



**Early Ages
Healthy Stages™**

Growing healthy kids right from the start.

Presents:

NUTRITION RESOURCE MARKET

A COMMON PLACE FOR PARTNERS IN CHILD NUTRITION TO CONVERGE TO PROVIDE A ONE-STOP-SHOP EXPERIENCE OF AVAILABLE NUTRITION RELATED RESOURCES FOR EARLY CHILDCARE PROVIDERS.

EVENT PARTNERS



DATE: WEDNESDAY, JULY 24, 2019

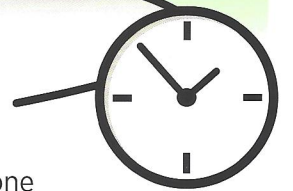
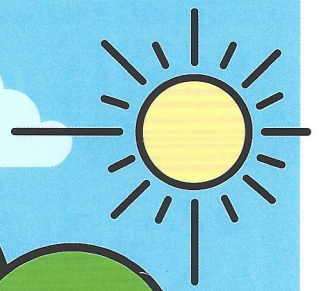
TIME: 5:30-7:00 P.M.

**LOCATION: CORNUCOPIA PLACE, 7201 KINSMAN RD #104, CLEVELAND,
OH 44104**

What To Expect: Cooking demonstration, Cleveland Food Bank resources, information on Perfectly Imperfect Produce, Ohio Healthy Programs initiatives, and more!

RSVP to Jodi Mitchell at jodi@jchealthstrategies.com

Healthy Daily Reminders



1. Make Breakfast Count

Don't skip breakfast! Make sure kids eat breakfast at home or at preschool to get the fuel they need to learn and play.

2. Grow Great Tasters

Encourage each other to try each food on your plate. But never force, remember adults are responsible to decide the what, when and where of mealtime. Let the child decide how much or if at all.

3. Make Snacks Count

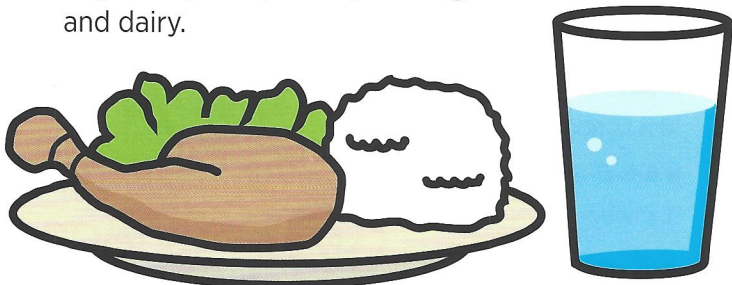
Snacks are mini meals! Up to two snacks a day fit into a healthy lifestyle. Fruits and vegetables are best between meals.

4. Take Time for Meals

It is important to try and eat meals together. Meal time is a great time for sharing food and talking with one another.

5. Make Each Plate a Healthy Plate

A healthy plate includes one serving of a fruit, vegetable, lean protein, whole grain and dairy.



6. Reduce Screen Time

Let kids spend no more than one hour a day on a TV, computer, video game, iPad, smart phone or other electronic device.

7. An Hour a Day to Play

Active play for 60 minutes a day! Take a walk or play catch.

8. Water First for Thirst

Drink water first before you reach for milk, juice or any other sugar-sweetened beverage. Try adding sliced fruit to water to kick it up a notch.

9. Build Children Up with Words

Use noticing or describing words to praise children. (For example: "I see you helped a friend today and that made them happy.")

10. Good Rest Is Best

Sleep is important for health! Here is how much sleep time to aim for:

Infants up to 12 months:

12 to 16 hours

Children ages 1-2:

11 to 14 hours

Children ages 3-5:

10 to 13 hours

Children ages 6-8:

9-12 hours



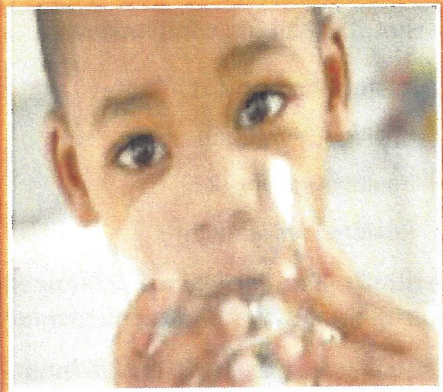
Ohio Healthy Programs



Get up to 15 Ohio Approved (OA) professional development hours at NO COST!



Learn new ways to support your children and families by building healthy habits, healthy menus and healthy policies in your program!



Become a Designated Ohio Healthy Program and receive FREE technical assistance and \$500 worth of incentives for your program!

Ohio Health Programs (OHP) is a state-wide designation from the Ohio Child Care Resource and Referral Association. It is earned by early care and education providers who are committed to providing a healthier environment for the young children that they serve. To become an Ohio Healthy Program, centers and family child care homes must complete the training series, make sure that menus meet Ohio Healthy Program guidelines, add a healthy policy to their handbook, and complete at least one family engagement activity related to health and wellness.



How to Become an Ohio Healthy Program:

STEP 1: ATTEND THE TRAINING

Session 1 Healthy Habits: At least one teacher from each age level (infant, toddler, pre-school and school age) at your program, must attend all 4 parts of Session 1.

Session 1 (10 hours total) includes:

- A. Healthy Activity (2.5)
- B. Healthy Eating (2.5)
- C. Healthy Growing (2.5)
- D. Healthy Families (2.5)

Session 2: Healthy Menus (2.5 hours) - Attended by cook or administrator or menu planner

Session 3: Healthy Policies (2.5 hours) Attended by the administrator

STEP 2: CREATE A HEALTHY POLICY

Create a policy to make sure that healthy practices are maintained in the program. Once you have completed training, you will be eligible to receive no cost technical assistance from Ohio Healthy Programs.

Your technical assistance provider will support you in developing a new healthy policy for your program. During technical assistance, your provider will look for ways to promote the healthy things that you are already doing well, and turn them into policies.

STEP 3: MEET OHIO HEALTHY PROGRAM MENU REQUIREMENTS

Work with your technical assistance provider to improve the health of the food that you serve through menu planning. Your TA provider will support you in meeting menu requirements based on where you shop and what your kids like!

Menus will meet the following OHP guidelines:

1. Offer a different non-fried vegetable and whole fruit each day.
2. Offer a whole grain each day
3. Serve beverages with no added sugar or sweeteners
4. Serve cereals with 6 grams of sugar per serving or less
5. Offer fried foods no more than once per week
6. Offer only 100% juice no more than once per day
7. Do not serve highly processed meats

STEP 4: PROVIDE HEALTHY FAMILY ENGAGEMENT

Include a parent engagement activity such as providing bulletin boards, healthy articles, newsletters, cooking activities, hosting a healthy lunch, coordinating a healthy parent night, etc.

Your choice of family engagement activity can be the same as your family engagement for Step Up or UPK (as long as it includes health and wellness activities)!

Ohio Health Programs designations are renewed annually. Your center or home will be eligible for new incentives and free technical assistance every year that you renew your application! Contact Theresa Henderson at thenderson@ccbh.net for more information.



HEALTHY FRUIT PIZZA

by The Real Food Dietitians

Ingredients

Crust:

- ½ cup pecans, finely chopped
- 1 ¼ cup almond flour
- 2 Tbsp. coconut flour
- 1 whole egg
- 2 Tbsp. pure maple syrup
- 1 Tbsp. unsalted butter, melted (may sub coconut oil)
- ½ tsp. pure vanilla extract
- ¼ tsp. sea salt

Topping:

- 1/2 cup plain full-fat Greek yogurt
- 1 Tbsp. pure maple syrup
- 1/2 tsp. pure vanilla extract
- 1 cup mixed fruit of choice

Directions

1. Pre-heat oven to 350°F.
2. Place a piece of parchment paper on a baking sheet.
3. In a bowl, combine the crust ingredients and mix. Once combined, transfer to the baking sheet. With hands, press dough to start forming into a rectangle shape. Then place another piece of parchment paper over top and with a rolling pin, roll until about 1/4-1/2 inch thick. You should end up with about a 10x8-inch rectangle.
4. Bake crust for 16 minutes or until edges are golden brown. Remove from oven and let cool completely.
5. Combine and mix together yogurt (or non-dairy option), maple syrup, and vanilla extract. Spread yogurt mixture over cooled crust and then top with berries.
6. Add optional toppings if desired.
7. Cut into 15 squares and enjoy!

NUTRITION

SERVING SIZE: 1 SQUARE
SODIUM: 65 MG
FIBER: 3 G

CALORIES: 178
FAT: 13 G
PROTEIN: 5 G

SUGAR: 7 G
CARBOHYDRATES: 12 G

PREP TIME: 15 MIN COOK TIME: 16 MIN READY IN: 31 MINS YIELD: 15 SERVINGS

HEALTHY LUNCH IDEAS

Making lunches at home not only saves you money but also calories! It is very important for both adults and kids to have a nutrient dense lunch! Try one of these tips below to create a healthy lunch.

1 PICK & MIX

Creating a healthy and delicious lunch starts with combining all different foods from each food group. An example would be an apple (fruit) with almond butter (healthy fat), carrots and celery (vegetable) with hummus, a turkey breast (protein) sandwich (grains) with cheese (dairy) and water.

2 IT'S ALL ABOUT BALANCE

Creating a well-balanced meal means having appropriate portion sizes and correct servings of each food group. The food group that should take up the majority of space in a lunch box is vegetables, followed by equal servings of whole grains, protein, and fruit

3 SKIP THE SUGAR

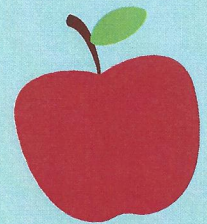
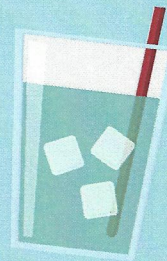
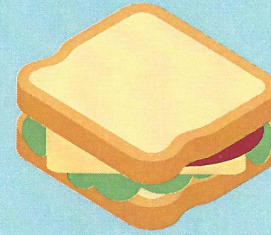
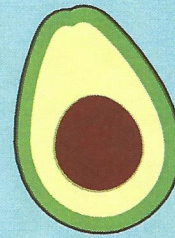
Sweetened snacks and beverages should be limited in lunchboxes. Sugary products can lead to excess calories and tooth decay if consumed in large amounts. Skip the muffins, cakes, candies, and sugar-sweetened beverages.

4 ADD IN WHOLE GRAINS

Whole grains are more filling and nutritious than refined grains. Whole grains can improve energy levels and keep us feeling full longer! Swap out the white bread for 100% whole wheat bread or white rice for brown rice.

5 SOUP, SALAD, SANDWICH

Whenever you are in a crunch and can't decide what to make for lunch, think of the three S's. You can combine a vast variety of different foods and make them into a soup, salad, or sandwich. Be Creative!



Research has shown that students who consume a healthy lunch perform better academically!

PB & J SKEWERS RECIPE

Ingredients:

- 2 peanut butter and 100% fruit jelly sandwiches on whole grain bread
- 4 wooden skewers (5 to 6 inches)
- 1 cup seedless red or green grapes
- 1 small banana, sliced

Directions:

Cut sandwiches into 1-in. squares. Alternately thread grapes, sandwich squares and banana slices onto each skewer. Serve immediately

Nutrition Facts - 2 skewers: 415 calories, 14g fat (3g saturated fat), 0 cholesterol, 368mg sodium, 63g carbohydrate (30g sugars, 7g fiber), 13g protein.

TIP: Be sure to read ingredients in peanut butter; peanuts should be the only ingredient! Watch for added sugar and oils.



Expanded Food and Nutrition Program (EFNEP)



The Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education program addressing nutrition and physical activity behaviors of low-income families. Through a community-based, relationship-driven, hands-on educational approach, EFNEP has directly impacted economic, obesity, and food insecurity challenges that hinder the health and well-being of this nation.

The **Adult EFNEP** utilizes *Eating Smart - Being Active* curriculum. It is an evidence-based, healthy eating and active living curriculum designed to be taught by paraprofessionals to limited resource adult learners. Curriculum content is based on the latest research findings from the 2015-2020 *Dietary Guidelines for Americans* and *MyPlate*. Each of the 9 lessons is designed to be taught in sequential order, building on previous lesson content. Activities include dialogue-based learning and hands-on activities. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resource management.

The curriculum also contains three maternal and infant nutrition lessons as a supplement to the core nine lessons. These lessons are *Eating Smart and Being Active During Pregnancy*, *Feeding Your New Baby*, and *Feeding Your Baby Solid Foods*.

The **Youth EFNEP** utilizes *MyPlate and/or Teen Cuisine* curriculum. The program goal is to have fun and promotes learning about the foods we eat every day. Topics explore how to increase consumption of fruits, vegetables, and whole grain foods each day and also teach youth the basic skills of planning and preparing great tasting food for themselves, their friends, and their family.

Some of the **topics*** to be explored include:

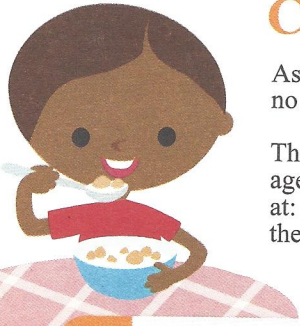
- **Build a Healthy Plate:** Discuss the concepts of *MyPlate* and the dietary guidelines.
- **What Is in that Snack?** How to make wiser choices: Using the nutrition facts label, common snacks foods will be reviewed for sugar, fat, sodium, calories and serving sizes. Using *MyPlate* concepts discover alternate choices.
- **Making Healthier Fast Food Choices:** Discuss typical fast food meals, determine the amount of fat, sodium and sugar. What changes can be made? How can they influence family members to make changes?
- **Rethink your Drink:** common beverages will be reviewed for serving sizes, sugar, fat and calorie content.
- **Including physical activity every day!** How to balance the energy in and energy out to maintain a healthy weight.
- **Food Safety, Should I eat that?** Discuss food safety principles and foodborne illness

Contact- Stacey Stangel (330) 599-7731 sstangel@centralstate.edu

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts

Serving Size 3/4 cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

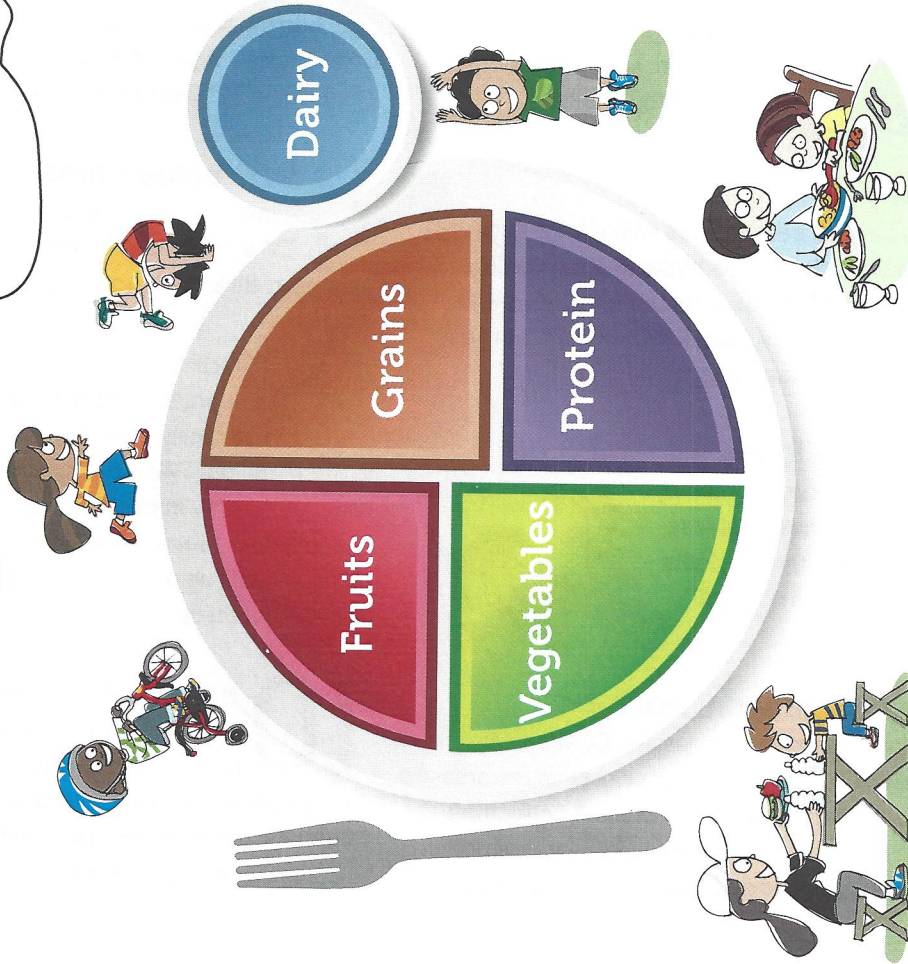
Yes No





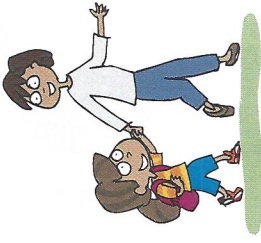
United States Department of Agriculture

Healthy for Preschoolers Eating



ChooseMyPlate.gov

Get your child on the path to healthy eating.



Offer a variety of healthy foods.

Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will last a lifetime.

Be mindful of sweet drinks and other foods.

Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

Focus on the meal and each other.

Your child learns by watching you. Let your child choose how much to eat of foods you provide. Children copy your likes, dislikes, and your interest in trying new foods.

Be patient with your child.

Children enjoy food when eating it is their own choice. Some new foods take time. Give a taste at first and wait a bit. Let children serve themselves by taking small amounts. Offer new foods many times.

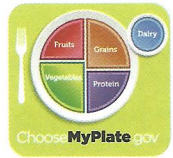
Cook together.

Eat together.

Talk together.

Make meal time family time.





Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.



Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

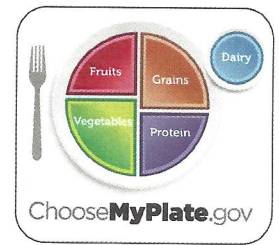
The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

10 tips

Nutrition
Education Series

be a healthy role model for children

10 tips for setting good examples

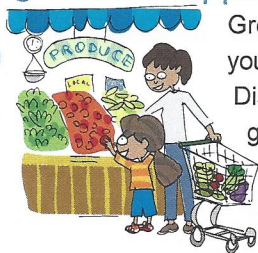


You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

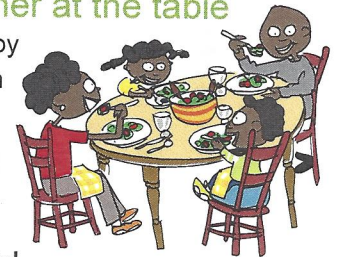


5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

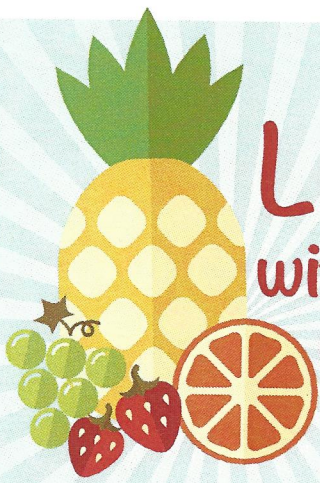
9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



Life is Sweet... with these Easy Sugar Swaps!

If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce—which can have a lot of added sugars—for homemade versions so you can control the amount of sugar added to them.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted)—and skip the candy!



Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar—and typically saves you more than 25 calories.

NO-CALORIE SWEETENER



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



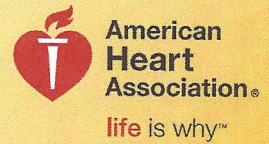
Get recipes and more tips at
RECIPES.SPLENDA.COM

The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.

FRUITS & VEGETABLES

TRY FOR 4-5 SERVINGS OF EACH PER DAY.*
WHAT COUNTS AS A SERVING?



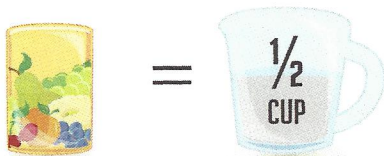
Healthy For Good™

FRUITS

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT

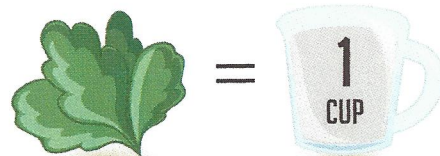


FRUIT JUICE**



VEGETABLES

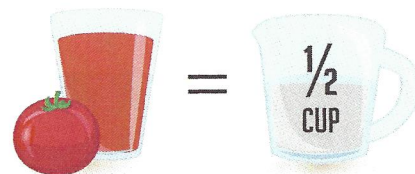
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.



HEART.ORG/PLUSCOLOR

BENEFITS OUTREACH AND HELP CENTER

We assist with the application process for public benefits and help connect clients to hot meals, food pantries and produce distributions.

- SNAP Applications
- Address employment, housing and health-care issues
- We're out in the community every day to help in person
- Our Help Center assists clients in person or over the phone

HELP CENTER

- Live Chat with a Help Center Representative
- Walk-ins welcome!
- 8 AM to 6 PM Monday-Friday

CALL 216-535-2096



GREATER CLEVELAND FOOD BANK PROGRAMS

KIDS CAFE provides free meals after school to children through a variety of partners including libraries, schools and community centers.

SUMMER FEEDING provides free nutritious meals to children during summer break at neighborhood locations such as libraries, schools and community centers.

MOBILE PANTRY provides free direct community delivery of fresh fruits and vegetables to a central location.

SCHOOL MARKET provides free ready access to fresh produce to children and their families at school. Check with your school principal for location information.

BACKPACK FOR KIDS provides children with bags of nutritious food that are sent home with each child on Fridays to sustain them through the weekend.

EMERGENCY FEEDING PROGRAMS:

PANTRIES provide three-day supplies of food to families to take home through our partner agencies.

HOT MEALS provide prepared food on-site for individuals and families to enjoy through our partner agencies.

To locate a program, please call 216-535-2096 or visit GreaterClevelandFoodBank.org.



OUR SENIOR SERVICES

SENIOR BOXES provide seniors with nutritious USDA foods like rice, juice, cereal and fresh produce to enhance their diet.

SENIOR MEALS PROGRAM provides nutritious and nourishing meals to help seniors who are living in their own homes. Prepared meals are delivered to community centers or picked up by partners for delivery to homes of housebound seniors.

SENIOR MARKETS provide healthy, nutritious foods to low income seniors residing in larger apartment and housing complexes. Cooking demonstrations, nutrition tips and benefits outreach also help to provide additional resources to seniors through this model.



Child Nutrition Initiatives

BACKPACK FOR KIDS

The Backpack for Kids program provides food for low-income children each weekend when they do not have access to the free and reduced-price school lunches available to them during the week. Each week, Food Bank volunteers pack six child-friendly meals per student into bags, which are delivered to our partner sites. The bags include various items such as milk, pasta, tuna, peanut butter, vegetables, cereal, fruit and snack items. The children take the food home over the weekend in an unmarked, nondescript backpack provided by the Food Bank.

GREATER CLEVELAND FOOD BANK

KIDS CAFE

The Kids Cafe program provides free meals and snacks to low-income children through a variety of community partners where children already congregate during after-school hours, such as Boys and Girls Clubs, churches or public schools. All Kids Cafe programs also offer nutrition education throughout the school year. Nutrition programming is an essential way to educate kids on the importance of making healthy lifestyle choices. The Greater Cleveland Food Bank has partnered with The Cleveland Clinic to train our educators on their "Food is Knowledge" curriculum, which is a comprehensive lesson plan that includes education, recipes, and physical activity.

SUMMER FOOD SERVICE PROGRAM (SFSP)

The Summer Food Service Program (SFSP) provides free, nutritious meals to help children in low-income areas get the nutrition they need to learn, play and grow throughout the summer months when school is not in session. SFSP is targeted to low-income areas where 50 percent or more of the students are eligible for free or reduced-priced school meals. Sites such as parks, schools, libraries, recreation centers and churches can participate in SFSP. Children ages 18 and younger may receive free meals through this program. Young people ages 19-21 with varying mental or physical abilities and who are enrolled in an educational program with an Individualized Education Plan are also eligible.

SCHOOL MARKETS

School Markets are designed to help alleviate child hunger through the provision of food to children, their families, and the immediate school community. School-based markets are located at or adjacent to school properties and are intended to provide a more readily accessible source of food assistance to low-income students and their families. Through this program, the Food Bank delivers a truckload of free, fresh produce for distribution by partner sites on a regular basis, ideally monthly. Cooking demonstrations, nutrition tips, and assistance with public benefits also help to provide additional resources.

GREATER CLEVELAND FOOD BANK



RESCUED. BOXED. DELIVERED.

Subscription produce service to your home or business!

40% of food grown in the U.S. is wasted.

Some only because it doesn't look perfect on the outside.

But it's perfectly fresh, healthy and delicious on the inside.



ORDER TODAY!

Mixed/All Fruit/All Veggie

Mini - \$12.00

Small - \$18.00

Large - \$30.00

Organic - \$15, \$30, \$50

Break Room Box

(20 apples, 20 oranges, 2 bunches bananas)

\$35.00

Let's rethink "perfect."

Order online or call 844-VEG-4ALL or 844-834-4255.

www.perfectlyimperfectproduce.com

Jodi Mitchell, Community Relations Manager, jodi@perfectlyimperfectproduce.com



WE WANT OUR KIDS TO BE HEALTHY. THEIR FUNDRAISERS SHOULD BE TOO!



Sell fresh, healthy and local goods in high-profit fundraisers to delight your supporters, while teaching kids about healthy eating and local food systems.

Whether you're raising money for your school, PTO, sports team, band, or club, FarmRaiser can help you reach your goals and build a stronger, healthier community.



ONLINE FARMERS
MARKETS AND MOBILE
APP SALES



LOCALLY GROWN AND
MADE PRODUCTS YOUR
SUPPORTERS WILL LOVE



45% MINIMUM PROFIT
FOR YOUR SCHOOL



A GREAT WAY TO
CONNECT KIDS TO THEIR
LOCAL FOOD SYSTEM



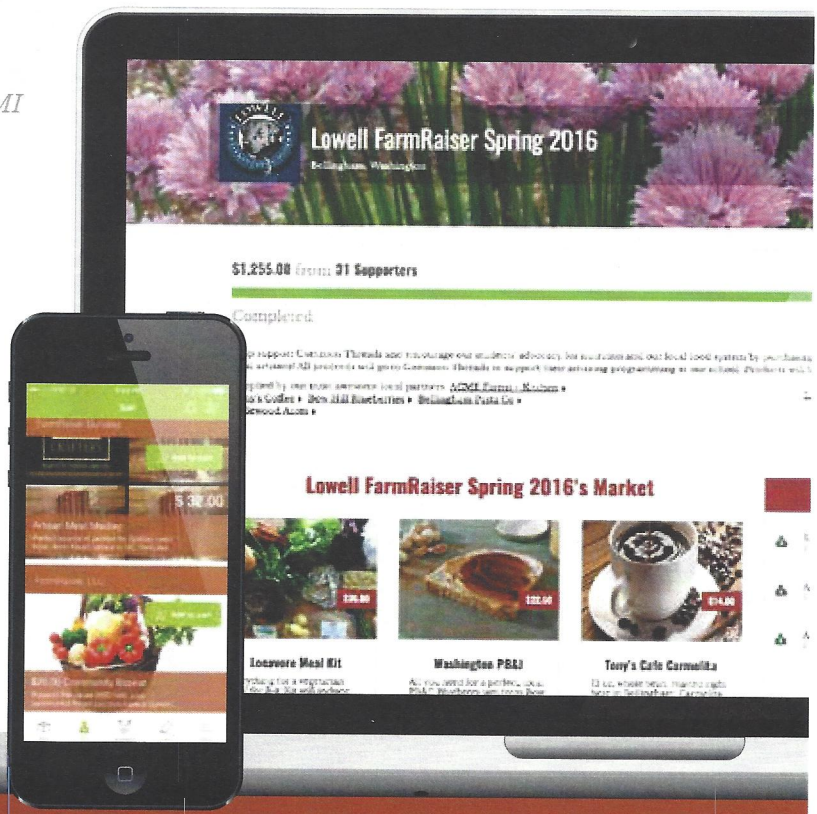
SUPPORT LOCAL
FARMS AND
BUSINESSES

"Until FarmRaiser came along, we dreaded fundraising—hounding kids, lots of paperwork and products nobody really wanted...it's different now and parents are already asking me when the next campaign will be"

—Teacher, Fenton, MI

When you join FarmRaiser, you get everything you need to create healthy, profitable fundraisers. Our COPPA-compliant platform allows kids to sell online, with mobile apps, and using paper forms, while learning fun facts about their local food system. We provide you with multiple payment options, step-by-step guides, customer support, and detailed reports to make your campaign run smoothly. With no upfront costs and no minimum orders, you can get started right away.

Join the healthy fundraising revolution, sign up for your FREE FarmRaiser account today.



Learn more, and sign up now at FarmRaiser.com
Email lauren@farmraiser.com or call for more information (571) 279-8873

How does



work?

Step 1: Sign Up!

We need some basic information about you (so we know who to give the veggies to) and payment for your first week's share of fruits and vegetables. You can choose the Family Share, which feeds 3-5 people, or a Single Share, which feeds 1-2 people. Our prices are tiered to income and we offer more than a dozen pick up locations (Fresh Stops). Order online, in person, or by mail.



Step 2: City Fresh Goes to the Farms!

With all orders coordinated, our Farmer Liaison heads to the farms. Together with the farmers, they look at what's fresh in the fields and determine how much of what fruits and vegetables they have to make up a nice variety of the freshest produce for everyone.

Step 3: Fresh Stop Day!

At Fresh Stops throughout the city, dozens of volunteers gather to set up and distribute the shares. City Fresh brings the fresh fruits and vegetables, helps arrange them, and shareholders check in, pick up their shares, and order for the next week.



Why the "share" model?

The share model - also called Community Supported Agriculture (CSA) - helps ensure that farmers have a place to sell their goods. They only have to harvest what we order, so no fresh produce will go to waste and they can focus on farming.

Since we order a variety of produce items, our farmers do not struggle to market certain fruits and veggies, and are not forced to grow only one crop. This encourages local farmers to diversify and improve their farming practices, which benefits everyone.



Wait, City Fresh is just like [that other CSA], right?

Nope! We have:

- **Week-to-week ordering!**
- **Limited-income discounts!**
- **Targeting of Food Deserts!**
- **The best return for small farmers!**
- **We're not-for-profit!**

Our mission is to build a just and sustainable food system. When you support City Fresh, you help create fundamental change.

Example Mid-Season Family Share

- Watermelon
- Potatoes
- Patty Pan Squash
- Onion
- Bok Choy
- Green Beans
- Garlic
- Bell Pepper
- Roma Tomatoes
- Slicing Tomato
- Jalapeño
- Basil
- Lettuce
- Peaches



Example Mid-Season Single Share

- Watermelon
- Yellow Squash
- Eggplant
- Potatoes
- Onion
- Leeks
- Bell Pepper
- Cherry Tomatoes
- Peaches



* Limited Income Pricing



Monday

Slavic Village (E. 52nd & Fleet Ave.) 4-7:00 pm
Wellington (Willard Memorial Square) 5-6:30 pm

Tuesday

Lorain Public Library (Main Branch) 4-6:00 pm
Cleveland Heights (Coventry Library)* 5-7:00 pm
**Bonus weeks 10/29, 11/5, Holiday Shares 11/19, 12/17*
Euclid (outside Euclid Public Library) 5:30-6:30 pm

Wednesday

Elyria (Lorain County Urban League) 2:30-4:00 pm
El Centro, Lorain 3-5:00 pm
Cascade—Elyria (Horizon Education Center) 3-6:00 pm
LCCC (Early College Area in College Center) 3:30-5:30 pm
Berea (St. Thomas Church) 4-6:00 pm
Kamms (West Park Library) 5-6:00 pm
Oberlin (AJLC)* 5:00-7:00 pm
**Bonus week 10/30, 11/6, Holiday Shares 11/19, 12/18*

Thursday

CCF Lorain Family Health Center 3-5:00 pm
Cleveland City Hall 3:30-4:30 pm
Ohio City (Franklin Circle Church) 4:30-6:30 pm
Old Brooklyn (Metropolitan Coffee) 5-7:00 pm
Lakewood LEAF Night (Lakewood Library)* 5:30-8:00 pm
**Bonus weeks 11/7, Holiday Shares (Garfield Middle School) 11/19, 12/17*

June-October
Fresh local food for all.



We accept SNAP!

www.cityfresh.org
440.707.6606



Cuyahoga County Women, Infants, & Children (WIC) Nutrition Program

WIC Provides Nutrition Education, Nutritious Foods, & Breastfeeding Support

To be eligible to participate in this nutrition education program you must:

- ◆ Be pregnant, breastfeeding or postpartum (having a baby less than six months old); OR
- ◆ Be an infant or child up to five years of age (up to the child's 5th birthday).

You must also:

- ◆ Have a nutritional need; AND
- ◆ Have household income that is less than or equal to the Ohio WIC program gross countable income guidelines for economic unit size provided in the following chart:

Ohio WIC Program Gross Income Guidelines	Economic Unit (Family Size)	Annual Income	Monthly Income	Twice Monthly Income	Biweekly Income	Weekly Income	Hourly Wage: based on 40-hour work week
		<ul style="list-style-type: none"> • A pregnant woman counts as two (2) • A foster child counts as one (1) 	1	\$ 23,107	\$ 1,926	\$ 963	\$ 889
2	31,284		2,607	1,304	1,204	602	15.05
3	39,461		3,289	1,645	1,518	759	18.98
4	47,638		3,970	1,985	1,833	917	22.93
5	55,815		4,652	2,326	2,147	1,074	26.85
6	63,992		5,333	2,667	2,462	1,231	30.78
7	72,169		6,015	3,008	2,776	1,388	34.70
8	80,346		6,696	3,348	3,091	1,546	38.65
↻ For Gross Income Guidelines for Larger Families Please Call 216-957-9421 ↻							

For Information Call—216-957-WIC1 (9421)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Ave SW, Washington, DC 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

Cuyahoga County WIC Program (CCWP) || Effective March 2019 (Revised 4/4/2019)

Alternate hours, 10:30 a.m. – 7 p.m. are offered by appointment at select locations on select days during the 3rd full week of the month. Please call the WIC clinic for dates alternate hours are offered.

WIC Locations in Cuyahoga County	Phone(s)	Days & Hours of Operation	Walk-in Days & Hours, 8:30 a.m. – 3:30 p.m.
CCWP Administration , Memphis-Fulton Shopping Center 5202 Memphis Ave, Cleveland 44144	216-957-9421 Fax: 957-9422	M / Ts / W / Th / F, 8 a.m. – 5 p.m.	
Bedford Medical Offices , MH 19999 Rockside Rd, Bedford 44146	216-957-5180	Th, 8:30 a.m. – 5 p.m.	
Broadway Health Center , MH, Broadway Shoppes 6835 Broadway Ave, Cleveland 44105	216-957-1950	M / Ts / W / F & 2 nd Sat / month, 8:30 a.m. – 5 p.m.	Fri & 2nd Sat / month
Brooklyn , Memphis-Fulton Shopping Center 5202 Memphis Ave, Cleveland 44144	216-957-9832 or 957-9833	M / W / F, 8:30 a.m. – 5 p.m.	Fri
Buckeye Health Center , MH 2816 East 116 th St, Cleveland 44120	216-957-4370	Ts / W / F, 8:30 a.m. – 5 p.m.	Fri
Care Alliance Health Center , Central Neighborhood Clinic 2916 Central Ave, Cleveland 44115	216-706-5140	Ts & 2 nd & 4 th Fri, 8 a.m. – 4:30 p.m.	
Cleveland Heights Medical Center , MH 10 Severance Circle, Cleveland Hts 44118	216-297-2370	Ts / Th & 2 nd & 4 th Wed, 8:30 a.m. – 5 p.m.	
East Cleveland , New Life Cathedral Church 16200 Euclid Ave, 2 nd Fl., East Cleveland 44112	216-451-3800 or 249-8640	M / W / F, 8:30 a.m. – 5 p.m.	Wed
Euclid Shore Cultural Centre 291 East 222 nd St, Rm 119, Euclid 44123	216-731-6166 or 731-6347	M / Ts / W / Th / F, 8:30 a.m. – 5 p.m.	Wed
Fairview Hospital Wellness Center 3035 Wooster Rd, 2 nd Fl., Rocky River 44116	440-331-6842	Ts / Th, 8:30 a.m. – 5 p.m.	
Garfield Heights Civic Center 5407 Turney Rd, Lower Level, Garfield Hts 44125	216-662-3992 or 662-0291	M / Ts / W / Th, 8:30 a.m. – 5 p.m.	Mon
Hough Health Center , NEON 8300 Hough Ave, Ground Level, Cleveland 44103	216-231-3500	M / Th / F & 1 st , 3 rd , & 5 th Wed, 8:30 a.m. – 5 p.m.	Thurs
J. Glen Smith Health Center , (MH in partnership with City of Cleveland), 11100 St. Clair Ave, 2 nd Fl., Cleveland 44108	216-957-5635	Ts / Th / F, 8:30 a.m. – 5 p.m.	Thurs
Lakewood 15224 Madison Ave, Lakewood 44107	216-228-2180 or 228-2976	M / Ts / W / F, 8:30 a.m. – 5 p.m.	Tues
Lee-Harvard , Lee-Harvard Shopping Center 4071 Lee Rd, Suite 270, Cleveland 44128	216-751-8209	M / Ts / Th, 8:30 a.m. – 5 p.m.	Tues
McCafferty Health Center , (MH in partnership with City of Cleveland), 4242 Lorain Ave, 3 rd Fl., Cleveland 44113	216-957-4921 or 957-4922	M / Ts / W / Th, 8:30 a.m. – 5 p.m.	Thurs
MetroHealth Medical Center , Women's & Children's Pavilion, 2 nd Fl., 2500 MetroHealth Dr, Cleveland 44109	216-778-4932	M / Ts / W / Th / F & 2 nd Sat / month, 8:30 a.m. – 4:30 p.m.	M-F & 2nd Sat / month
Parma Health Education Center , UH 7300 State Rd, Parma 44134	440-886-1752 or 886-1828	M / Ts / W / Th / F, 8:30 a.m. – 5 p.m.	Thurs
Parma Medical Center , MH (Southwest) 12301 Snow Rd, East Entrance, 4 th Fl., Parma 44130	216-265-6810	M / W / Th, 8:30 a.m. – 5 p.m.	Thurs
Southeast Health Center , NEON 13301 Miles Ave, Cleveland 44105	216-751-3100 ext. 9	M / W, 8:30 a.m. – 5 p.m.	Wed
UH Rainbow Center for Women & Children 5805 Euclid Ave, Rm 101, Cleveland 44103	216-675-6605	M / W / Th & select Ts, 8:30 a.m. – 5 p.m.	Mon
Westown Physician Center , Westown Square Plaza Shopping Center, 10654 Lorain Ave, Cleveland 44111	216-671-3679	M / Ts / W / Th / F, 8:30 a.m. – 5 p.m.	Wed

MH = MetroHealth

NEON = Northeast Ohio Neighborhood Health Services

UH = University Hospitals

This institution is an equal opportunity provider.

What is WIC?

WIC is a nutrition education program. WIC provides nutritious foods that promote good health for pregnant women, women who just had a baby, breastfeeding moms, infants and children up to age 5.



Who is Eligible

For WIC?

Women who are pregnant, breastfeeding or have a baby less than 6 months old, and infants and children up to 5 years old are eligible to apply for WIC. Fathers are welcome to apply for WIC for their children up to age 5.

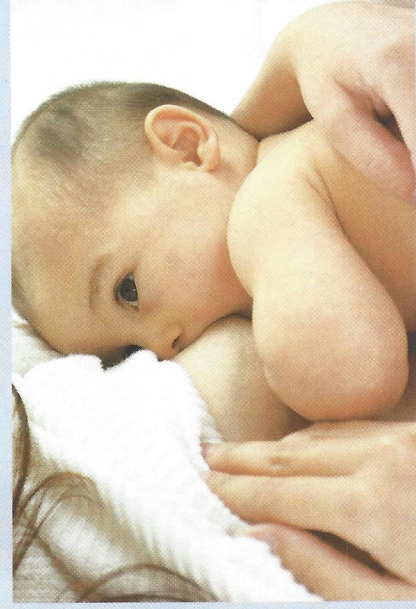
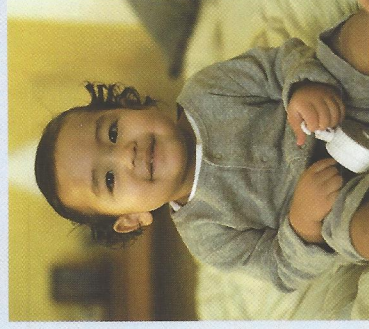
To qualify for services you must:

- ♥ Live in Ohio
- ♥ Meet WIC income guidelines
- ♥ Have certain nutritional or health risks

What Does WIC

Provide?

- ♥ Nutrition education and support
- ♥ Breastfeeding education and support
- ♥ Referral for health care
- ♥ Immunization screening and referral
- ♥ Supplemental foods such as:
 - Cereal
 - Eggs
 - Milk
 - Whole-grain foods
 - Fruits and Vegetables
 - Infant formula



How Do I Apply?

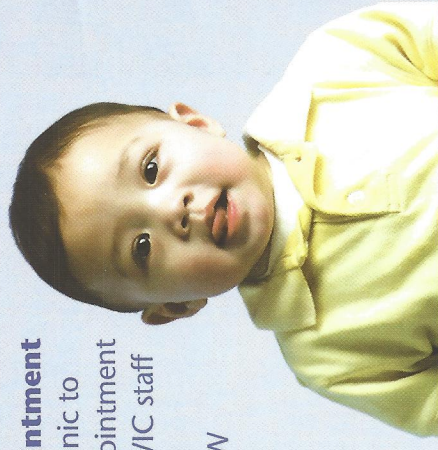
Make an appointment

Call your local clinic to schedule an appointment to meet with a WIC staff member or call 1-800-755-GROW (4769)

for locations and more information.

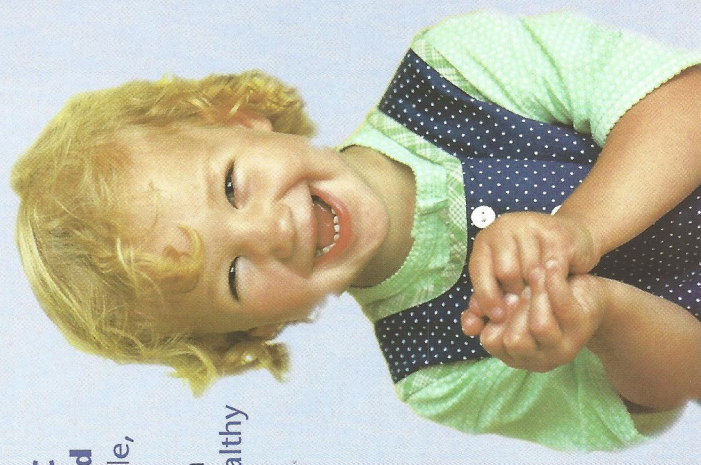
See if you qualify

All it takes is a visit to your local WIC clinic to see if you qualify for services.



Receive a WIC Nutrition Card

If you are eligible, you will receive a WIC Nutrition Card to buy healthy foods at local WIC-approved grocery stores.





Early Childhood Options

Providing Options for Choices in Child Care

23600 Mercantile Road, Suite F
Beachwood, Ohio 44122
(216) 464-5300

Dear Child Care Provider,

I am pleased to invite you to join the Child and Adult Care Food Program (CACFP) which is funded by the U.S Department of Agriculture (USDA). I applaud your commitment to children and their families.

EVERYONE WINS WITH CACFP

You contribute to high quality child care when you serve nutritious meals to children through the CACFP. Children who are well-nourished are sick less often, learn more effectively, and behave better. Parents are happy to know their children are getting the right foods they need to develop and learn.

We Are Counting on You to:

- Serve high-quality meals that meet USDA nutritional requirements for CACFP;
- Count and request payment for only those meals served to enrolled, eligible children;
- Claim only **2 meals and 1 snack** or **2 snacks and 1 meal** per child, per day;
- Keep accurate records on meals served and children present; and
- Send in these records on time to the organization with which you signed an agreement (your "sponsoring organization").

If you follow these requirements and others explained to you by your sponsoring organization, you will meet the requirements for the CACFP. Keeping accurate records will ensure that you receive the correct payment from your sponsoring organization. If you do not follow these rules, your payment can be reduced or denied, and you may no longer qualify for CACFP.

Training and Support

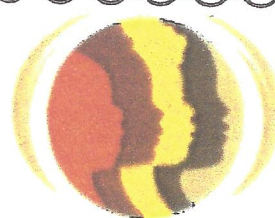
Early Childhood Options will provide training and help you better understand these rules. If you have any questions or concerns, please contact Early Childhood Options.

Congratulations on becoming Type-B Licensed and enrolling in the Child & Adult Care Food Program.

Sincerely,

Ava T. Lucky

Ava T. Lucky, MSW, LSW
Chief Operating Officer
Early Childhood Options

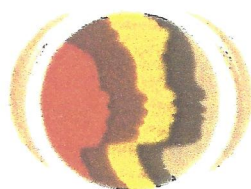


BCDI

Black Child Development Institute
CLEVELAND

**BLACK CHILD DEVELOPMENT INSTITUTE
CLEVELAND**

***Dedicated to Improving and
Advancing the Lives
of Black Children!***



BCDI

Black Child Development Institute
CLEVELAND

23600 Mercantile Road, Suite F
Beachwood, OH 44122
B: 216.464.3507

E-mail: cleveland@affiliates.nbcdi.org

Visit Our Website:
www.nbcdi.org/affiliates/cleveland

Follow us:



BCDI-Cleveland is dedicated to ensuring that Black children and their families are able to thrive throughout Northeast Ohio. It is our vision to empower children, teens, young adults, parents, and caregivers by linking them to resources and creating new resources that will dismantle racial injustice, poverty, and numerous disparities. Through a connection of strong collaborations with community stakeholders and organizations, BCDI-Cleveland will supportively influence policy and increase limited resources that will improve and advance the quality of life for Black families.

BCDI-Cleveland is committed to developing strategies to combat rising obesity rates and narrowing the achievement gap for Northeast Ohio's Black children. BCDI-Cleveland is the voice that supports and impacts policy, child welfare, literacy, health, family engagement,

and early care and education for Black families.

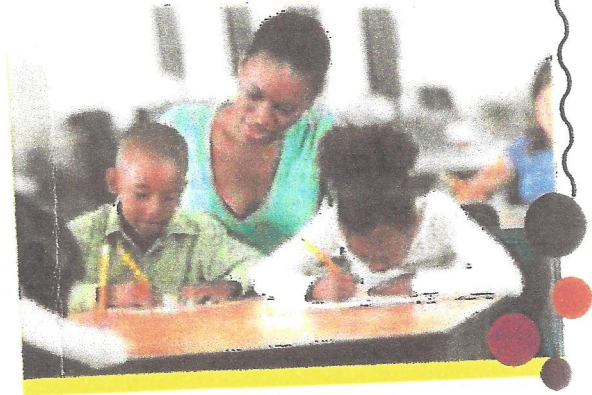
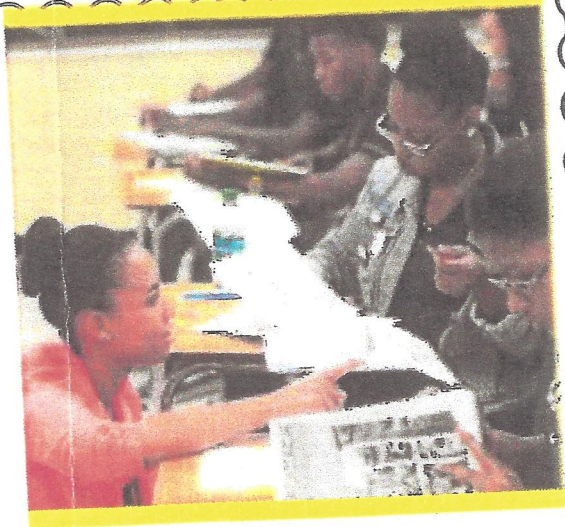
BCDI-Cleveland is particularly focused on narrowing the achievement gap for Cleveland's Black children and families, which starts as early as 9 months old and continues into first grade. BCDI-Cleveland's first priorities are to survey and engage early childhood practitioners and parents to inform them of various discipline strategies which reduce preschool suspensions and expulsions throughout Northeast Ohio. Data shows such suspensions are linked to a pipeline to prison later in life.

Additionally, BCDI-Cleveland will develop strategies to combat rising obesity rates in the city. With limited access to healthy foods, fresh produce, and other resources supporting healthier eating and lifestyles, 1 out of 3 African Americans in Cuyahoga County is currently obese. Obesity is a major threat to overall well-being and a cause of several diseases, including diabetes, which often plagues Black communities. Members of BCDI-Cleveland have already received training in the National Black Child Development Institute's Good for Me! curriculum, supported by the Walmart Foundation, which promotes culturally-relevant healthy nutrition and fitness practices among Black families with young children.

"If no one prepares the future generation for life, their generation will be lost."

~ Gloria Blevins

Founding President, BCDI-Cleveland



Teacher & Parent Guidance Collaborative

A parent and teacher engagement program that focuses on developing the whole child through learning discipline/behavior strategies and how to engage children in developmentally appropriate activities that will allow children to reach their milestones without using suspension or expulsion as a solution.



Good for Me Curriculum

A free culturally relevant curriculum that engages three to five year olds in healthy eating and physical activity by introducing them to a diverse range of fruits and vegetables, hands on activities and activity play.

About NBCDI

For more than 40 years, the National Black Child Development Institute (NBCDI) has been at the forefront of engaging leaders, policymakers, professionals, and parents around critical and timely issues that directly impact Black children and their families.

We are committed to our mission:

“To improve and advance the quality of life for Black children and their families through education and advocacy.”

Membership Includes:

- recognized as a national affiliation required for CDA or SUTQ
- low membership fee
- semi-annual newsletters
- parent cafes
- Ohio approved trainings
- webinars



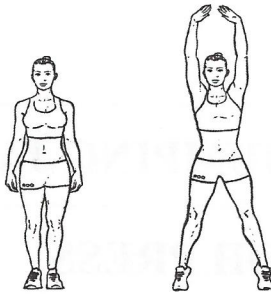
Dedicated to Improving and Advancing the Lives of Black Children!



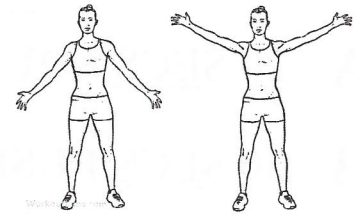
Aamoth Family Pediatric Wellness Center

Follow these exercises to help you lose weight, get stronger, and be more physically active!!

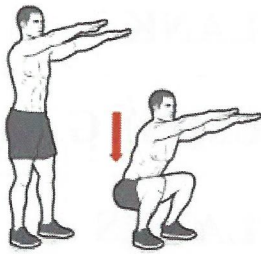
Move from one station to the next
Follow the below times for a fun full body workout
1st Round - 60 seconds at each station
2nd Round - 45 seconds at each station
3rd Round - 30 seconds at each station



1. Jumping Jacks

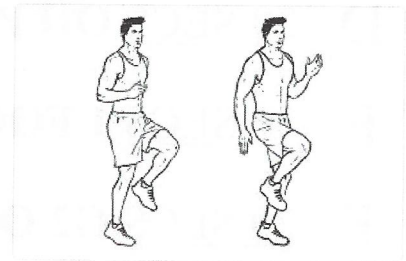


2. Arm Circles



3. Squats

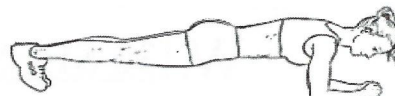
You can do this!



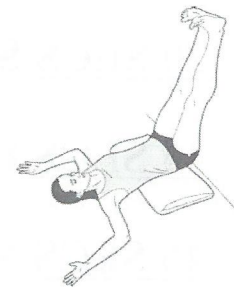
4. Run in Place



5. Wall Sit



6. Planks



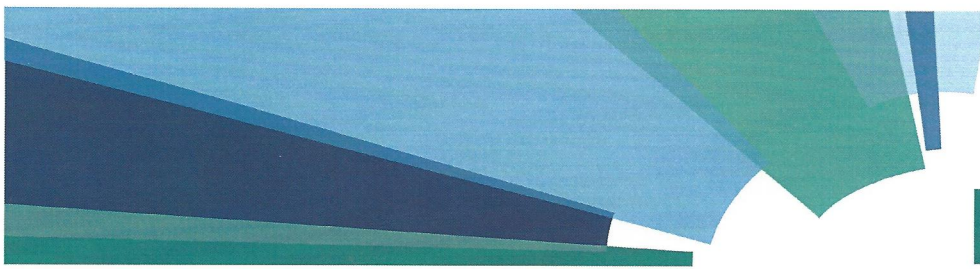
7. Legs on Wall

Repeat rounds 1-3 to make a longer workout

The Aamoth Family Pediatric Wellness Center is located in the Women's & Children's Pavilion at MetroHealth Medical Center.

For more Information

Visit: metrohealth.org/wellkids or call 216-778- 5224. Email us at Wellkids@metrohealth.org



Aamoth Family Pediatric Wellness Center

School Year Calendar August 2019 -May 2020

Join us for **FREE** after school from 3-5pm Monday through Friday

Our program focuses on exercise, sportsk, nutrition, and healthy living!

Monday	Cardio	Run, jump, skip, walk, and move into the week with a class that will get your heart pumping!!
Tuesday	Game Day	Join us for some outdoor basketball, soccer, 4 square, or keep it inside with some fun games!!
Wednesday	Weight Lifting Wednesday	Time to toss some iron around and build some muscles! We have dumb bells, med balls, and more!
Thursday	Kids Choice	You kids call the shots! You want to do an activty we will do it!
Friday	Circuit Training	Mix and match weights and cardio in a fast pace energetic class to close out the week!



The Aamoth Family Pediatric Wellness Center is located next to the pharmacy in the Women's and Children Pavilion at Main Campus.



Care-A-Van

Transforming and Strengthening
Communities around Fresh Foods

Statement of Purpose

Care-A-Van is an initiative of Food Strong, a nonprofit 501(c)(3) organization which seeks to empower and strengthen communities through fresh foods. This program's mission is to promote fresh food access and utilization in under-resourced communities. We create more vibrant environments at existing community events by bringing together nutrition education, music, art, book giveaways and our network of wraparound service providers. These valued partners bring out information and services directly to attendees of our events. Our aim is to expose community members to the resources that directly impact their lives and communities, improving health outcomes and overall quality of life...all while having fun!

Vision

Our vision is that this holistic approach will reduce health disparities and resource gaps throughout Northeast Ohio.

Goals

We aim to create a scalable, replicable program model whose expansion will be based on resources acquired and knowledge gained during our pilot years. Care-A-Van events are designed through input from community members. Through engagement events and surveys, we have gained an understanding of their goals, and are compiling an ever-growing database of residents and stakeholders with whom we continually communicate. We aim to foster trusting relationships with the communities we serve in order to maximize our impact. Our holistic, collaborative approach allows us to amplify efficiency, even with limited resources.

Our Valued Partners

2-1-1 First Call for Help, American Heart Association, Care Alliance Health Center, CareSource, CEOGC, Centers for Families and Children, Cleveland Clinic, Healthy Cleveland 2.0, Cleveland Kids' Book Bank, Cleveland Museum of Art, Coit Road Farmers Market, Cuyahoga Job and Family Services, Famicos Foundation, Food Access Raises Everyone (FARE), Goodwill, Greater Cleveland Food Bank, Health Professions Affinity Community, Job Corps, LAND Studio, LifeBanc MetroHealth System, Refresh Collective, Shaker Square Farmers Market, and Slavic Village Development Corporation.

SERVICES PROVIDED

Depending on community and stakeholder input, our Care-A-Van events can consist of:

- Nutrition demonstrations
- Health screenings
- Benefits enrollment
- Book giveaways
- Live music
- Fitness classes
- Community resource tables
- Arts and crafts activities
- Employment support

Indirect Program Benefits:

- Cross-collaboration of our community partners, enhancing collective impact
- Revitalization of local farmers markets which host us through promotion and enhancement of their customer base

Contact Sara Continenza, Executive Director of Food Strong:
FoodStrongCle@gmail.com ~ Phone: (216) 640-0342



WWW.FOODSTRONG.ORG

FOOD ALLERGY AWARENESS!

WHAT TO KNOW!

A food allergy is an abnormal response to a food triggered by the body's immune system. Once exposed to the allergen, the allergic individual can suffer a mild to life-threatening reaction. The only control is avoidance of the food. Despite taking precautions, allergic people may be unknowingly exposed to an allergen.

Approximately 11 million Americans suffer from true food allergies. Be prepared to protect your customers. Know the eight major food allergens and the symptoms of an allergic reaction.

THE EIGHT MAJOR FOOD ALLERGENS

MILK



EGG



FISH



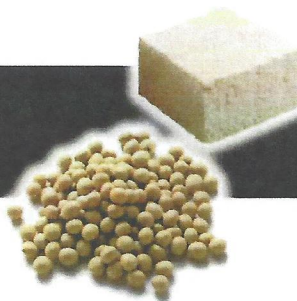
CRUSTACEAN SHELLFISH



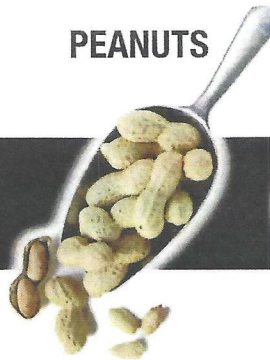
WHEAT



SOYBEANS



PEANUTS



TREE NUTS



SYMPTOMS OF ALLERGIC REACTION

LOSS OF CONSCIOUSNESS • SHORTNESS OF BREATH • ITCHING OR TINGLING IN AND AROUND MOUTH, FACE, SCALP, HANDS AND FEET
HIVES(WELTS) • WHEEZING AND DIFFICULTY BREATHING • SWELLING OF THE FACE, EYELIDS, TONGUE, LIPS, HANDS OR FEET
TIGHTENING OF THE THROAT (DIFFICULTY SWALLOWING) • SUDDEN ONSET OF VOMITING, CRAMPS OR DIARRHEA

WHAT TO DO!

REACT QUICKLY - CALL 911

Notify Management - It Could Save A Life!

An Allergic Reaction Can Take Only Minutes To Develop. Don't Hesitate!




FOOD MARKETING INSTITUTE
655 15th Street, NW
Washington, DC 20005
www.fmi.org

Healthy Foods Can Help Fight Lead Poisoning

Eating a well-balanced diet helps a child grow healthy and strong. And, for a child who has been exposed to lead, it is even more important. Eating foods high in **calcium** and **iron** help the body absorb less lead -- and foods with **vitamin C** can help increase the amount of iron in the blood.

To help protect your child's health from lead, make sure to include foods high in:

Calcium _____



Milk



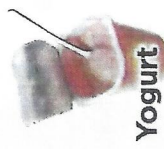
Low-fat cottage cheese



Tofu



Foods made with milk; including soups, custards, and puddings



Yogurt



Low-fat cheese



Spinach



Broccoli

Iron _____



Tofu



Seafood



Beans



Chickpeas



Lentils



Nuts



Quinoa



Iron fortified cereal



Lean red meat



Spinach

Vitamin C _____



Oranges



Grapefruit



Kale



Bell peppers



Broccoli



Strawberries



Tomatoes



Kiwi



Melons



Spinach



To learn more about lead prevention and testing, call 614-724-6000 or visit www.publichealth.columbus.gov

SAMPLE LEAD POISON PREVENTION MENU FOR FAMILIES – WEEK 1

Monday	BREAKFAST Iron-fortified cereal w/ low fat milk topped with dried raisins	LUNCH Mixed Greens salad w/ your choice of colorful veggies and salad dressing	DINNER Hamburger on a WG bun with sweet potato fries *	SNACKS Hummus and carrots Apple and peanut butter
Tuesday	BREAKFAST Hard-boiled egg w/ iron fortified toast and mashed avocado	LUNCH Tuscan White Bean soup (canned or fresh)	DINNER Colorful Wild Rice *	SNACKS Low fat string cheese Fresh fruit
Wednesday	BREAKFAST Iron-fortified oatmeal w/ low fat milk topped with blueberries	LUNCH Turkey and Cheese wrap w/ WG tortilla and fresh veggies	DINNER Iron-fortified pasta w/ meatballs Roasted broccoli	SNACKS DIY Protein balls Raw cut-up veggies
Thursday	BREAKFAST Scrambled eggs w/ a glass of OJ	LUNCH Chicken Salad Sandwich w/ pineapple chunks	DINNER Chicken Stir Fry w/ bell peppers, broccoli and snap peas *	SNACKS 1 oz dark chocolate and almonds
Friday	BREAKFAST Overnight Oatmeal w/ blueberries or toppings of choice *	LUNCH Leftover Chicken Stir Fry w/ strawberries	DINNER Rice & Veggie Bowl	SNACKS WG toast w/ peanut butter Yogurt cup
Saturday	BREAKFAST WG toast w/ peanut butter and banana	LUNCH Grain bowl w/ rice, roasted vegetables and protein of choice	DINNER Baked fish w/ roasted sweet potatoes and broccoli	SNACKS 1 glass of milk 1 hardboiled egg
Sunday	BREAKFAST Egg omelet made w/ fresh veggies 1 glass of OJ	LUNCH Baked chicken breast w/ raw veggies and hummus	DINNER Iron-fortified pasta w/ tomato meat sauce and peas	SNACKS 1 fruit smoothie

Abbreviation Key WG: Whole Grain OJ: Orange Juice DIY: Do It Yourself *: See Recipe Card attached



SAMPLE LEAD POISON PREVENTION MENU FOR FAMILIES – WEEK 2

Monday	BREAKFAST Kale & Sausage Frittata w/ a glass of OJ	LUNCH Ham & Cheese sandwich on WG bread w/ baked potato chips	DINNER Lemon & herbs chicken w/ wild rice and broccoli	SNACKS Nut mix of almonds, cashews and pecans
Tuesday	BREAKFAST Iron-fortified oatmeal w/ low fat milk topped with strawberries	LUNCH Grain bowl w/ rice, black beans, corn and tomato salsa	DINNER Iron fortified pasta w/ basil pesto sauce and a glass of milk	SNACKS Sliced bell peppers, carrot sticks and hummus
Wednesday	BREAKFAST WG Toast w/ peanut butter and banana	LUNCH Lentil Soup (canned or homemade)	DINNER Cheeseburger on WG bun w/ homemade fries *	SNACKS DIY Protein balls *
Thursday	BREAKFAST Yogurt parfait w/ berries and granola	LUNCH Chicken salad on WG bread w/ apple slices	DINNER Stir Fry w/ bell peppers, broccoli and snap peas *	SNACKS Dried figs and pistachios
Friday	BREAKFAST Overnight Oatmeal w/ blueberries or toppings of choice *	LUNCH Leftover chicken salad and fruit cup	DINNER Baked fish w/ rice, roasted tomatoes and zucchini	SNACKS 1 peanut butter banana smoothie
Saturday	BREAKFAST WG Toast w/ peanut butter and glass of OJ	LUNCH Fish tacos: tortilla, baked fish, lettuce, salsa, avocado	DINNER Black bean and avocado quesadillas w/ desired toppings	SNACKS 1 glass of 100% juice 1 hardboiled egg
Sunday	BREAKFAST Scrambled eggs w/ avocado toast	LUNCH Baked Chicken breast w/ raw veggies and hummus	DINNER Iron-fortified pasta w/ tomato meat sauce and roasted veggies	SNACKS WG toast w/ peanut butter and strawberries

Abbreviation Key WG: Whole Grain OJ: Orange Juice DIY: Do It Yourself *: See Recipe Card attached





Cleveland Department of Public Health



CHILDHOOD LEAD POISONING PREVENTION PROGRAM

75 Eriewview Plaza, 3rd Floor

Cleveland, Ohio 44114

(216) 263-LEAD (5323)

EASY WAYS TO REDUCE LEAD IN YOUR CHILD'S ENVIRONMENT

Keep lead dust and dirt out of your children's mouths!

- Wash the toys that they put in their mouths.
- Wash their hands often: before meals, snacks, and bedtime.

Bust the lead dust!

- Wipe down surfaces which children can touch, especially window sills and wells. Use a disposable wet rag or paper towel.
- Use soapy water and old rags or paper towels. Throw them away after cleaning. (Wear rubber gloves)

Leave lead outdoors!

- Place a long rug at each entrance way. (Replace rug at least two times every year.)
- Remove shoes at door and use house slippers inside.

Provide a lead-safe play space for your children!

- **Outside** - play on grass, not dirt. If possible, provide a place with clean sand to play in.
- **Inside** - place a clean blanket on the floor or carpet for babies to play on, keeping the same side up, and washing it often.

Provide balanced meals and snacks for your children. Include foods rich in vitamin C, iron, and calcium and low in fat!

- Serve 4 - 6 small meals to children each day.
- Include foods high in iron – lean meat, liver, prunes, raisins, and cereal.
- Include foods high in calcium – milk, yogurt, cheese, green leafy vegetables.
- Include foods high in vitamin C – oranges, tomatoes, orange juice.



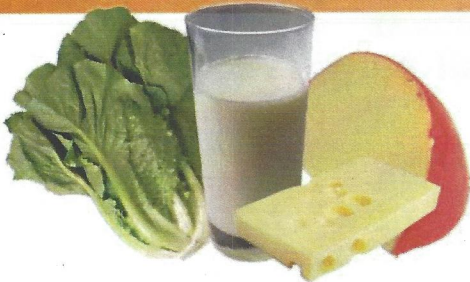
Cleveland Department of Public Health

Lead Safe
Living
Healthy Homes

NUTRITION AND LEAD POISONING

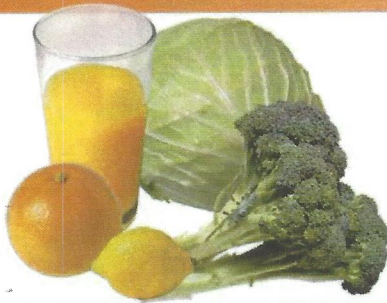
A healthy diet and regular meals will help protect children from absorbing lead. Some important nutrients to prevent lead poisoning include:

CALCIUM



milk, cheese, yogurt, dark green leafy vegetables, cottage cheese and tofu

VITAMIN C



citrus fruits and juices, broccoli, beets, cabbage, potatoes and tomatoes

IRON



Lean meats, eggs, potatoes, beets, tomatoes, greens, dried beans, spinach, raisins, peanut butter

Serve three balanced meals with a healthy snack in between meals each day. To prepare foods so they are LOW in fat, try baking or broiling instead of frying.

Cleveland Department of Public Health / Lead Safe Living Healthy Homes Program

75 Erievue Plaza, 3rd Floor, Cleveland, Ohio 44114 / Phone: (216)263-LEAD (5323) Fax: (216)664-3353



Chocolate Peanut Butter Banana Smoothie

Prep Time:

5 minutes

Skill Level:

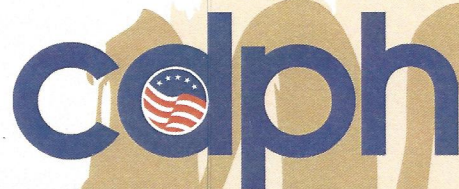
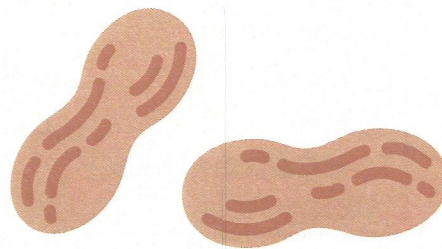
Easy

Ingredients:

- 1 large, ripe banana, cut in slices and frozen
- 1/2 cup unsweetened almond milk
- 2 Tbsp creamy peanut butter
- 1 Tbsp unsweetened cocoa powder
- 1/4 tsp vanilla extract

Steps:

1. Place all ingredients to a blender.
2. Blend on high until smooth. Add 1/4 cup more milk if needed to blend well.
3. Serve immediately.



Cleveland Department of Public Health



Cherry-Peach Smoothie



Ingredients

- 1 cup pitted fresh OR frozen cherries
- 1 fresh peach, sliced OR 1 cup of frozen peach slices
- 6 oz. non-fat Black Cherry OR Peach flavored Greek yogurt
- 1/2 cup low-fat milk
- 1 cup fresh baby spinach

Prep Time

- 5 minutes

Skill Level

- Easy



Cleveland Department of Public Health

Steps

- 01** Place all ingredients in a blender.
- 02** Blend on high until smooth. Add 1/4 cup more milk if needed to blend well.

Tips

In-season fruit is less costly and sweeter!

- Local cherries are in-season in June & July!
- Local peaches are in-season in July, August and September!

Healthy Tips for Active Play



Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



Your child loves to move!

Encourage your child to play actively several times each day. Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child's TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

If you can usually answer yes to these statements, your child is probably getting enough active play.

