computadora y/o la pantalla de videojuegos que en cualquiera otra actividad a excepción de dormir- cerca de 45 horas por semana- ¡lo cual es un promedio de 6.4 horas por día frente a la pantalla!
- Este año, por término medio, los chicos pasarán más tiempo frente a la tele que en la escuela (1,023 horas vs 900 horas).
- Un 40% de los americanos miran la tele durante la cena, frecuentemente o siempre.

Fuente: [www.tvturnoff.org](http://www.tvturnoff.org)

## ¿Por Qué Desconectar?

**Demasiado tiempo frente a la TV y la pantalla es menos tiempo familiar, afecta la habilidad de nuestros chicos para leer y tener éxito en la escuela, promueve la violencia, y contribuye a estilos de vida poco saludables y a la obesidad.**

El chico promedio pasa cerca de 20 horas cada semana mirando la tele- ésto es de 2.5 a 3 horas de tele diarias (y eso no incluye el tiempo en videojuegos y en la computadora).

El mirar la tele por más de 1 a 2 horas diarias se ha asociado consistentemente con una disminución de interés en las actividades escolares y con menor logro académico.

Mientras más tiempo pasan los chicos mirando la tele y sentados frente a una pantalla, más aumenta el riesgo de:

- comer demasiado
- comer sin pensar y en exceso mientras miran la pantalla
- comer la comida chatarra que ven anunciada en la tele
- comer entre comidas y comer comidas menos saludables
- ser menos activos físicamente- ¡casi cualquier otra actividad utiliza más energía que el sentarse frente a la tele!
- aumentar de peso excesivamente
  - casi un 30% de los chicos de edad escolar están sobrepeso
  - el 60% de la incidencia del sobrepeso se puede relacionar con el tiempo excesivo frente a la tele

## ¡Consiga que su escuela participe en TV-Turnoff Week! (Semana Sin Televisión)

### ¿Qué es una Semana Sin Televisión?

Es una iniciativa nacional de TV-Turnoff Network ([www.tvturnoff.org](http://www.tvturnoff.org)) que anima a los chicos, adultos, familias y escuelas a ¡pagar el televisor y a encender la vida!

### ¿Cuándo?

2009: 20 – 26 de abril y 20 – 26 de septiembre  
2010: 19 – 25 de abril y 19 – 25 de septiembre

### ¿Cómo?

Contacte a CanDo para averiguar cómo puede participar su escuela en TV-Turnoff Week.

## ¡10 Sugerencias Para Desconectar!

1. Limite el tiempo que la familia pasa frente a la tele. Como familia, designe por lo menos una noche a la semana sin televisión. Haga un pacto para hacer algo activo en vez de sentarse frente a la pantalla. ¡Vayan en una caminata, jueguen algunos juegos, tiren un frisbee!
2. ¡Eche la televisión! Saque la tele del dormitorio de los chicos.
3. Apague la tele durante las comidas.
4. ¡Esconda el control remoto! ¡Evite cambiar de canales!
5. No permita que los chicos miren la tele mientras hacen sus tareas escolares.
6. Evite usar la tele, las computadoras o los videojuegos como recompensa o castigo.
7. Trate el tiempo frente a la tele, videos y la computadora como un privilegio que los chicos deben ganar- no un derecho que puedan exigir. Dígale a los chicos que la tele se permite sólo después de que las tareas y los deberes se hayan cumplido.
8. Evite utilizar la tele, computadora o los videojuegos como niñeras.
9. Mueva la tele a un lugar menos visible- no haga la tele el centro de atención del salón.
10. Practique lo que predica- los chicos no aceptarán ser limitados a 1 ó 2 horas de televisión si usted pasa 4 horas frente a la tele. La mejor manera de influir en la conducta de sus chicos es con su ejemplo.



## Apaga la Televisión... ¡Enciende un estilo de vida más sano!

- Lleva a tu perro a caminar, lleva al perro del vecino, baña tu perro
- Visita los senderos para montar bicicleta y caminar- monta bicicleta, camina, haz una excursión, monta patines de hoja
- Cultiva tu propia hortaliza
- Invita a tus padres a una caminata
- Celebra una competencia de "hula-hoop", mira a ver quién puede saltar la cuerda por más tiempo
- Haz un juego de búsqueda (scavenger) con tus amigos
- ¡Pon tu CD favorito y baila!
- Toma una clase de baile
- Vuela un papalote, haz juegos malabares, juega a Twister, celebra una competencia de tirar de la cuerda, construye un fuerte
- Camina a un lugar donde puedas ver la puesta del sol
- Visita el centro local de recreo
- Invita a los amigos y presenten una escena de teatro
- Juega baloncesto, juega en los columpios
- Aprende un nuevo deporte, trepa un árbol.
- Salta en un trampolín, ten una guerra con globos llenos de agua
- Ve a pasear en canoa, a trepar rocas, a navegar, a caminar con raquetas de nieve (snow shoeing)
- Juega "kickball", foosball, frisbee, al escondite
- Lava el auto, filma un video en casa
- Enséñale algo nuevo a alguien, enséñale un truco nuevo a tu mascota
- Lee un libro de chistes, un libro común, una revista, el periódico
- Haz trabajo voluntario en el Humane Society, sirve una comida en La Misión
- Rastrilla el patio de tu vecino

**“La manera más fácil para reducir la inactividad es apagar la televisión. Casi cualquier otra cosa usa menos energía que el mirar la televisión.”**

Dr. William Dietz, Centers for Disease Control

### Recursos:

- TV-Turnoff Network: [www.tvturnoff.org](http://www.tvturnoff.org)
- Kids Health: [www.kidshealth.org](http://www.kidshealth.org)
- Do More, Watch Less: Un instrumento a usarse con los chicos con el fin de reducir el tiempo de TV/pantalla. Disponible también en Español, [www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm](http://www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm)
- Media-Smart Youth: [www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy)

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# ¡Duerme Para el Éxito!

¡Necesitamos el sueño- mucho sueño- para estar saludables, felices y para hacer lo mejor que podamos!

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## ¿Estás durmiendo bastante?

¡El sueño es muy importante! Todo ser viviente duerme, desde el insecto más pequeño hasta la ballena más grande. ¡Algunos animales duermen tanto como 20 horas cada día! **¡Duerme bastante cada noche** para que tu cuerpo pueda descansar, crecer y tener energía!

## ¿Cuánto sueño necesitamos cada día?

Adultos	7 a 9 horas
Adolescentes	8.5 a 9.25 horas
Chicos (edad 5-12)	10 a 11 horas
Niños preescolares (edad 3-5)	11 a 13 horas
Pequeñines ( edad 1-3)	12 a 14 horas

Fuente: Fundación Nacional del Sueño, [www.sleepfoundation.org](http://www.sleepfoundation.org)

## Por qué es Importante la Hora de Acostarse

La salud y el comportamiento de los chicos empeoran cuando los hábitos de dormir son irregulares. Insuficiente sueño hace a los chicos irritables y llorones. **En la escuela un niño con pérdida de sueño tiene problemas con la concentración, la memoria, el rendimiento físico y la habilidad para tomar decisiones.**

Por otra parte, el sueño adecuado aumenta la energía y el entusiasmo del niño. El sueño de calidad también ayuda a los chicos a aprender más fácilmente, a reducir problemas de conducta, y a mantener un peso saludable.

## ¿Por Qué Dormimos?

Cuando estás soñando, tu cerebro y tu cuerpo están muy ocupados preparándose para un nuevo día.

### Tu cerebro necesita el sueño para que tú puedas:

- recordar lo que aprendes
- prestar atención y concentrar
- solucionar problemas, ser creativo, y pensar en nuevas ideas

### Tu cuerpo necesita el sueño para que:

- tu peso esté mejor controlado
- crezcan tus músculos, tus huesos y tu piel
- se sanen tus músculos, tu piel y otras partes lesionadas
- tu cuerpo esté saludable y luche contra las enfermedades
- tu nivel de energía esté alto y estés de buen humor

## ¿Estás durmiendo muy poco? Los Indicios...

Cuando los adultos no duermen lo suficiente, usualmente están gruñones y letárgicos. Los chicos también pueden actuar así, o pueden hacer lo opuesto y estar hiperactivos. También pueden tener dificultad para prestar atención y portarse debidamente.

### Tal vez los chicos necesiten dormir más si él o ella:

- tiene dificultad para despertar en días de escuela
- tiene un lapso de atención corto, menos concentración, o está irritable o inquieto/a
- tiene poca memoria y dificultad para aprender
- tiene usualmente bajos niveles de energía y actividad
- es más llorón/llorona, ansioso/a, defensivo/a o impaciente de lo usual
- es hiperactivo/a



## Indicios de Trastornos del Sueño en los Niños

Hable con su pediatra si su niño muestra cualquiera de los siguientes indicios:

- roncar
- pausas de la respiración mientras duerme
- problemas con dormir la noche entera
- dificultad para permanecer despierto durante el día
- reducción inexplicable de rendimiento en el día
- eventos inusuales durante el sueño



## ¡Duerme Bien en la Noche!

**Evita la cafeína por lo menos 6 horas antes de acostarte.**

¡Los efectos estimulantes de la cafeína en la soda, el café, el té, las bebidas para energía y el chocolate pueden mantenerte despierto por horas!

**Fija un horario para dormir.**

Acuéstate y levántate a la misma hora cada día- aun en los fines de semana. Como criaturas de hábito, las personas tienen dificultad ajustándose a una rutina diferente. El dormir más tarde en los fines de semana no compensa por el sueño perdido durante la semana, y hará más difícil el despertar el lunes por la mañana.

**Crea una rutina relajante para la hora de acostarte.**

Establece una rutina nocturna que le indique al cuerpo que es hora de acostarse, y sigue la rutina a la misma hora cada noche. Haz las mismas cosas relajantes antes de acostarte cada noche: un baño tibio, leer, o escuchar música suave.

**Evita mirar la tele o jugar en la computadora y videojuegos antes de acostarte.**

Usa el tiempo después de la cena para una actividad relajante. Demasiado tiempo frente a la pantalla a la hora de acostarte puede mantenerte despierto.

**El ejercicio es bueno, pero no antes de acostarte.**

Trata de hacer ejercicio por lo menos de 30-60 minutos cada día para ayudarte a dormir, pero evita el ejercicio vigoroso 2-4 horas antes de acostarte.

**Asegúrate de que tu cuarto esté fresco, oscuro y callado.**

El calor, la luz y los sonidos dificultan el dormirse y permanecer dormido.

**Evita las comidas pesadas antes de acostarte.**

Una comida pesada puede causar indigestión que interrumpe el sueño. Si tienes hambre, toma un vaso de leche tibia o come un pequeño bocado saludable.

**Toma suficiente sol.**

La exposición al sol es clave para regular el sueño. Trata de salir afuera bajo la luz natural del sol por lo menos 30 minutos cada día.

### Mito:

Los chicos que no duermen bastante en la noche muestran señales de tener sueño durante el día.

### Hecho:

Contrario a los adultos, los chicos que no duermen bastante en la noche típicamente son más activos durante el día. Además pueden tener dificultad para prestar atención y portarse debidamente.

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# Cómo Entender las Etiquetas en los Envases de Alimentos



## Hay mucho que aprender de la “Información Nutricional” en las etiquetas

Sample label for Macaroni & Cheese

### 1. Empieza aquí

**Tamaño por porción y raciones por envase –**  
La cantidad de calorías y nutrientes listados en la etiqueta se basan en el tamaño por porción. Si tú comes doble porción, ingieres doble las calorías y nutrientes. Si comes la mitad de la porción, ingieres la mitad de las calorías y nutrientes. Las Raciones por Envase indican cuántas raciones hay en el paquete entero.

### 2. Comprueba las calorías

**Total de calorías y calorías de grasa –**  
El número a la izquierda de la etiqueta indica cuántas calorías hay en una porción del alimento. El número a la derecha indica cuántas calorías del total de calorías en una porción son de grasa.

### 3. Limita estos nutrientes

**Grasa total, grasa saturada, ácidos grasos, colesterol, y sodio –** el comer demasiado de estos nutrientes puede causar problemas de salud como obesidad, diabetes, y enfermedades del corazón. Selecciona alimentos que sean bajos en estos nutrientes.

### 4. Come bastante de estos nutrientes

**Vitamina A, vitamina C, calcio, y hierro –**  
Estos nutrientes se necesitan cada día para mantener tu cuerpo sano y fuerte. Asegúrate de que comes alimentos con alto contenido de estos nutrientes.

### 5. Footnote (en la etiqueta)

Esta área muestra tu “presupuesto” diario para nutrientes como grasa, colesterol, sodio, carbohidratos, y fibra. Tu “presupuesto” para estos nutrientes se basa en una dieta diaria de 2,000 ó 2,500 calorías. Las personas que son muy activas necesitan más calorías mientras que las personas menos activas necesitan menos calorías.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories 250</b>	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat 12g</b>	<b>18%</b>
<b>Saturated Fat 3g</b>	<b>15%</b>
<b>Trans Fat 3g</b>	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 5g</b>	
<b>Protein 5g</b>	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>
* Percent Daily Values are based on a diet of other people's misdeeds. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Salt Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Start Here →

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV  
• 5% or less is Low  
• 20% or more is High

### 6. Guía rápida para el porcentaje de valor diario (%DV)

La partida %DV indica la cantidad recomendada de cada nutriente que hay en una porción del alimento. El %DV se basa en una dieta de 2,000 calorías. Si una porción tiene un %DV de 25% para carbohidratos, eso significa que una persona que se coma una porción recibirá 25% de los carbohidratos que él o ella necesita al día. El otro 75% tiene que provenir de otros alimentos para alcanzar el importante 100%.

Aviso: Un %DV de 5% ó menos significa que el alimento es bajo en ese nutriente. Un %DV de 20% ó más significa que una porción del alimento es alto en ese nutriente. Trata de ir por debajo en grasa, grasa saturada, colesterol y sodio, y más alto en fibra, vitamina A, vitamina C, calcio y hierro.

## Glosario para la Información Nutricional en las Etiquetas

### Grasa total

La grasa total incluye cuatro tipos de grasa- saturada, ácidos grasos, poliinsaturada, y monoinsaturada. Mientras que la grasa tiene una mala reputación, todos necesitamos consumir alguna grasa para mantener sana la función cerebral, nerviosa, cardiovascular e inmunológica. El problema es que la mayoría de los chicos, adolescentes y adultos comen demasiada grasa total y demasiada grasa saturada y ácidos grasos. Un alimento bajo en grasa contiene 3 gramos o menos de grasa total por cada porción.

### La grasa saturada

La grasa saturada eleva el colesterol más que cualquier otra cosa en tu dieta. Para mantener tu corazón saludable, evita comer mucha grasa saturada. Consume menos de 20 gramos de grasa saturada cada día- ¡menos es mejor! Limita los alimentos altos en grasa saturada como la leche íntegra, la crema, el queso, la crema agria, el helado, la mantequilla, la manteca, y el pellejo del pavo y del pollo.

### Los ácidos grasos

Los ácidos grasos también se incluyen en la grasa total. Los ácidos grasos deben evitarse porque aumentan el colesterol malo (LDL) y reducen el colesterol bueno (HDL). La fuente mayor de ácidos grasos en la dieta es el aceite parcialmente hidrogenado o hidrogenado que con frecuencia se encuentra en la manteca vegetal, margarina, galletas saladas, galletas, bizcochitos de chocolate, y molletes. ¡Revisa la etiqueta de ingredientes y evita los alimentos con aceites parcialmente hidrogenados o hidrogenados!

### La grasa poliinsaturada y monoinsaturada

Estos dos tipos de grasa son más saludables para el corazón porque no elevan el colesterol. Trata de obtener la mayoría de tu grasa de estos tipos de grasa. El salmón, las nueces, semillas, aceitunas, el aguacate, aceite de soya, el aceite de oliva y el de canola son buenas fuentes de estos tipos de grasa.

### El colesterol

El colesterol se encuentra solamente en alimentos de origen animal como la carne de res, huevos, queso y pollo. Trata de consumir menos de 300 miligramos (mg) por día. Demasiado colesterol puede causar enfermedades del corazón.

### El sodio

Éste se conoce como “sal”. Demasiada sal puede aumentar tu presión arterial. Ingiere no más de 2,300 mg de sodio por día. Una comida baja en sodio tiene 140 mg o menos en una porción.

### Total de carbohidratos, fibra dietética, y azúcares

Los carbohidratos se encuentran en el pan, la pasta, el arroz, los cereales, la fruta, papas, la leche, las verduras feculentas y los dulces. Los carbohidratos son la fuente principal de energía para tu cuerpo. El azúcar y la fibra son dos tipos de carbohidratos. Es importante comer mucha fibra (25-30 gramos/día) porque puede ayudar a reducir el riesgo de enfermedades del corazón. Por otro lado, se debe limitar el azúcar. El azúcar listada en la etiqueta de nutrición incluye el azúcar natural y el azúcar añadida.

### La proteína

La función principal de la proteína es desarrollar músculos, mantener los órganos fuertes, y combatir enfermedades. La proteína se encuentra en los alimentos que provienen de plantas y animales, incluyendo pescado, aves, carne, huevos, frijoles, tofu y nueces.

### La vitamina A, Vitamina C, Calcio y el Hierro

La etiqueta de Información Nutricional indica la cantidad de estas importantes vitaminas y minerales que hay en una porción del alimento. La cantidad se mide en % Valor Diario (DV). Si la etiqueta indica que el % DV para vitamina A es 80%, eso significa que una porción provee 80% de la vitamina A necesaria para una persona que consume una dieta de 2,000 calorías.



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# Los **10** Alimentos Más Saludables

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## Por qué son buenos para tu salud

- 1. La espinaca:** Tiene alto contenido de vitamina A y es una buena fuente de calcio, folato, hierro, magnesio, riboflavina, y vitaminas B-6 y C. Los compuestos orgánicos de las espinacas podrían mejorar tu sistema inmunológico y ayudar a prevenir ciertos tipos de cáncer.
- 2. El camote:** El color amarillo-naranja de los camotes indica que tienen alto contenido de beta-caroteno, un potente antioxidante que puede ayudar a reducir el riesgo de infarto y ciertos tipos de cáncer. Los camotes son una buena fuente de fibra, potasio y vitaminas C y B-6. Además, no contienen grasa y son relativamente bajos en calorías.
- 3. El jugo de verduras:** El tomar jugo de verduras es una manera fácil de incluir más verduras en tu dieta. Está repleto de vitaminas, minerales y otros nutrientes saludables. Los jugos de verduras que contienen tomate son buenas fuentes de licopeno, un antioxidante. Asegúrate de seleccionar las variedades con poco sodio.
- 4. El germen de trigo:** El germen en el centro del grano de trigo es una fuente concentrada de nutrientes. También puedes usarlo en molletes, galletas y panqueques.
- 5. Los arándanos:** Los arándanos son una fuente rica de fibra, antioxidantes y fitonutrientes. El consumo regular de arándanos podría mejorar la memoria a corto plazo y reducir el daño celular relacionado con el envejecimiento.
- 6. Las manzanas:** Las manzanas son una buena fuente de pectina, una fibra que puede reducir los niveles de colesterol y azúcar en la sangre. Son también una buena fuente de vitamina C- un antioxidante que protege las células de tu cuerpo. La vitamina C también mantiene saludables los vasos sanguíneos y ayuda en la absorción de hierro y folato.
- 7. Las almendras:** Las almendras están repletas de nutrientes- fibra, riboflavina, magnesio, hierro, calcio y vitamina E, un antioxidante natural. Además, son buenas para tu corazón. La mayor parte de la grasa en las almendras es grasa monoinsaturada, la cual puede ayudar a reducir los niveles de colesterol cuando se usa en lugar de otras grasas. Las almendras sin sal son relativamente bajas en sodio, con menos de 140 miligramos de sodio por onza.
- 8. El brécol:** Además de proveer calcio, potasio, folato y fibra, el brécol contiene fitonutrientes- compuestos que podrían ayudar a prevenir la diabetes, las enfermedades del corazón y algunos tipos de cáncer. El brécol contiene el antioxidante betacaroteno y es también una fuente excelente de vitamina C.
- 9. El frijol rojo:** Las variedades de frijol rojo pequeño, pinto y rojo oscuro (kidney bean) son bajas en grasa y son una fuente excelente de antioxidantes, proteína, fibra y cobre. Son además una buena fuente de hierro, magnesio, fósforo, potasio y tiamina.
- 10. El salmón:** El salmón es una fuente excelente de omega-3 que se cree es saludable para el corazón. Si posible, selecciona el salmón silvestre que tiene menos probabilidad de contener sustancias químicas indeseables tal como mercurio.

Fuente: Mayo Clinic: [www.mayoclinic.org](http://www.mayoclinic.org)



# Staff Wellness

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# School Employee Wellness

## How to Support Health for Your Employees



### Why Staff Wellness?

Teachers and other school employees are charged with educating and caring for one of our nation's most precious assets – our children. Therefore, it is imperative that school employees are supported in their efforts to stay healthy and active so that they can do their job most effectively.

**Physical Health.** Two-thirds of all deaths in the US can be attributed to cardiovascular disease, cancer, and diabetes. The top risk factors for these diseases – tobacco use, poor nutrition, physical inactivity, and overweight – can be modified through healthy lifestyle behaviors. Staff wellness programs can target these lifestyle behaviors and significantly reduce disease risk among school employees!

**Academics.** Employees who participate in wellness programs have lower absenteeism rates.<sup>1</sup> Lower absenteeism in schools means that teachers are in the classroom more and students learn better! In addition, teachers are important role models for kids. If teachers are healthy and active, their students are likely to follow. When kids are healthy and active, they perform better in school!

**Financial Health.** Because of the rapid increase in lifestyle-related diseases (diabetes, obesity, heart disease), healthcare costs have increased dramatically. Effective wellness programs can help employers contain these costs. For each additional health risk factor that an employee has, it costs approximately \$350 extra per year.<sup>2</sup> For every \$1 spent on wellness programs, an average of \$3.50 is saved.<sup>1</sup>

<sup>1</sup>Whitmer, R.W., Pelletier, K.R., Anderson, D.R., Baase, C.M., and Frost, C.J. (2003). A wake-up call for corporate America. *Journal of Occupational and Environmental Medicine*, 45:9,916-925.

<sup>2</sup>O'Donnell, M.P. (2002). Employer's financial perspective on workplace health promotion in *Health Promotion in the workplace*, 3rd ed. Albany, NY: Delmar.

### Starting Staff Wellness

Before starting a new staff wellness program, do your homework and find out what resources your school district currently offers to support staff wellness. Talk to your human resources or benefits department to see if they have any programs or resources related to employee wellness.

#### 1. Get Administration Support

Getting administrative buy-in is an essential first step to beginning a staff wellness program. Talk to your principal, superintendent, and school board about staff wellness and why it is important. Getting administrative support early on in the wellness process will help your team be successful in the future.

#### 2. Integrate with the School Wellness Team

Staff wellness programs should be part of your school's overall plan for supporting school wellness. If your school does not already have a team working on overall school wellness, see the "Your Wellness Team" section of the CanDo School Wellness Resource Kit to get started. The school wellness team should work together to decide how to best support healthy lifestyles for school employees.

#### 3. Conduct an Employee Wellness Interest Survey

Ask school employees what kind of wellness programs and topics they are most interested in. See the sample Employee Wellness Interest Survey in the CanDo School Wellness Resource Kit. Modify this survey as needed to fit your school. Keep the surveys confidential and report the overall results to the school staff and administration.

#### 4. Choose Appropriate Wellness Interventions

Use the results from the Employee Wellness Interest Survey to help determine what types of wellness activities will be most effective for your employees. Refer to the "Resources" section of the CanDo School Wellness Resource Kit for local resources and organizations that can help support staff wellness programs. Use the School Wellness Action Plan template in the "Your Wellness Team" section of the CanDo School Wellness Resource Kit to write out your action plan.

#### 5. Implement and Evaluate

Implement your staff wellness program and track changes to see if it is effective! Track participation and satisfaction to see if employees enjoyed the programs. Conduct surveys or measurements to see if the wellness program was effective in helping employees make healthy lifestyle changes.

## Local Worksite Wellness Initiatives

In addition to supporting wellness in schools, CanDo places a significant emphasis on incorporating wellness into the workplace. CanDo has committees that focus specifically on providing local businesses the training, resources, and help they need to implement a fun and effective staff wellness program.

In February 2006, CanDo launched the Well City initiative in Fort Collins. This is a recognition program of the Wellness Councils of America (WELCOA) that encourages employers to develop comprehensive worksite wellness programs. Businesses in the Well City initiative follow WELCOA's Well Workplace Model to address areas such as nutrition, physical activity, stress management, and tobacco cessation.

In 2009, CanDo began a worksite wellness initiative in the Loveland area. Through this initiative, local businesses can receive training and technical assistance and network with other business leaders who coordinate staff wellness programs.

### What is Happening with Staff Wellness at Your School?

Contact your Human Resources department to find out what your district does to support staff wellness. Volunteer to be on a staff wellness committee or use the ideas in this kit to begin promoting staff wellness at your site!

For more information and resources on how to start a staff wellness program, go to [www.CanDoOnline.org](http://www.CanDoOnline.org).

## Easy Ways to Support Staff Wellness

**Fresh Fruit Basket** – Put a fresh fruit basket in the staff lounge. Assign one employee to stock the basket each week. Put a can or envelope beside the basket and ask staff to donate money for the fresh fruit.

**Walking Club** – Get staff together and go for a power walk before school, during lunch, or after school. Set regular days and times to help keep people on track.

**Healthy Foods at Staff Meetings** – Offer water, fruits, vegetables, and lean proteins at staff meetings. If junk foods or desserts are served, be sure to cut them in small portions. Try ordering sub sandwiches, wraps, or salads for catered lunches. Ask for light dressings and condiments.

**Healthy Vending Options** – Talk to your school vendor about putting healthier food options in the staff vending machine. Ask for water, sugar-free flavored water or teas, granola bars, and baked chips.

**Fitness Challenge** – Organize a friendly competition such as a fitness challenge or weight loss challenge. Be sure to sign up for the Schools on the Move Challenge (970-495-7511 or [lh@pvhs.org](mailto:lh@pvhs.org)) or go to [www.AmericaOntheMove.org](http://www.AmericaOntheMove.org) to organize a pedometer challenge.

**Wellness Talks** – Bring in health professionals from the community to do wellness talks on topics such as stress management, mental health, healthy eating, and physical activity. Check out the worksite wellness section of the CanDo website for a list of local worksite wellness programs and resources. [www.CanDoOnline.org](http://www.CanDoOnline.org)

**Recipe Swap & Potluck** – Host a staff potluck and ask staff to bring in healthy dishes. Have everyone bring the recipe and exchange with others.

**Activity Club** – Gather a group of employees to meet in the gym or on the playground for a game of basketball, volleyball, or kickball after school. Bring in exercise videos and do yoga, pilates, or kickboxing after school.



For more information on employee wellness programs, check out:

**School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools**  
[www.schoolmpwell.org](http://www.schoolmpwell.org)

**Wellness Councils of America** [www.welcoa.org](http://www.welcoa.org)

**CanDo**

Coalition for Activity and  
Nutrition to Defeat Obesity

[www.CanDoOnline.org](http://www.CanDoOnline.org)

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kids  
**CanDo**  
it!

# Employee Wellness Interest Survey



The School Wellness Team cares about the health of our employees and would like to offer programs and activities to help you live a healthy, well-balanced lifestyle! Please complete the survey below to help us plan health and wellness activities for the school year that fit your needs and interests. You do not have to put your name on the survey. Please return the survey to *NAME OR LOCATION* before *DATE*. All answers are anonymous.

**1. Which of the following wellness topics would you be MOST interested in learning more about? Please check your top 5 choices.**

- |   |  |
|---|--|
| <input type="checkbox"/> Personal goal setting                | <input type="checkbox"/> How to start an exercise program      |
| <input type="checkbox"/> Developing a personal fitness plan   | <input type="checkbox"/> Physical activity for busy people     |
| <input type="checkbox"/> Heart disease prevention & awareness | <input type="checkbox"/> Strength training                     |
| <input type="checkbox"/> Cancer prevention & awareness        | <input type="checkbox"/> Meal planning                         |
| <input type="checkbox"/> Managing chronic disease             | <input type="checkbox"/> Healthy holidays                      |
| <input type="checkbox"/> Diabetes prevention                  | <input type="checkbox"/> How to raise a healthy eater          |
| <input type="checkbox"/> Controlling high blood pressure      | <input type="checkbox"/> Tips for picky eaters                 |
| <input type="checkbox"/> Tips for reducing cholesterol        | <input type="checkbox"/> Kid-friendly foods                    |
| <input type="checkbox"/> Depression                           | <input type="checkbox"/> Nutrition tips for busy people        |
| <input type="checkbox"/> Parenting tips                       | <input type="checkbox"/> Ways to add fiber to your diet        |
| <input type="checkbox"/> Headache prevention and treatment    | <input type="checkbox"/> Super foods                           |
| <input type="checkbox"/> Alcohol abuse                        | <input type="checkbox"/> Tips for eating out & staying healthy |
| <input type="checkbox"/> Drug abuse                           | <input type="checkbox"/> Controlling food triggers             |
| <input type="checkbox"/> Breast self-exams                    | <input type="checkbox"/> Whole grains                          |
| <input type="checkbox"/> Smoking reduction or cessation       | <input type="checkbox"/> Vitamin facts                         |
| <input type="checkbox"/> Stress management                    | <input type="checkbox"/> Portion distortion                    |
| <input type="checkbox"/> Time management                      | <input type="checkbox"/> Quick & easy meals                    |
| <input type="checkbox"/> Healthy sleep habits                 | <input type="checkbox"/> Mindful eating                        |
| <input type="checkbox"/> Balancing work and family            | <input type="checkbox"/> Other: _____                          |
| <input type="checkbox"/> Weight management                    | <input type="checkbox"/> Other: _____                          |

**2. If you participated in an after school activity club (i.e. walking/hiking club), would you be okay with including students in the activity?**

- Absolutely
- I would still participate, but would prefer the activity to be only adults
- Definitely not

**3. Please indicate how likely you would be to participate in wellness activities if they were offered at the following times:**

Time	Would Participate	Might Participate	Would NOT Participate
Before School			
During Lunch			
After School			
Evenings			

**4. Please indicate how likely you would be to participate in the following wellness programs if they were offered at work:**

Possible Health & Wellness Activities	Would Participate	Might Participate	No Interest
Weight management program			
Physical activity challenge (i.e. 10-week program that tracks physical activity minutes)			
Fitness or wellness contest			
Fruit & Veggie Challenge (i.e. track fruits/vegetables for 4 weeks)			
Aerobic classes (via video tape)			
Yoga classes (via video tape)			
Pilates classes (via video tape)			
Kickboxing classes (via video tape)			
Monthly wellness 'Lunch & Learns'			
Walking club			
Hiking club			
Biking club			
Frisbee club			
Sports league If yes, list sport(s): _____			
Smoking cessation program			
Healthy pot-luck			
Complete a personal wellness contract			
Grocery store tour for healthy foods			
Garden tour			
Weight training program			
Cooking classes			
Dance classes			
Fitness testing			
Discounted massage therapy			
Discounted health club membership If yes, list club you would prefer to go to: _____			
Other:			

**5. I would like more healthy food options at staff meetings and workshops.**

Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree

**6. I feel that our school environment encourages staff to make healthy lifestyle choices.**

Strongly Agree      Agree      Neutral      Disagree      Strongly Disagree

**7. What one thing would you most like to see in our school to help employees live a healthy, well-balanced lifestyle?** \_\_\_\_\_

\_\_\_\_\_

**8. Questions or Comments:** \_\_\_\_\_

\_\_\_\_\_

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[www.CanDoOnline.org](http://www.CanDoOnline.org)

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# Set Wellness Goals



- Your health is important – for you, your family, and your students! Set personal wellness goals to help you stay healthy, fit, and energized all year long! Put your goals in a place where you can see them every day. Ask co-workers, friends, family, or even your students to help keep you accountable for reaching your goals.

## My Wellness Goals for the Year

### My Nutrition Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I will do to achieve my goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Physical Activity Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I will do to achieve my goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Stress Reduction Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I will do to achieve my goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# 101 Ways to Wellness For Employees

Kids  
Can Do  
it!



The Wellness Councils of America is dedicated to helping the nation's employees lead healthier lives. The tips and strategies outlined in 101 Ways to Wellness are offered as a means to assist you in creating a healthier workplace. And now that Americans are working more and more, the workplace may be the ideal place to address health and wellness.

The tips and strategies included here are by no means a comprehensive list, and are designed to initiate action and ideas to help build and sustain a wellness program that makes a difference in the lives of your employees and their families. At WELCOA, we believe wellness means living life wisely—a most noble pursuit. It is our sincere hope that the tips and strategies included here will help your employees get on a path that leads to high-level wellness. These tips focus on nutrition and weight management, stress, family, safety, and financial wellness. There are also a variety of general ideas to help improve employee health and well-being.

**“Linking health promotion objectives to business outcomes.”**

The Wellness Councils of America is one of North America's most trusted voices for workplace wellness information. For over a decade, we have been partnering with our clients—businesses, health care systems, government agencies, educational institutions, and not-for-profit organizations—to help them build world-class wellness programs. With a growing membership of over 3,000 organizations, collectively employing millions of people, WELCOA has become one of the largest and most respected resources for workplace wellness in North America.

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Wellness Councils of America**

9802 Nicholas Street, Suite 315  
Omaha, Nebraska 68114-2106  
(402) 827-3590 phone  
(402) 827-3594 fax  
[www.welcoa.org](http://www.welcoa.org)

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## Nutrition & Weight Management

- 1. Encourage employees to eat breakfast.** Eating breakfast can raise metabolism by as much as 10%.<sup>1</sup> Eating breakfast can give your employees' metabolism a jumpstart, giving them the energy needed to perform at their best in an often demanding workday.
- 2. Promote a healthy diet.** According to a recent Gallup poll, 54% of Americans admitted to weighing more than they should.<sup>2</sup> It's no secret, eating healthy these days is getting more and more difficult—and the rub is that employees know their eating habits are getting worse. How's your company cafeteria?
- 3. Recommend physical activity.** Overweight and physical inactivity account for 300,000 premature deaths annually—second only to tobacco related deaths.<sup>3</sup> There are a number of fun activities you can do to help promote physical activity in your workplace. Try initiating a stair climbing challenge in which employees use the stairs rather than taking elevators. This exercise can be especially effective if your office is located in a skyscraper!
- 4. Post BMI charts.** Overall, the direct costs of obesity and physical inactivity account for approximately 9.4% of the national health care expenditures in the U.S.<sup>4</sup> Posting BMI charts can be a great way to initiate conversation on weight management with your employees. Weight management programs can help your employees live longer and healthier lives, and can save your organization serious money.
- 5. Make sure drinking water is available to your employees.** With more than 2 million soft drink vending machines in America<sup>5</sup> it's no surprise that Americans consume 54.5 gallons of soft drinks annually.<sup>6</sup> Providing an alternative to the soda pop machine is a great way to help employees reduce those extra calories from their diets.
- 6. Identify healthy eateries in close proximity to your workplace.** More than 54 billion meals were eaten in restaurants and school and work cafeterias in 2001<sup>7</sup>—most of which aren't even remotely healthy. Compile menus from local eateries and identify healthy items for employees to choose from. Talk about creativity, fortune 500 giant Union Pacific Railroad partnered with local restaurants to incorporate healthier food items on their menus—and UP employees took advantage.
- 7. Warn employees about fad dieting.** Americans spend \$33 billion annually for weight loss products and services that offer quick fixes.<sup>8</sup> Help employees identify those fraudulent diets by providing information or sponsoring a speaker who can address this issue. Some warning signs of fad diets include those that restrict food choices to one or two items, or ones that offer ridiculous results like, “lose 10 pounds over the weekend.” For other tips on recognizing fad diets, check out the American Heart Association's website at [www.AmericanHeart.org/Health/Risk\\_Factors/Overweight/Fad\\_Diets](http://www.AmericanHeart.org/Health/Risk_Factors/Overweight/Fad_Diets).
- 8. Inform employees of the high fat lunch.** In 1970, Americans spent about \$6 billion on fast food; in 2000, they spent more than \$110 billion. The typical American now consumes three hamburgers and four orders of fries—every week!<sup>9</sup> Suggest menus with healthy, yet tasty menu items. Less fat at lunch may also curb employees' temptation to take that afternoon “desk nap.”
- 9. Suggest a multi-vitamin.** A recent study has suggested that vitamin C may help the body deal with stress more effectively.<sup>10</sup> Adding a multi-vitamin to your diet may also help employees receive the necessary vitamins and minerals needed to keep their bodies running well.
- 10. Provide cholesterol screenings.** Nineteen percent of Americans ages 20 to 74 have high cholesterol levels.<sup>11</sup> According to Healthy People 2010, young adults should be checked every five years, while older adults—men over 45 and women over 55—should measure their cholesterol at least once a year. Providing this service for your employees can go a long way in preventing a number of serious medical complications.
- 11. Discuss proper calcium intake with employees.** Depending on your age, appropriate calcium intake falls between 1,000 and 1,300 mg per day.<sup>12</sup> Additionally, weight training exercise has been shown to help prevent osteoporosis. If you suggest weight training to your employees, make sure they have access to a safety manual on proper weight training techniques, as well as information on proper dietary considerations.
- 12. Post nutritional information on your vending machines.** 55% of people who make purchases from vending machines purchase those items at their place of work.<sup>13</sup> Of those purchases, 72.8% of those purchases were candy bars, salty snacks/chips, and pastries.<sup>14</sup> Educating employees on nutrition by posting information on fat and calories right on the front of the vending machine may help them choose healthier snacks throughout the day. It may even help them eliminate bad snack choices altogether.



**13. Educate employees on recommended fruit and vegetable intake.** Diseases associated with dietary imbalance rank among the leading causes of illness and death in the U.S.<sup>15</sup> The FDA recommends two to four servings of fruit per day and three to five servings of vegetables daily,<sup>16</sup> but only 13% of adults eat the minimum amount of fruit and vegetables needed.<sup>17</sup> Keeping a food log may make it easier get the recommended servings into your diet.

## Stress Management

**14. Deliver a PowerPoint presentation on time management.** The average person gets one interruption every eight minutes, or approximately seven an hour, or 50 to 60 per day. The average interruption takes five minutes, totaling about four hours, or 50% of the average workday. Eighty percent of those interruptions are typically rated as “little value” or “no value” creating approximately three hours of wasted time per day!<sup>18</sup> How productive is your workforce? Create a presentation that centers on simple things employees can do at work or home to more effectively use time. Points to cover should include developing a successful routine, prioritization, and saying no.

**15. Be family friendly.** Weekly leisure time activity in 1973 was estimated to total 26.2 hours. Today leisure time activity has dropped to only 19.5 hours per week.<sup>19</sup> If your organization doesn’t already offer flextime, part time, or job-sharing options, talk to senior management to see what can be worked out. Some very progressive companies offer a variety of options for structuring working hours, and find that employees love the benefit because it allows for more family time. Check out the Families and Work Institute’s web page at [www.familiesandwork.org](http://www.familiesandwork.org).

**16. Provide information for depressed workers.** Nearly 10 million American adults are seriously depressed.<sup>20</sup> But the situation is not hopeless. In fact, 80 to 90 % of people who receive treatment for serious depression can be effectively treated and return to normal daily life.<sup>44</sup> Provide resources on treatment facilities in your area—depressed employees may not ask for this information themselves.

**17. Host a massage-a-thon.** Only 6% of employers offer massage, but when it is provided, 60% of employees relax with a massage.<sup>21</sup> Massage is becoming an increasingly popular way for people to relieve stress and recharge for another day of work. Try sponsoring a monthly massage for your employees over lunch times or throughout a workday. Stress reduction can go a long way toward increased productivity and employee morale.

**18. Make time for leisure.** In just the last 20 years, we have added 158 hours to our annual working and commuting time—the equivalent of a full month of working hours.<sup>22</sup> Designate a quiet room in your company as the “green room.” This room could be used as an out-of-the-way employee retreat to help workers recharge and stay motivated throughout the day.

**19. Help employees make their vacations, vacations.** 12.7% of travelers will become the victim of a crime sometime during their vacations.<sup>23</sup> Many times, proper vacation planning can go a long way in preventing these crimes. Try hosting a brown bag lunch discussing tips and strategies for proper vacation planning.

**20. Invite a relationship expert to speak to employees.** There will be two million marriages in this country this year and one million divorces—the average working person spends less than two minutes per day in meaningful communication with their spouse or “significant other”<sup>24</sup>—any connection? Because 95% of divorces are caused by a “lack of communication,”<sup>30</sup> helping employees with their relationships and communication skills can help make their lives much more enjoyable.

**21. Improve your employees’ memories.** The average person retains 10% of what they read, 20% of what they hear, and 30% of what they see.<sup>30</sup> Because of today’s speed of life, it often is hard for employees to keep their memories sharp—which can easily affect the bottom line. Check out the book, *Power Sleep*, by Dr. James B. Maas for some interesting tips on how you can improve your employees’ memories in fun ways.

**22. Host a conflict resolution course or brown bag.** Nearly 1,000 workers are murdered, and 1.5 million are assaulted in the workplace each year.<sup>25</sup> Providing an informational meeting on conflict resolution and stress management can keep your workplace out of the news. Check out OSHA for great information you can relay to your workforce.

- 23. Provide your employees with information on day care services.** According to one study, 25% of employees feel stressed or nervous in their working environment, and 13% have difficulty coping with the demands of everyday life within the past three months.<sup>26</sup> Making parenting easier is a great way to provide a real benefit to your employees. It may not be possible for every organization, but how about starting a daycare at the worksite?
- 24. Provide continued education opportunities for your employees.** By taking one hour per day for independent study, seven hours per week, 365 hours in a year, one can learn at the rate of a full time student. In three to five years, the average person can become an expert on the topic of their choice.<sup>27</sup> Regardless of your company's industry, the body of knowledge within that industry is constantly being built and rebuilt. Help your employees become more productive and interested in their careers by offering continued education. This education can be specific to skills important to your industry, or could simply cover areas of interest to your employees.
- 25. Allow enough time for major policy changes.** The average employee needs six to nine months to effectively prepare for and accept worksite policy changes.<sup>28</sup> Make sure you give your employees enough lead-time to prepare for major policy changes— such as going smoke free. Allowing plenty of time can make the process more effective for everyone.
- 26. Partner with department heads.** Approximately 17 million business meetings take place everyday.<sup>29</sup> That means that at least 34 million people are putting their heads together to solve problems and make business functions more effective. Get your wellness team together often, and invite others to offer input every now and then. Partnering with others and making them part of your wellness team, will inspire creativity and ensure program reach.
- 27. Pick up the phone.** Relationships that foster a sense of belonging seem to play a vital role in maintaining health or surviving serious illness.<sup>30</sup> Adding a personal touch to your wellness program by regularly phoning employees to chat is a great way to keep your employees healthy. It may even make your employees feel more comfortable about opening up to you and eventually upping their involvement with the wellness program. Make the commitment to phone ten employees a week.



## Family / Safety

- 28. Hold a bicycle rodeo.** Bicycling injuries accounted for about 550,000 emergency room visits and 1,000 deaths annually between 1984 and 1988.<sup>31</sup> With proper safety equipment, many of these visits and deaths could have been prevented. A bicycle rodeo is a great way to promote bicycle safety and serves as great family bonding time as well. Often local schools hold bicycle rodeos. Your organization may be able to help out.
- 29. Promote swimming pool safety.** 40 to 90% of drownings of small children occurred in swimming pools, usually located in their own back yards. In two thirds of these cases, these children are being supervised by one or both of their parents.<sup>32</sup> Swimming is a great summer recreational activity, but can lead to disastrous consequences if precautions are not taken. Make information regarding swimming lessons and pool safety available to your employees.
- 30. Talk about fire safety.** Fires and burns are the second leading cause of unintentional injury and are responsible for 75 to 95% of deaths in residential fires.<sup>33</sup> Negotiate discounts with local vendors for smoke detectors. Smoke detectors are the most effective tool in preventing death in residential fires.
- 31. Provide your employees with proper personal protection equipment.** A total of 5.7 million workplace injuries and illnesses were reported in 1999.<sup>34</sup> And, while workers compensation costs can contribute to an enormous amount of health care costs for an organization, providing personal protective equipment can help reduce this cost. Check out OSHA for the latest personal protective equipment and trends.
- 32. Drive wellness through your organization.** Motor vehicle injuries are a leading cause of death in children and young adults, and the leading cause of years of life lost before age 65.<sup>35</sup> Provide information on defensive driving courses offered in your area. These classes can be very effective in improving driver skill, especially those with less driving experience—not to mention these classes often help reduce automotive insurance premiums.

- **33. Prevent family violence.** Approximately one-fourth of all emergency room visits by women are the result of domestic assault.<sup>36</sup> Look for warning signs from employees who may be being abused. These signs may include feelings of shame or embarrassment. Untreated regular injuries are also a major indicator of domestic abuse.
- **34. Implement a mandatory stretching policy.** Believe it or not, low back pain affects 60 to 80% of adults sometime in their lives. What's more, back pain symptoms are among the 10 leading reason for visits to emergency rooms, outpatient departments, and physician's offices.<sup>37</sup> Stretching and exercise can reduce the risk of these problems and create a great warm up before diving into a stressful workday.
- **35. Initiate a "Sun Safety" Campaign.** The average American enjoys about 130 leisure days every year<sup>38</sup>—many of which are in the sun. May is skin cancer awareness month, and should be a great time to start your initiative.
- **36. Drinking responsibly.** Many problem drinkers have medical or social problems attributable to alcohol without typical signs of dependence.<sup>39</sup> And while drinking and driving may be the most talked about issue surrounding problem drinking, it isn't the only one. Make sure your employees know some of the warning signs of the health conditions that can be caused by problem drinking.
- **37. Help employees keep their children safe.** Between 1992 and June 1994, 105 violent deaths occurred on or near school grounds or at school associated events.<sup>40</sup> As a wellness practitioner, you can help your employees keep their children safe by providing information such as hotline numbers for youth violence or helpful strategies for their children in case incidents break out in their schools.
- **38. Keep employees in the know.** In a Kaiser Permanente Study, 42% of survey respondents reported using the Internet to find health information.<sup>41</sup> Do you know how much of it was accurate? Help your employees find the most accurate health information available. A great place for this information is [www.kp.org/hicheckup](http://www.kp.org/hicheckup). With a barrage of inaccurate health information on the Internet, it is imperative that people receive sound medical advice.
- **39. Provide safe walking gear.** On average, a pedestrian is killed in a traffic crash every 99 minutes.<sup>42</sup> These deaths are totally preventable. For companies that sponsor walking programs for their employees—especially on the second and third shifts—it's important to provide bright colored or reflective clothing to protect them from being hit by vehicles.
- **40. Help parents educate their children about alcohol.** The total amount of alcohol consumed by college students each year is 430 million gallons, enough for every college and university in the United States to fill an Olympic-sized swimming pool.<sup>43</sup> Many parents often have the "not my kid" syndrome. Help them to understand the risks their college-aged students are faced with so they can keep their children safe.
- **41. Create a checklist for safe travel.** In 1999, Almost 700 million Americans went on pleasure trips, and of those 700 million, 77% traveled by car.<sup>44</sup> Include in your checklist such topics as roadside emergency safety, where to find an affordable first aid kit for your car, important items to bring along, and safe driving tips. Reliable travel information is available at [www.aaa.com](http://www.aaa.com).
- **42. Help your employees recreate safely.** In 1992, in the U.S., injuries accounted for 2.7 million hospitalizations, 34 million emergency department visits, and 63 million visits to office-based physicians and hospital outpatient departments<sup>45</sup>—all of which can affect an organization's bottom line. Holding a recreational event is a great way to disseminate information on preventive measures for your employees, especially those who are parents.
- **43. Increase fire awareness.** Cooking is the leading cause of home fires and injuries from fires in the United States.<sup>46</sup> Make sure a fire safety brochure is available in your company's break room that employees can pick up and take home. Hosting a fire safety week may not be a bad idea either.
- **44. Help employees make their homes safe.** In 1998, more than two million American households were burglarized and more than one million cars were stolen.<sup>47</sup> Distribute tip sheets to your employees on avoiding home and vehicle theft. This can be an especially helpful tool for employees during the holiday season when home and car theft may become more common.
- **45. Hold a seat belt campaign.** In 1994, if every front seat occupant had buckled up, an additional 9,500 deaths and about 200,000 injuries could have been prevented—for an economic savings of \$20 billion.<sup>48</sup> Promoting seatbelt safety is one of the most important things you can do to protect the health and well-being of your employees.

- 46. Post drinking and driving information in your building.** In 1997, 1.4 million people were arrested in the U.S. for driving under the influence or driving while intoxicated.<sup>49</sup> Imagine how many lost workdays are involved in that number. Provide information on enjoyable non-drinking activities that can help your employees enjoy a night out on the town—SAFELY.
- 47. Don't forget food safety.** According to the CDC, foodborne diseases cause approximately 76 million illnesses in the United States each year.<sup>50</sup> Foodborne disease can result in terrible discomfort and lost workplace productivity. If necessary, implement a policy requiring that food left in the break room fridge for two or more days must be thrown out.
- 48. Pay attention to organizational noise levels.** OSHA recommends that noise levels not exceed 90 decibels in an 8-hour shift.<sup>51</sup> If your organization is manufacturing-based, there is a good chance the working environment is noisy. Make sure that earplugs are available for employee use free of charge—and make sure they're wearing them.
- 49. Encourage firearms safety courses.** A 2000 poll done by The Gallup Organization found that 42% of Americans had a firearm in their home.<sup>52</sup> Proper firearms knowledge and responsibility will go a long way in preventing unintentional accidents. Bite the bullet, and raise this issue at your workplace.
- 50. Hold a class on parenting.** In 1940, only 10% of children under 18 were living with an employed mother. In 1995, that figure had climbed to 68%.<sup>53</sup> Raising kids is tough business. Try holding a parenting class once a quarter free of charge. Younger parents may find this service especially helpful, and a less rocky home life may even help increase employee productivity. Check out the American Academy of Pediatrics for some practical parenting tips that can help you and the employee parents in your organization move in the right direction.
- 51. Make warning signs well known.** In the United States, one out of four deaths is due to cancer.<sup>54</sup> Help your employees prevent this disease, as well as others, by making a list of the warning signs of different common health problems. You can stuff these into paycheck envelopes to ensure they get noticed. Be patient, sometimes it takes a while to get the message across.
- 52. Keep your employees alert!** In the PBS television documentary *Sleep Alert*, a Boeing 747 captain noted, "It is not unusual for me to fall asleep in the cockpit and wake up 20 minutes later and find the other two crew members totally asleep."<sup>55</sup> While it's not likely that your institution will adopt a "nap time," there are a number of things you can do to keep your employees alert. Check out Alertness Solution's web page at [www.alertness-solutions.com](http://www.alertness-solutions.com) for some guidance.
- 53. Teach proper hand washing techniques.** More than 90% of adults say they wash their hands after using public restrooms, however just six in 10 were observed doing so.<sup>56</sup> Post signs detailing proper hand washing techniques in the bathrooms at your organization. Proper hand washing can go a long way in preventing employee down time.
- 54. Provide information on elder care services.** Over the next 20 years, a person will turn 50 approximately every eight seconds.<sup>57</sup> This means that by the year 2020, people over the age of 50 will constitute 36% of America's population.<sup>33</sup> As America's population ages, make sure that your older employees are ahead of the curve. A great resource for information is the American Association of Retired People at [www.aarp.org](http://www.aarp.org).



## Financial Wellness

- 55. Sponsor financial planning seminars.** Only 39% of Baby Boomers have given "a great deal" of thought to their retirement and 15% haven't given retirement much thought at all.<sup>58</sup> Helping your employees get ahead in their financial life can improve their overall health and well-being.
- 56. Invite a financial planner into your organization to speak to employees.** Investing \$2,000 a year for 30 years with an 8% return on your money will yield a sum of \$244,692 in tax deferred savings, assuming you're in the 28% tax bracket.<sup>59</sup> Younger employees could become financially healthy with this information, and older employees may appreciate alternate strategies for retirement preparation.
- 57. Provide estate planning information to employees.** Two out of three Americans die without making a will.<sup>60</sup> If this happens, state laws decide how the estate is divided. Financial planners and attorneys can help employees avoid this unpleasantness. Have one in over the lunch hour to educate your employees on "will basics." It's easier than you may think.

- 58. **Sponsor a speaker to talk about budgeting.** 44% of Americans anticipate that their financial situation will worsen in the next 12 months.<sup>61</sup> Simple tips on budgeting can alleviate this worry.
- 59. **Answer audit questions.** According to the Wall Street Journal Guide to Understanding Personal Finance, employees' chances of being audited sometime in their lifetime are close to 50%— especially if they make more than \$50,000 a year.<sup>62</sup> Providing a simple brochure defining what an audit entails, and crafting a taxpayer “bill of rights” can make employees feel more secure.
- 60. **Help employees decipher their credit reports.** Collecting and reporting credit histories is a 1 billion dollar industry that maintains records on 180 million people and supports about 800 local and regional offices.<sup>63</sup> And in 1999, the national consumer debt reached an all time high of over \$1 trillion.<sup>64</sup> Assist employees by sponsoring a class on making sense of their credit reports. Mistakes happen every day—make sure they don't happen with employees' money.
- 61. **Use payday to get your point across.** It's recommended that you invest between 5 and 10% of your gross income regularly <sup>65</sup>— preferably each time you get paid. Try e-mailing little messages like this every payday.
- 62. **Assist employees in balancing marriage and money.** Thirty-two percent of Americans worry about not having enough money to pay their monthly bills.<sup>66</sup> Add this to the weight of daily marital stress, and balancing marriage and family fast becomes a challenging issue. Offering anger control, money management, and stress reduction courses can go a long way in keeping employee marriages healthy and family bank accounts in the black.
- 63. **Provide ATM safety tips.** Considering that 12 billion ATM transactions take place every year,<sup>67</sup> it's no surprise that these modern conveniences are hot spots for crimes. Some simple safety precautions can help to keep your employees safe. If you're looking for suggestions, go to [www.crimesolvers.com/atm.html](http://www.crimesolvers.com/atm.html).
- 64. **Inform employees about store gimmicks.** Americans spent \$715 billion on food in 1997.<sup>68</sup> That translates into huge profits for grocery stores, and that's no accident. Almost every store, no matter what the industry type, has creative systems in place to prompt you to purchase more than you actually need. These “gimmicks” can be avoided if your employees know what to look for.
- 65. **Educate employees about interest.** The average balance on a credit card is \$7,000, and the typical American household has 10 credit cards. Add to this the fact that monthly credit card payments are about 90% interest and about 10% principal,<sup>61</sup> and you have a real mess. Help employees sort out this financial dilemma by making information about high interest rates available. If they know the dangers, they may be more apt to search out better deals.
- 66. **Talk about saving money.** According to a recent Gallup survey almost half of employed Americans say they couldn't last more than a month without experiencing significant financial difficulties if they were laid off. Only one out of 10 could last more than a year.<sup>58</sup> Make it your mission to inform your employees about importance of saving money. Did you know financial experts recommend that you have six months wages in savings before you even start to invest elsewhere?
- 67. **Make sure employees know how to shop for an automobile.** The average ticket price of an automobile repair is \$318.<sup>69</sup> Help employees choose the most reliable automobile by making credible resources available like a Kelly Blue Book or by passing on reliable automotive centered websites.
- 68. **Discover surefire ways to live debt free.** A recent Gallup poll revealed that less than half of credit card holders always pay off their monthly balance.<sup>70</sup> With these kinds of statistics, the American workforce is sure to rack up serious debt—and quickly. Learn all you can about credit and credit cards and make sure to pass the information on to employees.

## Programming

- 69. **Recommend mammography.** In the U.S. in 1995, there were an estimated 182,000 new cases of breast cancer diagnosed and 46,000 deaths from this disease in women.<sup>71</sup> There is little doubt that breast cancer screening by mammography has a significant potential to reducing mortality for this serious disease. Screening for breast cancer every two years with mammography alone, or mammography and annual clinical breast examinations is recommended for women age 50 to 69.

70. **Remember important dates.** Have a hard time remembering dates? Don't worry, you aren't alone. Birthdays, anniversaries, and Father's Day rank as some of the most forgotten gift-giving occasions among business travelers.<sup>72</sup> Make it a point to record the dates that your employees have made significant life changes like quitting smoking, losing 20 pounds, or starting a walking program. By celebrating these significant life changes—routinely—you greatly increase the likelihood that employees maintain healthy behaviors.
71. **Screen for hearing loss.** Noise is a common cause of hearing impairment in employees between adolescence and 50 years of age—this is particularly true for the estimated five million Americans with occupational exposure to hazardous noise levels.<sup>73</sup> According to the Guide to Clinical Preventive Services, periodic screening can help to prevent early hearing loss.
72. **Read, Read, Read.** Less than half of the U.S. population reads more than 10 books per year.<sup>74</sup> And, if you're a wellness practitioner that falls in this category, you might be in trouble when it comes to keeping the creative juices flowing. Make it a point to get your nose in the literature! It's guaranteed to keep you stimulated, and your employees healthy.
73. **Make information about STDs available.** The precise incidence of STD's is not known, but it is estimated that 12 million people contract an STD each year.<sup>75</sup> OK, let's face it. This isn't an easy or fun wellness topic to discuss; however, it is an important one. Employers can play a key role in addressing and improving these statistics—advising your employees about the risk factors of STDs is a great stride toward this end.
74. **Offer family planning information.** In a national survey of over 8,000 women ages 15 to 44, 57% of all pregnancies were mistimed or unintended.<sup>75</sup> Offering family planning information is a great way to help your employees prevent an unintended maternity leave.
75. **Consider making big changes.** According to renowned cardiologist, Dr. Dean Ornish, it is often easier for individuals to make sweeping behavioral changes all at the same time. Although this information does seem contrary to those professionals that advocate “baby steps,” Dr. Ornish counters that smaller changes are often harder to detect and can be more frustrating because the outcomes are less noticeable.
76. **Discuss prostate screening.** Thirty-two thousand people die each year from prostate cancer.<sup>76</sup> After lung cancer, prostate cancer accounts for more deaths in men than another type of neoplasm. Because risk increases with age beginning at about age 50,<sup>77</sup> make sure your male employees know whom they can talk to and where they can go for prostate screening.
77. **Encourage self-examination.** Testicular cancer is most common in men between the ages 20 to 35.<sup>78</sup> Self-examination is one of the best ways to catch this cancer early. Information is available at [www.cancer.org](http://www.cancer.org).
78. **Talk about pharmaceutical interventions.** Smoking cessation rates double from 4 to 9% with placebo to 9 to 25% with the nicotine patch.<sup>79</sup> Make nicotine replacement therapy available to employees who are serious about quitting smoking. This is one of the most important health decisions an employee can make and nicotine replacement therapy can help.
79. **Teach an ergonomics course.** Fifty percent of the U.S. workforce routinely uses a computing device to do their work.<sup>80</sup> Ergonomically designed keyboards and proper chairs can go a long way toward helping alleviate unnecessary pain and discomfort due to repetitive motion.
80. **Promote dental hygiene.** About 50% of all adults have gingivitis (gum inflammation) and 80% have experienced some degree of periodontitis (inflammation of the gums leading to destruction of the bones supporting the teeth).<sup>81</sup> By promoting good dental hygiene, you can help your employees enjoy their dental visits—or at least make them less painful.
81. **Institute a company-wide flu shot.** Work loss days due to influenza total over 70 million annually.<sup>82</sup> Providing your employees with a flu vaccination is an effective way to wage a successful war against the cold and flu.
82. **Provide guidelines on proper physical activity.** In 1985, national survey data revealed that 56% of men and 61% of women in the U.S. either never engaged in physical activity or did so on an irregular basis.<sup>83</sup> Give your employees some ideas that they can put to use to help get them more physically active. They don't have to go to the gym—but small things like taking the stairs instead of the elevator can help a lot.



- 83. **Provide accurate information on alternative medicine/treatments.** Forty-two percent of adults reported using some type of alternative medical therapy in 1997.<sup>84</sup> Encourage your employees to consult with their own physician when looking at alternative medicine and treatments. Alternative medicine can be helpful, but remember, anyone can be published—including people selling miracle cures and snake oils.
- 84. **Offer excellent incentives.** One WELCOA member company is offering their wellness program participants a chance to win tickets to college football's Big XII Championship game. Their participation rates are nearing 93%—you do the math. People need additional incentives to motivate them to take action.
- 85. **Produce streaming health video.** Approximately 200 million adults in the United States have access to the Internet<sup>85</sup>—a number that continues to grow day by day. Incorporating this technology into your wellness program can give it an innovative twist, attracting a larger and more diverse population.
- 86. **Learn names.** If only  $\frac{1}{3}$  of Americans know their next-door neighbors,<sup>86</sup> how many Americans do you think know their coworkers— especially at larger corporations? Take the time to get to know your employees, names, the more personal touch you can add to your wellness program, the more likely people are to be comfortable with participating.
- 87. **Check your mail.** In 1995, the Internet handled more mail than the 177 billion pieces that went through the U.S. postal service.<sup>87</sup> With numbers like this, e-mail is an effective way to deliver your wellness message to your employees and their families. E-mail is particularly efficient if you don't have the world's largest wellness budget.
- 88. **Use major life changes as teachable moments.** It is estimated that in 2002 approximately four million babies will be born.<sup>88</sup> When an employee becomes a parent it's a great time to talk to them about their health and how they might alter habits to prepare for the future. Seek out employees who have experienced other major life changes (i.e., marriages, deaths, etc.) and offer information on the support that is available to help them cope with such changes. Employees who have dealt with such major life changes can serve as great role models and mentors for others experiencing the like.
- 89. **Initiate a Medical Self-Care Program.** In an address given by wellness expert Larry Chapman to the National Wellness Institute, Chapman remarked that 70% of primary care is sought for clinically inappropriate reasons—the doctor's visit is NOT always necessary! A great component of a medical self-care program is helping your employees talk with their physician. Include the specific questions employees should ask their physicians. Many times, people forget that the doctors are there to help them, not make their day stressful.
- 90. **Create a Doctor's Office Guide.** A study conducted by the New England Journal of Medicine found that in 1997 only 32% of physicians said they had the freedom to spend sufficient time with their patients—down from 84% in 1991.<sup>89</sup> It is important that your employees have the tools necessary to make the most out of visits with their physicians. Include in your guide the tips and strategies that make visiting the doctor worth their time and money.

## Program Promotion

- 91. **Offer healthy food at your wellness gatherings.** By simply substituting one cup of plain, unbuttered popcorn for a one-ounce bag of potato chips, you save 130 calories and 10 grams of fat!<sup>90</sup> There's nothing wrong with a healthy bribe now and then. Try providing healthy snacks at your next wellness event. This can be an effective way to introduce the "infamous" health foods to your employees.
- 92. **Create a quiz.** The amount of knowledge in the world has doubled in the last 10 years.<sup>42</sup> Considering this, it may be unreasonable that employees will remember much of what they see. To counteract this, make up a short quiz. Quizzes can help employees remember important information and can be fun—especially if they're linked to an incentive.
- 93. **Involve employees in decision making.** Four percent of unhappy customers complain; 96% simply go away angry.<sup>91</sup> Increase your participation rates by listening to employee opinions and complaints. They say the customer is always right; your employees are your customers. Giving your employees a voice in the program will better ensure your program's success.

- 94. **Create wellness yellow pages.** The Yellow Pages was first published in the 1880s.<sup>92</sup> Why has the Yellow Pages been so successful for so many years? Because it works. Create your own “Wellness Yellow Pages” to help spread pertinent information about your wellness program.
- 95. **Have message pads printed with health tips on them.** According to a study conducted by the Harvard Graduate School of Business, people are exposed to approximately 500 advertisements every day.<sup>93</sup> Getting your wellness program into the mix may not be a bad idea. Promotional items such as printed note pads, pens, or plastic drinking cups can serve as great reminders about wellness information. These are great for that subtle reminder about living healthy.
- 96. **Get digital.** It is estimated that by 2005, one billion people will be connected to the Internet.<sup>94</sup> E-mail is an excellent way to reach employees right at their desks—and in their comfort zones. Try sending out a weekly wellness bulletin. You might be surprised at the results.
- 97. **Have a friend, bring a friend, need a friend, make a friend.** According to First Break all the Rules—a recent publication by the Gallup Organization—how employees answered the question “Do I have a best friend at work?” was a strong predictor of employee turnover, productivity, profitability, and customer loyalty.<sup>95</sup> Creating an incentive program that encourages your employees to bring friends or relatives to wellness program events is a great way to make your own employees feel more comfortable about participating as well as increasing overall participation rates.
- 98. **Designate a wellness ambassador.** According to a 1940 benchmark study, it was discovered that most people make decisions based on information they get from opinion leaders.<sup>96</sup> Use this fact to your advantage by electing an employee “opinion leader” of your own to spread the wellness message.



## Grab Bag

- 99. **Break people’s stereotypes of wellness.** During the 2000 National Election, 84% of respondents to a Gallup Poll rated health care as either “extremely” or “very” important,<sup>97</sup> but ask most employees what their definition of wellness is and you’ll get a blank stare. Do some random and informal surveys to uncover your employees’ perception of wellness before they’re actually introduced to it. Use this information to make your program more effective. By doing this, you’ll have more success reaching the people that need help the most—and they’ll probably tell their friends.
- 100. **Identify non-smoking restaurants in your community.** According to the Environmental Protection Agency, secondhand smoke kills 3,000 people every year.<sup>98</sup> Think your employees don’t care? A recent Gallup Poll indicated that 44% of Americans favor a complete ban on smoking in restaurants.<sup>99</sup> If you distribute the “non-smoking” list, your employees will see it as a real value.
- 101. **Foster a friendly environment.** According to Dr. Dean Ornish, “loneliness and isolation...increase the likelihood of disease and premature death from all causes by 200 to 500% or more...” Start a lunch club, fire off an e-mail, or just introduce yourself—the point is that you can make your organization a healthier place just by being there for employees who don’t have an existing support structure.

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# Your Wellness Team

## Contents:

<b>F1</b>	School Wellness Teams – How to Get Started
<b>F3</b>	CanDo School Wellness Assessment Template
<b>F7</b>	School Wellness Action Plan
<b>F9</b>	School Wellness Action Plan (sample)





# School Wellness Teams

## How to Get Started



### What's Your Wellness Vision?

Whether you are beginning a new business, project, or committee, it is important to have a clear vision of what you are trying to accomplish. Without a clear vision, your team will have trouble staying focused on the reason they are there.

As a wellness team, you will want to write a vision statement that defines your purpose. It is important that the entire team, as well as the school principal, shares this vision. You may also choose to include wellness in your school's overall vision statement to show that your school acknowledges health and wellness as key components to academics and the development of the whole child.

**Tavelli Elementary School's Statement of Purpose:**

**“Tavelli Elementary is a school of wellness, fitness, and good nutrition to support high academic standards, strong character, the arts, and technology.”**

## 6 Steps to School Wellness

### 1. Get Administration Support

Getting administrative buy-in is an essential first step to creating a healthy school. Talk to your principal, superintendent, and school board about school wellness and why it is important. Getting administrative support early on in the wellness process will help your team be successful in the future.

- Make a connection between school wellness and the administration's main priorities. If academic achievement is the top priority, show how healthy eating and physical activity contribute to better test scores. If absenteeism is a major concern, discuss how healthy children have lower absenteeism rates.
- Use the information in the “Why School Wellness?” section of the CanDo School Wellness Resource Kit to help make the case for school wellness.
- Read the report “Engaging School Leaders as Partners in Creating Healthy Schools” (see the ‘Action for Healthy Kids’ website at [http://actionforhealthykids.org/pdf/AFHK%20Leaders%20Guide%20FINAL3\\_5.pdf](http://actionforhealthykids.org/pdf/AFHK%20Leaders%20Guide%20FINAL3_5.pdf)).

### 2. Establish a Wellness Team and Designate Co-leaders

Creating a healthy school takes a team! It is important to have the right players at the table to get valuable input on how to best incorporate school wellness. Consider the following key players for your wellness team: teachers, parents, principal, food service staff, counselor, PE teacher, and students. Designate co-leaders to share the responsibility of keeping the wellness team effectively moving forward.

### 3. Collect Baseline Data

A good way to start any wellness planning process is to first identify how your school is currently doing in terms of school wellness efforts. This helps your team identify school strengths and areas that need improvement. Use the assessment tool provided on page F3 or choose one of the following tools to collect baseline data:

- **School Health Index**  
<http://apps.nccd.cdc.gov/shi/default.aspx>
- **Healthy Schools Builder**  
[www.healthiergeneration.org](http://www.healthiergeneration.org)

# Colorado Roadmap to Healthy Schools

Check out Coordinated School Health (CSH)! CSH is a model from the Centers for Disease Control and Prevention that is being used to **improve student health in over 100 schools in Colorado!**

Use the Roadmap to Healthy Schools to help implement CSH in your school. The Roadmap is a step-by-step guide that is user-friendly, based on best practices, and grounded in the experiences of Colorado CSH teams.

The CSH model is made up of eight interactive components:

1. Health education
2. Physical education
3. Health services
4. Nutrition services
5. Psychological/social services
6. Family and community involvement
7. Health promotion for staff
8. Healthy school environment

For more information about Coordinated School Health and the Roadmap to Healthy Schools, check out the Rocky Mountain Center's website at [www.rmc.org](http://www.rmc.org). Opportunities for trainings and grant funding may be available.

Source: <http://www.rmc.org/CSH/roadmap.html>



## 4. Create a School Wellness Action Plan

An effective action plan contains the following key components:

- SMART Objectives (Specific, Measurable, Attainable, Relative, and Time-focused)
- Action Steps
- Timeline
- List of Person(s) Responsible
- Budget
- Communication Plan
- Evaluation Plan

A template for your action plan is included in the CanDo School Wellness Resource Kit. Other templates are available with the School Health Index, the Healthy Schools Builder, and the Roadmap to Healthy Schools (websites listed previously).

## 5. Implement the Action Plan

Implementing the action plan is the fun part! Remember to continually communicate with all school staff about what the wellness team is doing, when you're doing it, and why you're doing it.

Track process and outcome data throughout the interventions so you are prepared to evaluate your plan. Share your success stories in school newsletters, bulletin boards, and local newspapers. Let the community know you care about the health of your students.

## 6. Evaluate

Evaluation is essential for creating a healthy school. Each part of your wellness plan should be evaluated to find out the effectiveness of your program and process. Outcomes to evaluate could include participation, satisfaction, changes in knowledge, behaviors, or attitudes, health status (i.e. BMI-for-age percentile, fitness level), absenteeism, disciplinary behavior, nurse visits, and test scores. Share your final evaluation with administrators, staff, parents, and students. Use your evaluation to help improve next year's wellness plan.

**CanDo**

Coalition for Activity and Nutrition to Defeat Obesity

[www.CanDoOnline.org](http://www.CanDoOnline.org)

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it!

# School Wellness Assessment



## School Wellness Team

QUESTION	Fully in Place	Partially in Place	Not in Place	Not Applicable
a. You have a representative school wellness team that meets regularly.	3	2	1	N/A
b. The school wellness team has support from the school principal.	3	2	1	N/A
c. The school wellness team communicates wellness initiatives and plans with the rest of the school staff.	3	2	1	N/A
d. The school wellness team has an identified budget and/or strategies to raise money to support wellness plans.	3	2	1	N/A
<b>Total Score:</b>			<b>/12</b>	<b>%</b>

## Physical Activity & Physical Education

QUESTION	Fully in Place	Partially in Place	Not in Place	Not Applicable
a. Students receive the nationally recommended amount of time for PE (150 min/wk for elementary and 225 min/wk for secondary).	3	2	1	N/A
b. Students receive adequate recess time every day.	3	2	1	N/A
c. Students are active during recess.	3	2	1	N/A
d. Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies)	3	2	1	N/A
e. Physical activity opportunities (i.e. recess) are not withheld as a punishment.	3	2	1	N/A
f. The school has adequate physical activity equipment for PE, recess, etc.	3	2	1	N/A
g. Physical activity opportunities are offered after school (i.e. intramurals, after-school programs, clubs, etc.)	3	2	1	N/A
h. Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	3	2	1	N/A
<b>Total Score:</b>			<b>/24</b>	<b>%</b>

## Staff Wellness

QUESTION	Fully in Place	Partially in Place	Not in Place	Not Applicable
a. Staff are encouraged to balance home and work life.	3	2	1	N/A
b. Staff are encouraged to choose eat healthy and be physically active at school (i.e. healthy foods in lounge & at meetings, activity breaks, walking clubs, etc.)	3	2	1	N/A
c. Staff have opportunities to get health screenings.	3	2	1	N/A
d. Staff wellness programs are offered to support healthy lifestyles (i.e. classes or programs related to nutrition, activity, weight management, stress management, smoking cessation, etc.)	3	2	1	N/A
<b>Total Score:</b>			<b>/12</b>	<b>%</b>

**School Name:** \_\_\_\_\_

# Healthy Eating Practices & Opportunities

QUESTION	Fully in Place	Partially in Place	Not in Place	Not Applicable
a. Nutrition education is part of a K-12 sequential health education curriculum.	3	2	1	N/A
b. Teachers have adequate materials and resources to provide current nutrition education in the classroom.	3	2	1	N/A
c. Classroom parties limit unhealthy foods.	3	2	1	N/A
d. Healthy foods are served at school functions (i.e. Back to School Night, parent nights, dances, etc.)	3	2	1	N/A
e. Kids are encouraged to bring healthy foods from home for lunch or snacks.	3	2	1	N/A
f. Fundraisers sell healthy food or non-food items.	3	2	1	N/A
g. Nutrition education and healthy snacks are offered as part of after school programs.	3	2	1	N/A
h. Students have adequate time to eat lunch every day.	3	2	1	N/A
i. The cafeteria atmosphere is clean and inviting.	3	2	1	N/A
j. Healthy eating & physical activity messages are promoted throughout the schools (i.e. posters in the cafeteria, parent newsletters, etc.)	3	2	1	N/A
k. School stores sell primarily healthy foods.	3	2	1	N/A
l. Appropriate portion sizes are promoted whenever foods are available (i.e. cafeteria, school store, school functions, concession stands, etc.)	3	2	1	N/A
m. Student and staff vending machines have primarily healthy choices.	3	2	1	N/A
n. At least 50% of foods served at concession stands are healthy choices.	3	2	1	N/A
o. The cost of healthy foods sold at school events is equal to or less than the cost of unhealthy foods.	3	2	1	N/A
p. Food is not used as a reward or punishment.	3	2	1	N/A
q. Guidelines have been established for food and drinks sold in vending machines, school stores, concession stands, cafeteria, etc.	3	2	1	N/A
r. A healthy breakfast program is offered to all students.	3	2	1	N/A
s. Our school has recess before lunch.	3	2	1	N/A
t. Staff encourage kids to take and eat fruits and vegetables in the lunchroom. However, kids are not forced to eat or finish their plate.	3	2	1	N/A
<b>Total Score:</b>			<b>/60</b>	<b>%</b>

# Community & Parent Outreach and Education

QUESTION	Fully in Place	Partially in Place	Not in Place	Not Applicable
a. Information given to parents & the community includes communication about the school's commitment to wellness and the relationship between health and academics (newsletters, parent nights, etc.).	3	2	1	N/A
b. The PTO group supports wellness efforts through fundraisers, events, and/or financial support.	3	2	1	N/A
c. Nutrition education opportunities are offered to parents & families.	3	2	1	N/A
d. Parents have the opportunity to volunteer for wellness-related activities in the school.	3	2	1	N/A
e. Parents are encouraged to send healthy lunches and snacks to school for their kids.	3	2	1	N/A
<b>Total Score:</b>			<b>/15</b>	<b>%</b>

1. What are your school's top 2 strength areas?

2. What are the top 2 areas you would like to target for school wellness?

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# New School Wellness Action Plan



**School:**

**Date:**

SMART Goals and Action Steps	Timeline	Person(s) Responsible	Evaluation Plan	Budget	Status/Notes
<b>Goal # 1: Create an active, sustainable school wellness team to lead wellness efforts in our school.</b>					
1 Identify wellness team members and co-team leaders.					Team Leader #1: Team Leader #2:
2 Develop and complete 09-10 school wellness action plan.					
3 Complete wellness calendar and share with all staff.					
4 Meet at least 4 times throughout school year.					
5 Get approval for school wellness action plan from principal and share with all school wellness staff.					
<b>Goal # 2: Increase physical activity/PE for students.</b>					
1					
2					
3					
4					
5					
6					
<b>Goal # 3: Promote healthy eating practices/opportunities for students.</b>					
1					
2					
3					
4					
5					
6					

# New School Wellness Action Plan (cont'd)

SMART Goals and Action Steps	Timeline	Person(s) Responsible	Evaluation Plan	Budget	Status/Notes
<b>Goal # 4: Promote staff wellness.</b>					
1					
2					
3					
4					
5					
6					
<b>Goal # 5: Increase community/parent outreach and education.</b>					
1					
2					
3					
4					
5					
6					
<b>Goal # 6:</b>					
1					
2					
3					
4					
5					
6					

**TOTAL BUDGET:**

Download this action plan template (Excel file) at [www.CanDoOnline.org](http://www.CanDoOnline.org)

# Sample School Wellness Action Plan



**School: TSD Elementary School**

**Date: 11/15/2009**

SMART Goals and Action Steps	Timeline	Person(s) Responsible	Evaluation Plan	Budget	Status/Notes
<b>Goal # 1: Create an active, sustainable school wellness team to lead wellness efforts in our school.</b>					
1 Identify wellness team members and co-team leaders.	Oct. 1st	Kathy & April	Seeking 8 members	\$0.00	Team Leader #1: Kathy Team Leader #2: April
2 Develop and complete 09-10 school wellness action plan.	Nov. 15th	Entire Team	Completed Action Plan	\$0.00	Finalize plan at our Nov. 15th mtg.
3 Complete wellness calendar and share with all staff.	Nov. 15th	Kathy	Share with Staff	\$0.00	Kathy will draft and share
4 Meet 4 times throughout school year.	Nov. 15th	Team	Determine dates by Nov. 15th	\$0.00	Oct. 1st, Nov. 15th, Jan. 14th, March 20th
5 Get approval for school wellness action plan from principal and share with all school wellness staff.	Nov. 15th	April	Get approval from principal	\$0.00	April will share plan with principal
<b>Goal # 2: Increase physical activity/PE for students.</b>					
1 Present to 100% of staff members at the 10/1/09 staff mtg. on the benefits of providing physical activity opportunities for students in the classroom.	Oct. 1st	Adam Christine	Present at Oct. 1st staff mtg	\$0.00	Christine will develop a presentation
Encourage staff and students to participate in Walk to School Day on Wednesday, Oct. 7th. Aim for 30 students and 8 staff members to participate.	Oct. 7th	Kathy	37 students participated and 10 staff members.	\$0.00	Offer raffle of items donated to participants. Have parents volunteer at booth.
2 60% of classroom teachers will incorporate at least 10 minutes of physical activity into the classroom on 3 or more days per week during the 2009-2010 SY. Wellness Team will provide a tracking calendar.	Start Oct. 1st	All Teachers	% of classroom teachers who incorporate PA in the classroom.	\$200.00	Offer 4 gift card awards to classroom teachers with the top PA minutes from Oct. -Dec. and then Jan -March.
<b>Goal # 3: Promote healthy eating practices/opportunities for students.</b>					
1 Provide each classroom teacher with a monthly fact sheet on the featured fruit or vegetable in the salad bar each month during the 2009-2010 SY. 70% of classroom teachers will incorporate the fact sheet information into their classroom.	Start the week of Sept. 7th	Angie will distribute monthly	% of classroom teachers who incorporate fact sheet information into the classroom.	\$0.00	Angie will use the Pick a Better Snack binders to put together a quick 1/2 page fact sheet.
2 Work with PTO to assess food options for the annual fundraiser and develop a list of at least 3 healthy alternatives for the fundraiser on Oct. 20th.	Start process at Sept. 10th PTO mtg.	April	Evaluate the # of healthy foods we are able to serve this year		April will work with the PTO on this and make sure we have at least 3 healthy alternatives that will work on Oct. 20th.
3					
4					
5					
6					

# Sample School Wellness Action Plan (cont'd)

SMART Goals and Action Steps	Timeline	Person(s) Responsible	Evaluation Plan	Budget	Status/Notes	
<b>Goal # 4: Promote staff wellness.</b>						
1	75% of staff will complete a staff wellness assessment by November 15th.	Send out email Oct. 20th	Christine	32 staff returned surveys, review survey results	\$75.00	Offered drawing for 3 gift cards for staff members that completed survey.
2	Offer healthy staff potluck on Dec. 18th with each wellness team member bringing in 1 healthy option and a recipe card. Encourage 70% of staff members to also bring a healthy option and recipe card.	Send out reminder Dec. 1st, hold on Dec. 18th during lunch	Kathy	90% of staff brought a healthy item and 100% staff members participated	\$20.00	Purchased plates/silverware for event.
3	Offer yoga classes for staff every Monday from 3-4PM in the gym January-March 2010 (based on feedback from staff wellness assessment). 35% of staff will participate in classes.	Jan-March 2010	Jody	% of staff that participated.		Jody is a certified instructor and will offer classes for free.
4						
5						
6						
<b>Goal # 5: Increase community/parent outreach and education.</b>						
1	Conduct a presentation on school wellness at the Nov. 10th PTO meeting. Offer 15 minute post-presentation discussion for PTO to share their thoughts and ideas related to school wellness.	Nov. 10th	Adam Christine	Presented to 95% of PTO committee. Documented their ideas related to wellness.	\$0.00	Adam and Christine presented. PTO was very supportive and wants to be involved in wellness efforts.
2	Send home bi-weekly health tips to parents via Friday Folders.	Start Oct. 1st-May 1st.	April, Christine, Kathy	# of parents potentially reached	\$50.00	April, Christine, and Kathy will rotate each month taking responsibility for this.
3						
4						
5						
6						
<b>Goal # 6:</b>						
1						
2						
3						
4						
5						
6						

**TOTAL BUDGET: \$345**

Download a blank action plan template (Excel file) at [www.CanDoOnline.org](http://www.CanDoOnline.org)

# Resources

## Contents:

- G1** Northern Colorado Community Resources
- G7** Website Resources
- G11** Posters – CanDo’s 7 Steps to a Healthier You





# Community Resources

## Northern Colorado Supports School Wellness!



### The following organizations have information and resources to help support wellness at your school.

#### Beyond the Mirror

Beyond the Mirror is a counseling center for women & youth which specializes in disordered eating, body image, self-esteem, relationships, and eating issues. Services include: individual and group counseling, workshops, staff-trainings, & presentations. Beyond the Mirror outreach gives presentations in local schools and communities on body image in the media and self-esteem. All services are available on a sliding scale.

Contact: Jennifer Amaral-Kunze, LPC, (970) 402-8543 or [jsamaralkunze@yahoo.com](mailto:jsamaralkunze@yahoo.com)  
[www.beyondthemirror.org](http://www.beyondthemirror.org)

#### CanDo – Coalition for Activity & Nutrition to Defeat Obesity

CanDo is a community-wide coalition dedicated to improving the eating and physical activity habits of Northern Colorado area residents. Staff and volunteers are organized into committees and meet regularly to coordinate programs, policies, and activities related to obesity prevention. CanDo can provide resources, tools, and technical assistance to help schools promote healthy eating and physical activity for both students and staff.

Contact: Virginia Clark, MS, RD, (970) 495-7517 or [ve2@pvhs.org](mailto:ve2@pvhs.org)  
[www.CanDoOnline.org](http://www.CanDoOnline.org)

#### Colorado State University – Department of Health and Exercise Science

The Department of Health and Exercise Science at CSU is dedicated to helping the community to “Discover Healthy Lifestyles.” Through research, teaching, and outreach programs, the faculty, staff, and students in the department are interested in assisting community members to develop and maintain healthy lifestyle habits and avoid chronic diseases such as obesity, cardiovascular disease, and diabetes. To help with this goal, several of CSU’s programs can be useful and beneficial for Poudre and Thompson School District communities:

- **Student Interns** – As the largest major of study at CSU, the department has over 900 undergraduate students. Most of these students complete practicum and internship experiences as part of their coursework. These experiences are largely unlimited in scope and focus, and many students would be excited to get involved with school-based projects, on a short-term or semester-long full-time basis. For more information on how to get students involved in your programs, contact Wendy DeYoung, Internship and Practicum Coordinator, at 491-3768 or [wendy.deyoung@colostate.edu](mailto:wendy.deyoung@colostate.edu).
- **Youth Sport Camps** – The department also offers its very popular summer Youth Sport Camps, which are designed to teach healthy activities and promote sport skill development through fun day-camp programming throughout the summer. The camps, now in their 35th year, serve over 2500 campers through 55 camp sessions in 10 different sports and activities. For more information on these camps, contact Dr. Brian Butki, Camps Director, at 491-3183 or [brian.butki@colostate.edu](mailto:brian.butki@colostate.edu).

- **After School Program** – The department has recently started an after school program, based on the very popular Youth Sport Camps model. This program runs from 3:00-6:00 PM Monday-Friday during the school year on the CSU campus and features physical activity programming, healthy snacks, and informational sessions about healthy lifestyles. For information on the after school program, contact Brian Butki at 491-3183 or [brian.butki@colostate.edu](mailto:brian.butki@colostate.edu)

### **Colorado State University – Larimer County Extension Office**

CSU Extension is able to provide nutrition education to parents on various topics, from healthy cooking to budgeting. Nutrition classes are free to those who meet low-income requirements.

Contact: Maggie Shawcross, (970) 498-6013 or [mshawcross@larimer.org](mailto:mshawcross@larimer.org)  
 Nora Garza, (970) 498-6015 or [ngarza@larimer.org](mailto:ngarza@larimer.org)

### **Colorado State University - Nutrition Education Center**

Graduate students studying to be registered dietitians can give talks to classes on healthy eating and physical activity, teach after-school cooking classes, and provide an information table in middle and high school cafeterias to talk to students during lunch.

Contact: Melissa Wdowik, PhD, RD, (970) 491-1062 or [mewdowik@cahs.colostate.edu](mailto:mewdowik@cahs.colostate.edu)



### **The Gardens on Spring Creek**

The Gardens on Spring Creek has a unique Children’s Garden, a place for children — and children-at-heart — to explore, discover and grow! There is one-half acre of features such as an 8-foot tall watering can, a large waterfall and pond, a picnic shelter with a planted roof, plant-created hideouts, bountiful vegetable gardens, and an interactive sundial. The Garden of Eatin’ was developed in 2009 and is designed to provide fresh fruits and vegetables to food insecure households while educating the community about health and nutrition-related issues and opportunities. The Garden of Eatin’ gives parents and children the opportunity to be empowered and engaged in hands-on experiences related to the production, preservation, and nutritional preparation of fruits and vegetables. Tours and field trips are available for schools at low-cost.

Contact: Deb James, (970) 416-2491 or [djames@fcgov.com](mailto:djames@fcgov.com)

[www.fcgov.com/horticulture](http://www.fcgov.com/horticulture)

### **Health Clubs**

The Fort Collins and Loveland areas are fortunate to have a variety of health clubs that are supportive of both community and school wellness. Several health clubs in the area have been supportive of CanDo’s efforts of childhood obesity prevention and are interested in opportunities to serve kids in our communities. Contact your local health club to find out how they can help support wellness in your school.

### **Health District of Northern Larimer County**

Health educators can provide class presentations on body image, eating disorders, fitting healthy eating into a crazy schedule, and how nutrition affects health. Handouts, recipes, and information on most nutrition topics are available (i.e. balanced nutrition, eating disorders, weight control/loss, healthy eating). There is no cost to schools for presentations or resource materials. Services are available to any age group in Fort Collins; however, information may be more pertinent to high school age students. Availability is dependent upon schedules and general time constraints.

Contact: Kristan Williams, Health Promotion Services Coordinator, (970) 224-5209 or [kwilliams@healthdistrict.org](mailto:kwilliams@healthdistrict.org)

[www.healthdistrict.org](http://www.healthdistrict.org)

### **Healthy Kids Club**

Healthy Kids Club is a program sponsored by Poudre Valley Health System to promote health and fitness among children and families in Fort Collins, Loveland, Windsor and surrounding areas. Healthy Kids Club programs and activities include:

- Comprehensive wellness partnerships with local elementary schools

- After school programs focusing on exercise, nutrition, safety and fun
- Monthly kindergarten health lessons and activities
- Health/safety lessons to supplement elementary school curriculum
- Healthy Kids News – monthly newsletter for all elementary students
- Healthy Kids Run Series – kids earn prizes for participating in local runs
- Fit.Teen Run Series – Teens earn prizes for participating in local runs
- Fit Families on the Move – Community opportunities designed to keep families moving and active during the summer months! Fit Families can participate in a variety of free or low-cost activities all summer long!
- Schools on the Move Challenge! – kids and staff keep activity logs and earn PE equipment for their schools
- Kids on the Move Classroom Activity Decks – deck and CD with 50 fun 10-minute classroom physical activity breaks
- Be Your Healthy Best – classroom poster series and leader’s guide to promote healthy habits
- Project Fit – fitness programs and classes for elementary classrooms
- Cooking Up a Storm! – cooking classes for elementary and junior high students

Contact: Laurie Zenner, Healthy Kids Club Program Manager; [lhz@pvhs.org](mailto:lhz@pvhs.org); (970) 495-7511

### Healthy Hearts Club

Healthy Hearts Club is a program that offers heart-health education and cardiovascular screening to 4th grade and 10th grade students free of charge (some school districts choose 5th grade instead of 4th grade). The Healthy Hearts Club program is sponsored by Heart Center of the Rockies, affiliated with Poudre Valley Health System, and is provided as a free service through funding by the Poudre Valley Hospital Foundation.

Two programming options are available for 4th/5th graders. Schools may choose a site-based programming option, or for a nominal entrance fee into the Discovery Science Center, groups may choose the “Thoracic Park” field trip option (participating schools arrange their own field trip transportation). Both programming options include free Healthy Hearts Club health education and screening. For 10th graders, Healthy Hearts Club provides cardiovascular screenings. In addition, high school teachers may request cardiovascular education resources for their lesson plans. High schools may also request height and weight screenings to determine age- and gender-specific body mass index (BMIs) for students.

Healthy Hearts Club programming is offered to school districts throughout Northern Colorado; therefore, the limits of the school calendar and availability of the Healthy Hearts Club staff dictate that programming reservations are scheduled on a first to request - first to serve basis.

Contact: Laura Dvorak, Healthy Hearts Club Program Coordinator: (970) 624-1680 or [lad10@pvhs.org](mailto:lad10@pvhs.org)  
[www.heartcenteroftherockies.com](http://www.heartcenteroftherockies.com)

### Larimer County 4-H Program

Nutrition and health classes, curricula, and programs are available to schools at no or low cost. Examples include the following:

- I Like My Body – 60 to 90 minute class for pre-adolescent and adolescent girls ages 11-19
- Curricula in Foods and Nutrition, Foreign Cookery, and Food Preservation for children ages 8-19
- Germs/Food Safety/Handwashing – 30 to 60 minute classes for children ages 5-18
- “Lesson in a Box” – Eating the Alphabet and Good Enough to Eat; for 5-7 year olds (adaptable for older children)

Contact: Kathy Wolfe, (970) 498-6000 or [kwolfe@larimer.org](mailto:kwolfe@larimer.org)

### Loveland Youth Gardeners – Green Adventures Program

- Educational experiences to Grow a Healthy Body & World!
- Programs for ages 7-12
- Incorporating gardening, science, art, creative projects and nutritious foods

- During the school year: monthly sessions on Saturday mornings, 9:00-11:30am
- Summers: Week-long camps focused on environmental stewardship and healthy living skills.

Contact: Loveland Youth Gardeners; (970) 669-7182, [www.lovelandyouthgardeners.org](http://www.lovelandyouthgardeners.org)

### Program ENERGY

Program ENERGY is an integrated science education enrichment program whose goal is to reduce the rate of obesity and diabetes in elementary school children and their families. Program ENERGY’s objectives are:

- Inquiry-based educational enrichment in science and math using disease-related examples and exercises
- Teaching children and their families to live a healthy lifestyle - healthy eating and active living
- Awareness of science/health careers
- Active partnership between educators, Colorado State University scientists and students, health and science professionals, museums, and local businesses

Program ENERGY has lesson plans available for 2nd through 6th grade classrooms that are aligned with state and local standards. Many of these lesson plans are available on the website. Staff are available by phone and email to assist schools with advice on lesson planning and implementation.

Contact: Alexandra Smith, Program Manager; (970) 491-3238 or [acsmith@cahs.colostate.edu](mailto:acsmith@cahs.colostate.edu)  
[www.programenergy.org](http://www.programenergy.org)

### Safe Kids Larimer County

Safe Kids Larimer County is a partnership of health care providers, government agencies, civic clubs, law enforcement, and private and public organizations committed to preventing accidental injuries in children ages birth to 14 years old. Safe Kids works to keep children safe by focusing on areas such as bicycle and pedestrian safety, child passenger and motor vehicle safety, water safety, and fire and burn prevention.

#### Programs provided through Safe Kids include the following:

- Strap and Snap Bicycle Helmet Program – This program is offered to all 3rd graders in both Poudre and Thompson School Districts. Presenters educate students on the importance of the brain, why they should wear a helmet, and how to fit a helmet properly. Educators use egg demonstrations to show what happens when a helmet is worn versus when a helmet is not worn. These fun demonstrations give a clear picture of why students need to wear their helmets every time they ride their bike, scooter, skateboard, etc.
- International Walk a Child to School Day – This event, which occurs the first Wednesday of October every year, encourages kids, parents, and staff to walk or bike to school. Parents surveys are conducted to bring attention to safety concerns around the school that could be addressed by the transportation planning departments and schools.
- Walk Across Colorado – This program can be offered in conjunction with International Walk a Child to School Day or done at other times throughout the year. This program encourages students to keep track of the miles they walk and bike to school over a month’s time. Total classroom miles are tracked in a Colorado map and students learn tidbits of Colorado history along the way. At the end of the program, students can see how far they’ve walked/biked across Colorado...maybe to Colorado Springs, maybe to Glenwood Springs. Safety and physical activity are the main goals of the program.

Contact: Janet Werst, Injury Prevention Coordinator, 970-495-7504 or [jw12@pvhs.org](mailto:jw12@pvhs.org)

### Safe Routes to School – Fort Collins

The Safe Routes to School (SR2S) is a program designed to promote the safety and environmental conditions for students traveling to and from school. With the hope to increase the numbers of students walking or biking to school, this program uses the Five E’s (Education, Enforcement, Engineering, Encouragement, and Evaluation) to provide a comprehensive approach to traffic safety problems around schools. The SR2S Program through the City of Fort Collins Transportation Department contains the following components:

- School Traveling Information and Maps – Not sure of which route to choose? Plan ahead by looking at the SR2S website to find the safest route for getting to your school. Simply pick your school's name from the dropdown menu and find information and maps on bike lanes, friendly walk routes, drop off zones, and more.
- Curriculum – Free online SR2S curriculum invites students to become active citizens and examine real issues in their own communities. It encourages traffic safety, fitness, and a clean environment. Available for grades K-9.
- Speed Radar – A speed radar can be placed at schools to make drivers more aware of their driving speed.

Contact: Matt Wempe, Transportation Planning, (970) 416-2040 or [saferoutes@fcgov.com](mailto:saferoutes@fcgov.com)  
[www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes)

### Safe Routes to School-Loveland

The City of Loveland Public Works Department has implemented a Safe Routes to School (SR2S) program called “T-n-T Tuesdays” at six elementary schools. The Goal: Where it is safe, get families walking and cycling to school and where it is not safe, make changes and/or educate students and citizens on pedestrian and cycling safety. Less automobile traffic plus more families walking or biking to school equals a safer pedestrian and bicycling environment and less traffic congestion for everyone. Walking and cycling are good for your body and good for the environment. Tuesdays are Loveland’s designated walk, bike, or carpool to school day although we encourage participation every day! This program offers the following:



- SR2S Maps: You may either live along or travel through a route that has been identified as a high-level school traffic way for each of the participating schools. Parents, neighbors and city employees can help make these routes as safe as possible. Maps are sent out to parents during the fall and spring.
- Infrastructure Improvements: The city installed new flashing beacons with reduced speed limits for 4 school zones last year with federal SR2S grant funding. All schools in the program are eligible for future projects. Does your school participate?
- Special Events: The program includes safety assemblies hosted by entertaining staff from the city’s police and fire departments. On certain Tuesday mornings, “Smart T. Fox” will greet young walkers and cyclists with snacks and prizes.
- Bike Rodeos: Held after school, the rodeos promote the choice of bicycling to school by teaching students skills in riding, safety awareness, and proper maintenance. Local bike shops provide mechanics to inspect each participant’s bicycle mechanics and fit. The PEDAL cycling club and Loveland High School Key Club run the 8 station educational course that the students travel through.
- Traffic Calming/Speed Radar: The city has a Neighborhood Traffic Calming Program to assist residents with concerns about speeding on their street, which is also a major concern for SR2S. The city also places a speed radar trailer in school zones to make drivers more aware of their driving speed.

Contact: Shelley Aschenbrenner, Public Works/Project Engineering, (970) 962-2558 or [aschem@ci.loveland.co.us](mailto:aschem@ci.loveland.co.us), [www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/SafeRoutes.htm)>

**CanDo**  
 Coalition for Activity and  
 Nutrition to Defeat Obesity

[www.CanDoOnline.org](http://www.CanDoOnline.org)

Supported By:  
 LiveWell Colorado





# Website Resources



• **Action for Healthy Kids: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)**

• Action for Healthy Kids is an integrated, national-state effort, that is addressing the epidemic of overweight, undernourished, and sedentary youth, by focusing on changes in the school environment. This site includes tools and resources designed to help support positive changes in children’s nutrition and physical activity behaviors. Check out this site for school wellness policies, toolkits, handouts, and success stories.

• **Alliance for a Healthier Generation: [www.healthiergeneration.org](http://www.healthiergeneration.org)**

• The Alliance for a Healthier Generation is a partnership between the William J. Clinton Foundation and the American Heart Association. The Alliance has created the Healthy Schools Program, which established recognition and best practice criteria that provide schools with tangible benchmarks to strive toward and to measure their successes. The Healthy Schools Program supports schools through electronic and telephonic support, such as implementation kits, webinars, success stories, and online assessment and action planning tools. The site also contains a Healthy Schools Product Calculator that can help schools easily determine if a snack food meets healthy guidelines.

• **American Council on Exercise – Operation FitKids (OFK): [www.acefitness.org/ofk/](http://www.acefitness.org/ofk/)**

• OFK is a nonprofit project that works with local schools, organizations, and youth groups to create fitness centers for adolescents and teenagers. OFK provides commercial fitness equipment, educational materials, staff training, mentoring and/or community partnering. The OFK Curriculum (grades 3 to 5) is designed for educators looking to integrate health and fitness into classroom learning. This free seven-lesson module was developed to teach the extreme dangers of being overweight and the importance of a healthy and active lifestyle.

• **BAM! Body and Mind: [www.bam.gov](http://www.bam.gov)**

• BAM! Body and Mind is a resource for teachers to incorporate CDC health, safety, and science topics into the classroom. The site also offers a kid-friendly, interactive web page filled with health-related information and games. This is a great resource for students investigating topics for school or for personal interest.

• **California Project LEAN: [www.californiaprojectlean.org](http://www.californiaprojectlean.org)**

• California Project Lean provides a wealth of resources, evaluations, articles, and materials for promoting healthy eating and physical activity. Check out this website for free school wellness policy tools, success stories, a healthy snack foods calculator, and lesson plans that integrate nutrition and physical activity with language arts, math, science, social studies.

• **CanDo – Coalition for Activity & Nutrition to Defeat Obesity: [www.candoonline.org](http://www.candoonline.org)**

• CanDo is a community-wide coalition dedicated to improving the eating and physical activity habits of Fort Collins and Loveland area residents. CanDo provides resources, tools, and technical assistance to help schools promote healthy eating and physical activity for both students and staff. Check out the CanDo website for free school wellness resources, handouts, funding opportunities, and the CanDo School Wellness Resource Kit.



**Colorado Department of Education Nutrition Unit:**  
**[www.cde.state.co.us/index\\_nutrition.htm](http://www.cde.state.co.us/index_nutrition.htm)**

The Colorado Department of Education Nutrition Unit administers the federally funded child nutrition programs and Team Nutrition for school-age children. The Nutrition Literacy Toolkit, an extensive nutrition education K-12 planning and resource guide, is located on this site. Information, trainings, and promotions for child nutrition programs and personnel can also be found here.

**Colorado Nutrition Education Plan (CO NEP):**  
**[www.cahs.colostate.edu/fshn/nep](http://www.cahs.colostate.edu/fshn/nep)**

The Colorado Nutrition Education Plan provides resources, programs, and funding for nutrition education and physical activity promotion to schools and community organizations that work with audiences with limited resources.

**Colorado Physical Activity and Nutrition Program (COPAN):**  
**[www.cdphs.state.co.us/pp/COPAN/COPAN.html](http://www.cdphs.state.co.us/pp/COPAN/COPAN.html)**

COPAN is part of the Colorado Department of Public Health and Environment that promotes healthy eating and physical activity in order to successfully prevent and reduce overweight, obesity, and related chronic diseases. The COPAN website provides links to school wellness funding opportunities, the COPAN School Wellness Resource Kit, and data regarding overweight and obesity.

**Centers for Disease Control and Prevention – Healthy Youth:**  
**[www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)**

This site provides information about and links to the Coordinated School Health program, child and adolescent school health tools, and key strategies for preventing childhood obesity.

**Eat Smart, Play Hard: [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)**

Eat Smart, Play Hard is a campaign from USDA to encourage and teach kids and adults to eat smart and be active every day. The website contains resources, recipes, and games for kids, teachers, and parents. A number of free materials are available at this site.

**Fuel Up to Play: [www.fueluptoplay.com](http://www.fueluptoplay.com)**

The Fuel Up to Play Program gets students involved in making real changes to improve eating habits and physical activity choices.

Sponsored by the National Dairy Council and National Football League, the website provides interactive student resources and support for making changes in the school environment.

**Healthy Kids Challenge: [www.healthykidschallenge.com/](http://www.healthykidschallenge.com/)**

The Healthy Kids Challenge website provides several free materials, ideas, tips, programs, and solutions for creating healthy eating and activity messages for kids and families. The site contains a Teacher's Toolbox, Challenge of the Month, e-newsletter, and tips for parents and families.

**Kidnetic.org: [www.ific.org/kidnetic/index.cfm](http://www.ific.org/kidnetic/index.cfm)**

This website is focused on healthy eating and active living for kids ages 9 to 13 years. You can find resources for the classroom as well as for families. Classroom lessons are put together into a Leader's Guide that can be downloaded for free. Each Leader's Guide contains information and lessons on different topics including food, fitness, fun, family, and feelings.

**KidsHealth: <http://classroom.kidshealth.org/>**

This site contains free downloadable lesson plans for preschool-12 grade on a variety of health topics, including nutrition, physical activity, and weight management. This site also provides information for parents and kids on emotions, behavior, growth and development, obesity, nutrition, and fitness.



• **LiveWell Colorado: [www.livewellcolorado.org](http://www.livewellcolorado.org)**

• LiveWell Colorado is a statewide nonprofit aimed at reducing overweight and obesity rates and related chronic diseases in Colorado. A partnership among foundations, health care organizations, non-profit organizations and state and local public health agencies, LiveWell Colorado works with communities to promote healthy eating and active living through policies, programs and environmental changes. A key area in LiveWell Colorado's "Roadmap to Healthy Eating and Active Living" is school wellness. Check out this site for school wellness best practices, resources, and funding opportunities.

• **More Matters: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)**

• This site contains information, recipes, and activity pages that promote fruits and vegetables. Teachers can download free coloring pages, fruit and veggie tracking sheets, and parent handouts.

• **MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)**

• MyPyramid offers interactive tools, lesson plans, posters, and other information to guide classrooms through the new food guide pyramid. Through this site, adults can find their personal eating plan while kids can explore the new pyramid with the MyPyramid Blast Off game. This interactive computer game allows kids to reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

• **National Association for Sport and Physical Education (NASPE): [www.aahperd.org/naspe/template.cfm](http://www.aahperd.org/naspe/template.cfm)**

• The mission of NASPE is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs through research, development of standards, and dissemination of information. NASPE has published national standards for physical education and has written position papers on a variety of physical education topics. NASPE's online "Teacher Toolbox" shares ideas for promoting quality physical education, physical activity, and youth sports programs. Each month features activity ideas that meet national standards, elementary and secondary fitness calendars to send home with students, bulletin board ideas, puzzles and games, information about the nation's health observances, and the newest resource materials.

• **National Parent Teacher Association (PTA): [www.pta.org](http://www.pta.org)**

• This website contains good resources and ideas on how to promote healthy lifestyles for schools and homes. Click on "Parent Resources" and "Health and Wellness" to find tips and ideas for hosting healthy fundraisers, supporting physical activity in schools, and learning how to help overweight students.

• **National Dairy Council: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)**

• This site features current research on the health benefits of dairy foods plus product information, food safety, and nutrient information. Free and low-cost classroom materials, lesson plans, and handouts are available.

• **National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)**

• The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those with anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues. This site has a "Parents and Family Network" page that provides educational literature and communication strategies about eating disorders.

• **PE Central: [www.pecentral.org](http://www.pecentral.org)**

• This site is for health and physical education teachers. It offers sample lesson plans and resources plus assessment information.

• **P.E.4LIFE: [www.pe4life.com](http://www.pe4life.com)**

• P.E.4LIFE is a nonprofit, advocacy organization dedicated to the delivery of health, fitness, and sports activities to all students every day in school.



**Physical Best: [www.aahperd.org/NASPE/physicalbest/](http://www.aahperd.org/NASPE/physicalbest/)**

Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators. Physical Best was designed to educate, challenge, and encourage all children to develop the knowledge, skills, and attitudes for a healthy and fit life. The goal of the program is to move students from dependence to independence for their own fitness and health by promoting regular, enjoyable physical activity. When combined with the FITNESSGRAM/ACTIVITYGRAM assessment program, it provides a comprehensive set of resources and professional development workshops for teaching health-related fitness in a K-12 physical education curriculum.

**Rocky Mountain Center (RMC) for Health Promotion and Education: [www.rmc.org](http://www.rmc.org)**

RMC is a private, nonprofit organization which disseminates comprehensive school health education programs and provides in-service trainings to educators, parents, and others committed to improving health. RMC also provides technical assistance and training on the national health education standards. Check out the RMC website for information, technical assistance, and funding opportunities related to the Coordinated School Health model.

**SPARK PE: [www.sparkpe.org](http://www.sparkpe.org)**

SPARK is a nonprofit organization founded at San Diego State University. The program focuses on improving the mental and physical health of children and adolescents by providing research-proven physical education curricula, training, and follow-up support to schools and organizations worldwide.

**Team Nutrition: <http://teamnutrition.usda.gov/Default.htm>**

USDA Team Nutrition was designed to help make implementation of healthy eating policies in schools more successful. This site contains free resources, posters, handouts, lesson plans and much more. Most materials can be downloaded and printed including information on improving your school environment and a guide to getting started in promoting health in your school. Lesson plans range in topics from teaching the food guide pyramid to more comprehensive programs such as “Eat Smart...Play Hard” and the “Fruit and Vegetable Challenge.”

**VERB: [www.verbnow.com](http://www.verbnow.com)**

VERB is a media campaign designed to encourage healthy movement among young people. This website contains games and information to help get kids moving.



<p><b>CanDo</b> Coalition for Activity and Nutrition to Defeat Obesity  <a href="http://www.CanDoOnline.org">www.CanDoOnline.org</a></p>	<p>Supported By: LiveWell Colorado</p>	
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# CanDo Poster Set



**Be Your Healthy Best**  
with **7 Easy Steps!**

1. Eat Fruits & Vegetables
2. Eat Small Portions
3. Get Enough Sleep
4. Choose Water & Milk
5. Be Active
6. Eat Breakfast
7. Limit TV & Vid

Healthy Kids Club  
For more information, call (970) 491-7523

## 7 Steps to a Healthier You

To order a complimentary poster set, contact CanDo at 970-495-7523 or jrhl10@pvhs.org.

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Eat a Rainbow...**

**Colorful Produce... Colorful Nutrition**

- Eat a variety of fruits and vegetables every day—fresh, frozen, dried, canned or juiced.
- Reach for vegetables and cut fruit for snacks.
- At the grocery store, choose a new fruit or vegetable you've never tried before.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Be Size Wise**

**Know when to say when!**

- To keep from getting weighed down by a meal:
- Eat slowly. When you start to feel full, stop and count to ten before eating more.
- When you get food on your nose, pinch, nose, open mouth.
- If you have to eat fast food, say no to extra food and drinks.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**ZZZZZ Time...**

**Are you getting enough?**

- To give your body a chance to rest, grow, and be full of energy:
- Get 10 to 12 hours of sleep every night.
- Avoid watching TV before you go to bed.
- Get a regular bedtime goal and stick to it.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Water & Milk...**

**1st Choice... Best Choice**

- To build a strong body with healthy muscles, bones and health:
- Drink water or 2% milk with meals and water with snacks.
- Choose 100% juice, and drink only 2 cups a day.
- Limit soda and other sugary drinks to once a week.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Step it Up...**

**Be Active... Be Healthy**

- To keep your body strong, healthy and full of energy:
- Play every day during recess and after school.
- If you can't take your bike or walk instead of taking the car.
- Join a sports team, martial arts club or dance group.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Breakfast Power**

**Get a good thing going**

- To start your day with a good breakfast and energy boost:
- Skip the sugary cereals, doughnuts and pastries.
- Eat whole-grain bread, waffles and pancakes.
- Add milk to your cereal and yogurt.

Healthy Kids Club  
For more information, call (970) 491-7523

7 Steps to a Healthier Body

1 2 3 4 5 6 7

**Limit Screen Time**

**Turn it off... Leave it off**

- To stay healthy and do better in school:
- Stay your headphones—it's better than anything on TV.
- Get creative with blocks and Legos or build a project.
- Spend less than 2 hours a day on your computer, video games, TV.

Healthy Kids Club  
For more information, call (970) 491-7523



# Contact CanDo



## Contact Information

**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**

**www.CanDoOnline.org**

**Email: CanDo@pvhs.org**

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Poudre Valley Hospital Foundation  
1024 S. Lemay Avenue  
Fort Collins, CO 80524

Phone: 970-495-7517  
or 970-495-7500  
Fax: 970-495-7617

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Medical Center of the Rockies  
Foundation  
2500 Rocky Mountain Ave.  
Loveland, CO 80538

Phone: 970-624-1879  
Fax: 970-624-1295

## For School-Related Questions Please Contact:

**Jessica Hinterberg, MPH, CHES**

Obesity Prevention Specialist

Phone: 970-495-7523  
or 970-495-7500  
Fax: 970-495-7617

Email: jrh10@pvhs.org

## Our Vision

The vision of the Coalition for Activity and Nutrition to Defeat Obesity (CanDo) is that Fort Collins and Loveland will become model 21st century communities in which healthy lifestyles are valued and practiced by its citizens, and opportunities for physical activity and healthy eating are created and supported by its local government, worksites, schools, and the health care community.

## Our Mission

The mission of CanDo is to improve the health of the community by increasing physical activity and healthy eating to reduce and prevent obesity.

## Our Goals

- 1) **Reduce** the prevalence of overweight and obesity
- 2) **Increase** the percent of citizens who engage in regular physical activity
- 3) **Increase** the percent of citizens who practice healthy eating habits
- 4) **Create** environments and policies that support healthy eating, active living, and healthy weights.

## Our Target Community

CanDo serves the residents of the Fort Collins and Loveland area communities.

