



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 Issue No. 8



In This Issue

[Spotlight from the Field](#)

[FoodChamps](#)

[Million Mile Month](#)

[Action Based Learning](#)

[WIC](#)

[Upcoming Events](#)

Contact us:



SPOTLIGHT FROM THE FIELD

[New Faith Church Early Childhood Development Center](#) is a faith-based learning facility located in Houston, Texas. They aim to develop children spiritually, physically, socially, and emotionally.

In 2015 they became a part of the [Child and Adult Care Food Program \(CACFP\)](#). According to Ms. Dawn Buie, Center Director, "We decided to pursue this opportunity because we felt that it was the best route to be able to provide our children with the food that they need to grow and be healthy – in particular, fruits and vegetables".

Phone:
713-439-6118

Email:
info@healthylivingmatters.net

Website:
www.healthylivingmatters.net

**SUBSCRIBE TO OUR
NEWSLETTER**
[click here »](#)



Previous Issues

[February](#)

[January](#)

[December](#)

[October](#)

[September](#)

[August](#)

[July](#)

Since being a part of the CACFP they have participated in various nutrition training opportunities, and have obtained many resources to help them with healthy meal preparation. These resources include newsletters, shopping lists, menu planners, and recipes. To learn more about the CACFP and how to participate, [click here](#).

New Faith is also in the process of partnering with [Brighter Bites](#) over the summer to provide families with 30 pounds of fresh fruits and vegetables weekly. According to Ms. Buie, "The changes we are making in child nutrition are in line with our whole child approach of healthy mind, body and spirit." For questions, please contact Ms. Dawn Buie at 713-434-4020 or dhobbs@newfaithchurch.org.

We applaud the efforts that centers like New Faith Church Early Childhood Development Center 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](#).

EAT



FoodChamps.org is part of the new Fruits & Veggies–More Matters® health initiative. In simple, user–friendly ways, Fruits & Veggies–More Matters offers expert cooking advice, nutrition information and shopping tips to help you, you students and families eat more fruits and vegetables at every eating occasion. Initiated by Produce For Better Health Foundation, Fruits & Veggies–More Matters demonstrates that eating MORE fruits and vegetables does matter to all of us. It's a great way to stay healthy and a perfect fit for busy lives.



FoodChamps.org helps get the message to kids by offering a fun way for kids to learn how to make mealtime fun and healthy. This website contains some great games and activities to help you get your kids excited about fruits and vegetables and help them start eating more. [Click here](#) to enjoy!

PLAY



[Million Mile Month™](#) challenges individuals, and groups of any kind to

join together as a global community to complete one million miles of physical activity during the month of April; in order to engage individuals in a huge cause: their health.

Million Mile Month is for everyone. Just get up, have fun and start moving: walking, running, cycling, swimming, yoga, and more. The activity of your choice, at your speed and the day/time best for you. Complete your miles, log your activity on the website, and help reach the million mile mark. Together, we can further improve our health. There is a chance to win prizes if you participate! Sign up now at www.millionmilemonth.org!

LEARN



We would like to thank all those who applied for our Action Based Learning™ workshop registration scholarship!

We are happy to announce **Ms. Ann McKitrck** and **Ms. Shiauyun Kane** as the winners of this opportunity! They are both registered trainers listed on the Texas Trainer Registry. After attending this workshop they will become Certified Trainers in Action Based Learning and as such, will be essential in supporting active learning in child care settings and will be able to train other professionals in this topic.

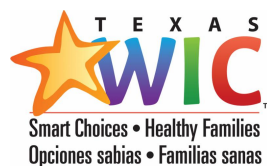
HLM would also like to acknowledge the following trainers who submitted their applications and have signed the [Call to Action](#), committing to help make training in obesity prevention topics more available:

- **Dr. Beverly Ashley**, Trainer, A+ Center for Education
- **Natasha Owoseni**, Trainer, Integrity Training & Prof. Services
- **Vicki Hill**, Trainer, Tick Tock Training
- **Channell Cook**, Child Development Instructor, Lee College/Trainer, Baytown Early Educators
- **Shiauyun Kane**, Program Manager, U of H Children's Learning Center
- **Yvette Daniel**, Trainer, The Professional Profile
- **Cheryl Howard**, Child Care Consultant, AGL

- **Dee Wasson**, Trainer, Time to Train
- **Cammy Herrera**, Trainer & Owner, MC Preschool
- **Tracy Payne**, Trainer, School Ready Solutions
- **Ann McKitrick**, Owner, Texas Childcare Training / Trainer, Teaching Strategies
- **Ceila Garcia-Szyska**, Independent Trainer
- **Carolyn Allison Larsen**, Trainer, Children's Literacy Institute/Smart Moves in Education
- **Helen Williams**, Trainer, CAPSS Children and Parent Social Services
- **Gene Cambridge**, President/Trainer, The Bridge Group SES
- **Laura Minnigerode**, Instructor, Austin Community College/Independent Trainer
- **Noureen Nathani, M.Ed.**, Trainer, Train Bright
- **Amber Welguisz**, Trainer, BIGThinkers
- **Jo-Ann Johnson**, Independent Trainer
- **Christine Alderman, M.Ed.**, Independent Trainer
- **Laura Varnell, M.Ed.**, Trainer and Child Care Health Consultant
- **Astrid Laws Gulley**, Senior Training & Development Specialist, Minding YOB Services

To access these trainers and their courses, visit the [Texas Early Childhood Professional Development System \(TECPDS\) website](#).

FOR PARENTS & FAMILIES



The Women, Infants and Children (WIC) program is a federally-funded public health nutrition program, administered through the [Texas Department of State Health Services](#). This program provides assistance to Women, Infants and Children up to age 5. WIC provides:

1. Nutrition Education
2. Breastfeeding Promotion and Support
3. Healthy Foods
4. Referrals to Health and Social Service Programs

Everyone is eligible to apply for WIC Services! To find out if you or someone you know qualifies, please call the Harris County WIC Appointment Line at 713-407-5800. To learn more, [click here](#).

Children at Risk 2017 Children's Summit

Thursday, March 30th, 2017 from 11:00 AM - 1:30 PM

Univision's Uforia Lounge, 5100 Southwest Freeway, Houston, TX 77056

[More information](#)

HLM Advocacy Day

Monday, April 3, 2017

Texas State Capitol, 1100 Congress Ave, Austin, TX 78701

For more information, please email Mark Solano at msolano@hcpbes.org

CHILD Plant a Rainbow - The Future of Early Learning Conference

Saturday, April 22, 2017 from 8:30 AM - 3:30 PM

University of Houston, Central Campus Student Center South, 4455 University Dr, Houston, TX 77204

[More information](#)

Afterschool Professionals Appreciation Week

April 24-28, 2017

[More information](#)

NAEYC Week of the Young Child

April 24-28, 2017

[More information](#)

NAEYC Tasty Tuesday (Healthy eating and fitness at home and school)

Tuesday, April 25, 2017

[More information](#)

Healthy Living Matters (HLM) Early Care & Education/Out-of-School Time Action Team Meeting

Thursday, April 27, 2017 from 9 AM - 10 AM

Harris County Public Library Central Office, 5749 South Loop East, Houston, TX 77033

For more information contact Katie Chennisi at cchennisi@hcpbes.org

Texas Association for Family Child Care (TAFCC) Conference

April 28-30, 2017

The Radisson Hotel, 2450 Meachum Blvd, Fort Worth, TX

[More information](#)

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