



Tools



Dedicated to the Prevention of Childhood Obesity

Make **HEALTHY CHOICES** for Life! SM

Choose 5-A-Day servings of
fruits & vegetables!

Have more water & less sugary beverages!

Opt for healthy snacks!

Increase active play &
decrease screen time!

Choose 3-A-Day servings of
low-fat dairy products!

Enjoy a healthy breakfast!

Serve a smart portion size!



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Weight Tracking Chart

The following **Weight Tracking Chart** can be used to help individuals track their weight over a period of 12 weeks. It is a great tool to use as part of a staff wellness program. It will help in accomplishing each person's goal, whether they want to lose, gain, or maintain their weight.

It is easy to use:

- The first weight taken will be the baseline weight.
- After that each following weight will be marked according to the change from the baseline.
 - o For example, if the baseline weight was 165 lbs., and the weight for week 8 is 160 lbs., it will be marked as -5 lbs. under week 8 because the change is -5 lbs.

Weight Tracking Chart

	1	2	3	4	5	6	7	8	9	10	11	12
8 lbs												
6 lbs												
4 lbs												
2lbs												
Baseline												
-2lbs												
-4 lbs												
-6 lbs												
-8 lbs												
Weeks	1	2	3	4	5	6	7	8	9	10	11	12

Community Donation Letter Template

[School's Letterhead]

[Date]

Dear Community Partner,

At [Name of School] we are creating a healthy school environment through the CHOICES program. To accomplish this goal we are encouraging our students and staff to do the following behaviors:

Choose 5-A-Day servings of fruits and vegetables!

Have more water & less sugary beverages!

Opt for healthy snacks!

Increase active play & decrease screen time!

Choose 3-A-Day of low-fat dairy products!

Enjoy a healthy breakfast!

Serve a smart portions size!

We are asking our community partners to join us in this effort by donating _____ . We currently have _____ students and staff participating in this program.

Healthy products donated by (name of business, establishment, or group) will be labeled as such and will show the community your support in helping our children.

Thank you for your consideration. If you have any questions, you can contact me at (phone number or email)

Sincerely,

(Name)

(Title)

Parent and Staff Handouts

Oliver Foundation

www.oliverfoundation.com/educators.html

Teachers and administrators can sign up to receive the monthly newsletter, Oliver's Team Talk ®, which is full of healthy tips for all ages. An archive of past newsletters is also available on the website.

Fruits and Veggies Matter

www.fruitsandveggiesmatter.gov/publications/index.html

This is a CDC website with many publications which are great as handouts for parents and staff. The publications include "Kid Friendly Recipes," "Fruit and Veggies on the Go", "10 Ways to Help Kids Eat More Fruits and Veggies," etc.

SquareMeals

www.squaremeals.org

A Texas Department of Agriculture website full of nutrition publications which are found under the "For Parents" tab. Some examples are "10 Ways to Improve Your Family's Eating Habits," "A Serving of Fun," "Suggestions for Nutritious Snacks," etc. Many of the publications are also available in Spanish

We Can!™ "Ways to Enhance Children's Activity and Nutrition"

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

A website created by the National Heart Lung and Blood institute. It has helpful materials under the Resources section such as a Food Comparison Chart, U R What U Eat Flier, Making Healthier Food Choices and more.

School Breakfast Announcement!

School Breakfast Ensures That All Students Start School Ready to Learn

Here's why:

Research shows that kids who eat a nutritious breakfast have:

- o Better test scores
- o Longer attention spans
- o Improved attendance
- o Fewer disciplinary problems

Many kids don't eat breakfast at home:

For many busy families, there is often not enough time in the morning to make breakfast. Other kids report that they simply are not hungry when they first get up.

School breakfast can supplement your budget:

The low prices offered make eating breakfast at school good for your budget. Contact the Child Nutrition Department for current pricing. Please contact the school's office for a free/reduced price School Meals Application.

Help your kids succeed in school!

Breakfast at our school is served
Monday through Friday
_____ A.M. – _____ A.M.

Frequently Asked Questions from Parents

1. What is the difference between skim, low fat, and whole milk?

All of these have the same amount of calcium which is very important for growing bones, but there are differences in fat content. Whole milk has the most fat (8grams fat) and is the best choice for children two and younger. Older and adults should opt for skim milk. Low fat milk comes in 2% (4.5 grams fat, 120 calories), 1 % (2.5 grams fat, 110 calories), skim or fat free milk has no fat and 80 calories, and whole milk has 8 grams fat and 150 calories.

2. What are other foods I can give my child to get calcium?

Adequate calcium intake is important with 4 – 8 year old children requiring about 800 mg. and 9 -18 year olds requiring about 1300 mg. daily. Calcium is found in dairy products like low fat yogurt and cheese. Calcium can also come from green vegetables like mustard greens, okra, and broccoli, or from dried beans and soy products. Additionally, there are a number of calcium fortified products like juices or whole grain breads and cereals.

3. Can I use frozen or canned vegetables and fruits, or do they have to be fresh?

Frozen and canned are great and convenient substitutes for use when you do not have fresh fruit available. For fruits, choose varieties that are packaged without sugar. Both frozen and canned products allow you to always have fruits and vegetables on hand when you need them.

4. How do I get my child to eat more fruits and vegetables?

Involve your children in grocery shopping weekly, allowing them to choose a new fruit or vegetable. In this way, a child may be more inclined to at least try the interesting food he/she has chosen. Sometimes allowing a child to assist in making a “fun” fruit or vegetable dish encourages them to try the new food.

5. How much exercise should my child get every day?

Children should get about 60 minutes of moderate to vigorous physical activity each day. Finding fun ways to be active like flying a kite, playing on the playground, or dancing helps to make physical activity fun and entertaining. Kids like to be physically active and exercise with their parents too. Make it a family event.

6. What kind of drinks should I provide for my child?

Sugary beverages with little nutritional value like sodas, sports drinks, and punch should be kept to a minimum. Better choices are water and skim milk.

7. How often should I give my child sweets?

Sweets should be offered in moderation. This includes limiting the serving size and number of portions, making sure not to outright restrict access to sweets and baked good. A good way to insure your child does not have too much of these foods is to keep them limited in your home and out of sight in a cabinet. Having to go out for these foods generally means people eat less of them and it's also a fun family outing.

8. How do I determine if the meals I have planned are healthy?

Go for a colorful variety of foods on the plate which will insure that your meal provides a number of vitamins and nutrients. Also, choose a single food from at least four of the five main food groups, keeping fats and oils to a minimum. Remember, your kids should have at least one or more servings of fruits and vegetables and low fat dairy or skim milk at each meal.

9. Why do people say to “go for a lifestyle change instead of dieting”?

A lifestyle change is permanent and includes making new healthy habits to replace old behaviors. Examples include making sure to have a fruit and/or vegetable with each meal. And being active at least a few times each week instead of a few times each month.

A diet is usually a temporary change in eating and/or exercise to lose weight. The problem with these short term plans is that the results typically do not last as people will often go back to their “old” eating habits because they can't stay on the “diet”.

10. There seems like so much to do. How do I begin to make these changes?

ALWAYS focus on making one or two changes at a time. Go for those things that are easiest for your family to change so that you can be successful. Once you make a change or two, stick with it until you are successful for a few weeks. When you are ready, go for another change, but remember to go slowly so that you can build a new, healthy habit that you and your family will be able to keep up for the long term.

Have more water & less sugary beverages!

When you sweat during exercise, your body loses water. Less water in your body may lead to muscle cramps, and you may feel tired and weak. You need to add more water back to your body, so you can keep active. Drink plain, cool water before, during, and after exercise. If you're really tired, suck on orange slices to add important minerals back to your body. Stay away from sugary drinks like sodas. Cola drinks and iced teas are not good choices because they contain caffeine, which makes you go to the bathroom more often, so you end up losing even more water from your body. Fresh water — that's your best bet to beat sweat!

Think you're not sweating when you play and swim all day in the water? Think again. You may not notice it, but you're still sweating. So be sure to drink, even if you don't feel thirsty!

*If you are very active in sports or exercising in a hot climate for extended periods of time, you may need water based drink that has added electrolytes. Consult your nutrition specialist.

Serve a smart portion size!

A "portion" can be thought of as the amount of a specific food you **choose** to eat for dinner, snack, or other eating occasion. Portions, of course can be bigger or smaller than the recommended food servings.

A "serving" is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the *Dietary Guidelines for Americans*.

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For example, 6-11 servings of whole grains are recommended daily. A recommended serving of whole grains would be 1 slice of bread or 1/2 cup of rice or pasta. (Download the Serving Size Card for more examples of recommended serving sizes from the website below). People often confuse the recommendation to mean 6 to 11 *portions* with no regard to size. It is not 6 to 11 portions where one portion could mean a large bowl of pasta rather than 1/2 cup. Keep an eye on portion size to see how your portions compare with the recommended servings.

<http://hp2010.nhlbihin.net/portion/keep.htm>

Benefits of consuming low-fat dairy products

Research has shown that increased consumption of dairy products, by both children and adults, results in **increased bone density** later in life and a **reduced risk of osteoporosis**.

Emerging research indicates consuming three servings of low-fat dairy products as part of a healthy diet and exercise plan will help with **weight loss and weight maintenance**.

Numerous studies have found that increasing the intake of calcium, potassium and magnesium – nutrients found in dairy foods – **lowers blood pressure** and helps **reduce the risk of hypertension**.

<http://www.wisdairy.com/OtherDairyProductInfo/HealthNutrition/HealthBenefits.aspx>

Benefits of Increasing Physical Activity

***Heart Disease and Stroke.** Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow, and increasing your heart's working capacity.

***Psychological Effects.** Regular physical activity can improve your mood and the way you feel about yourself. Researchers also have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.

***Obesity.** Physical activity helps to reduce body fat by building or preserving muscle mass and improving the body's ability to use calories. When physical activity is combined with proper nutrition, it can help control weight and prevent obesity, a major risk factor for many diseases.

<http://www.nutristrategy.com/health.htm>

Websites for Nutrition Resources

American Heart Association for Kids

(www.americanheart.org/presenter.jhtml?identifier=3028650)

Activities and lessons by grade level, dealing with both nutrition and physical activity.

eNasco

(www.enasco.com/nutrition)

Nutrition teaching aids such as models of the food pyramid, food models, and muscle and fat models.

Health Edco

(www.healthedco.com)

Nutrition teaching aids such as test tubes showing the sugar and fat content of foods, food models, and displays.

Healthy Kids Challenge

(www.healthykidschallenge.com/?q=teaching-tool-box/resources/educator-tools)

Use every day ways to guide schools, communities, and programs in creating solutions to help kids and families Connect Health And Needs, Get Excited (C.H.A.N.G.E).

MyPyramid for Kids Classroom Materials

(teamnutrition.usda.gov/resources/mypyramidclassroom.html)

Lessons correlated with “mypyramid for kids” by grade level.

Nutrition Explorations EDUCATORS

(www.nutritionexplorations.org/educators/main.asp)

Nutrition education materials for all ages.

The Oliver Foundation

(www.oliverfoundation.org)

Information on the foundation, resources, tips, and links to many more websites. Plus recipes and monthly Newsletters

The OrganWise Guys

(www.organwiseguys.com)

Wellness Education Materials that are ideal vehicles for communicating health issues, inciting behavior change, and enlivening the education process for any age group.

PE Central

(www.pecentral.org)

Website for health and physical education teachers, parents and kids.

Shape Up America! Pediatric BMI Assessment Tool

(www.shapeup.org/prof/oap.php)

This site allows schools and school nurses to track students' BMIs by graphing up to six sets of data per student.

Square Meals

(squaremeals.org)

A website from the Texas Department of Agriculture that provides nutrition materials, such as posters and brochures for parents and kids.

Take 10 Classroom-based Physical Activity Program

(www.take10.net)

Movement in the classroom program.

We Can!™ "Ways to Enhance Children's Activity and Nutrition"

(www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

We Can!™ provides families and communities with tips and resources to help them make healthier choices.

What Moves U (www.nflrush.com/health/wmuplanner)

A program that challenges youth to get active and play for at least 60 minutes every day.

H-E-B Buddy(<http://www.hebuddy.com/>) provides fun nutrition games, recipes, clubs and contests. Check out the free field trips in your area link. Be a healthy Buddy field trips are geared for K-6th grade. Learn about healthy living, nutrition, meal planning, decision making, economic principles and careers.

Grant Opportunities

Following are a list of some grants that can help your school spread the Oliver Kids Team® HEALTHY CHOICES! The availability of the grant may vary by year and state, so check out all these websites for new and updated grant opportunities.

Dairy Max The New Look of Milk Grant- grant funds can be used to upgrade milk merchandising equipment on the reimbursable serving lines or for purchasing recycling bins and recycling equipment or to purchase Ultimate School Restyle cafeteria signage. More information is available at www.dairymax.org under “Tools for Schools.”

Dairy Max Expanding Breakfast- available to schools participating in the National School Breakfast Program. The grants will help schools implement their wellness policies through the establishment of an alternative breakfast service method designed to increase breakfast participation. More information is available at www.dairymax.org under “Tools for Schools.”

Love Your Veggies Grant- awarded to schools to support programs that help provide students with increased access to, and consumption of fresh, healthy foods made available through an on-campus vegetable consumption program. More information available at www.loveyourveggies.com

3-A-Day of Dairy Nutrition Education Grant- awarded to organizations/individuals that come up with innovative, community-based nutrition education programs aimed at empowering kids to become advocates for healthy eating, including three servings of dairy a day. More information can be found at www.nutritionexplorations.org/educators/3-a-day-grant.asp

HealthierUS School Challenge- established to encourage school to take a leadership role in helping students learn to make healthy eating and active lifestyle choices. Eligible schools are awarded a recognition plaque and may receive other awards that promote and support the principles of the Challenge. More information available at www.fns.usda.gov/tn/HealthierUS/index.html

School Breakfast Expansion Grant- available through Action for Healthy Kids, this grant offers schools that currently participate in the School Breakfast Program with greater than 50% eligibility for free and reduced-price meals the opportunity to increase their average daily student participation through the implementation of alternative breakfast programs, innovative

marketing and promotion practices, and/or enhancement of the school breakfast experience through educational enrichment activities. More information available at www.opi.mt.gov/pdf/schoolfood/grants/SchoolBrkfstRFP.pdf

Regional Community Health Grants- available through AETNA, these grants are awarded for philanthropic initiatives focused on health care issues in specific communities. More information is available at www.aetna.com/foundation/grants_reg/

Oliver Foundation, Houston,, TX – provides grants for nutrition and physical activity educational programs with elementary age students for the prevention of childhood obesity. More information is available at www.oliverfoundation.org

Community partners such as your local grocery and fitness apparel stores may also have their own funding programs for schools implementing these types of program.