



HEALTHY LIVING MATTERS

Connecting Policy to the Future

LEARN

PLAY

EAT

A Houston/Harris County Childhood Obesity Prevention Collaborative

Early Care & Education/Out-of-School Time Sector Edition October 2016



Contact us:

Phone:
713-439-6118

Email:
info@healthylivingmatters.net

Website:
www.healthylivingmatters.net

Click here
to subscribe to this
newsletter!



SPOTLIGHT FROM THE FIELD

Natasha Owoseni, Director of [Heritage of Love Academy](#) in Kennedale, TX, attended our session on *Healthy Living Matters in Early Childhood* this summer and has since started implementing healthy changes in her center. According to Mrs. Owoseni, "we are in the process of building an above-ground garden at our center and we're teaching the children how to grow their own food. We have also redone our menus to incorporate more fresh fruits and vegetables, portion control, and I'm adding healthy tips in the monthly newsletter for the parents".

Mrs. Owoseni is also incorporating more physical activity during the day, including stretch time before nap time as shown in the picture below. Additionally, Ms. Owoseni is a Registered Trainer and in response to our [Call to Action](#), she recently submitted a training proposal titled "Improving Health: Nature's Role in Fostering Healthier Children, Families and Communities". If approved, this training will be listed on the [Texas Trainer Registry](#), accessible to any who might be interested in it.



We applaud the efforts that centers like Heritage of Love Academy are making to improve the health of our young ones and hope that others feel motivated to do so as well.

If your facility or program is doing great things around nutrition and/or physical activity, and would like us to share your story, please contact us at info@healthylivingmatters.net.

EAT



The [National Resource Center for Health and Safety in Child Care and Early Education](#) (NRC) manages the updating of the [Caring for our Children](#) (CFOC) standards. CFOC is a collection of national standards that represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

The NRC website includes various resources on healthy eating, including:

- [CFOC online searchable database](#)
- [Water & Juice Tip Sheet](#)
- [Family checklist for Nutrition in Early Care and Education](#)

PLAY



[SPARK](#) is an organization dedicated to creating, implementing, and evaluating research-based programs that promote lifelong wellness. SPARK has developed a physical activity curriculum for the early childhood years and has provided some free sample lesson plans on their website. These free units describe fun activities to get your kids moving! [Click here](#) to download the 11 available lesson plans.

LEARN

Project Heart

Activities for the Classroom

[Project Heart](#), a project of the [Texas Heart Institute](#), was developed to help educators teach kids about nutrition, fitness and heart health with online games. Kids can play their way through challenging levels in Cool-E's health game arcade for kids while learning about food groups, meal choices, fitness, vitamins, and more. [Click here](#) to access this free interactive tool!



FOR PARENTS & FAMILIES

The [United States Department of Agriculture](#) (USDA) has developed some great resources to share with families to help them improve their eating habits at home. Examples of those resources include:

- [Eating on a Budget – The Three Ps](#)
- [Smart Shopping for Veggies & Fruits](#)
- [An Active Lifestyle](#)

To access a complete catalog of printable materials, [click here](#).

UPCOMING EVENTS

Healthy Living Matters (HLM) Collaborative Meeting

Friday, October 28, 2016 from 1:30 PM - 4:00 PM

DePelchin Children's Center, 4950 Memorial Dr, Houston, TX 77007

[More information](#)

Southern Obesity Summit

November 13-15, 2016

JW Marriott Houston Galleria

[More information](#)

HLM Early Care & Education/Out-of-School Time Action Team Meeting

Thursday, December 1, 2016 from 9:00 AM - 10:00 AM

Harris County Public Health, 2223 West Loop South, Houston, TX 77027

For more information, contact Katie Chennisi at cchennisi@hcphe.org.

Preschool Teachers Adventure Conference

Saturday, January 28, 2017 from 8:00 AM - 3:00 PM

10555 Spring-Cypress Rd, Houston TX, 77070

[More information](#)

R.T. Garcia Early Childhood Winter Conference

Saturday, January 28, 2016 from 8:30 AM - 3:30 PM

Harris County Department of Education, 6300 Irvington Blvd, Houston, TX 77022

[More information](#)

To view more events, visit our [Calendar of Events webpage](#).