Agenda Item VI Presentation #1 Stay & Play



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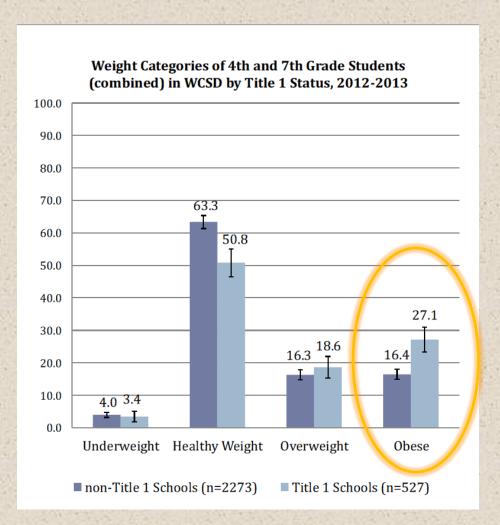
Video: An Apple a Day Isn't Enough

a poem by Taylor Mali

https://www.youtube.com/watch?v=4SJ3T6EM3qU

Why Offer Nutrition Education?

- Childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years
- Childhood obesity is more prevalent in low income neighborhoods (Title 1 Schools)



Why Offer Nutrition Education to Children?

- Children are presented with opportunities to make food choices
- Children have a say at the grocery store
- Change their mind through positive reinforcements
- Stay & Play reinforces positive food choices



Food Bank of Northern Nevada's Summer Food Service Program

SFSP

- During summer months, free lunch is served to children, ages 1-18, at select low income neighborhood parks in the Reno and Sparks area
- 42 sites last summer
- Meals served last summer: 51,736



SFSP Nutrition Education

 Emphasis on exercise with nutrition topics and goals

Parachute,
 relay races, jump
 rope, red light
 green light, Simon
 Says



Applying the Division of Responsibility in Activity

 Adults are responsible for structure, safety and opportunities; children are responsible for how much and whether they participate.



Applying Division of Responsibility in Feeding

 Adults do the what, when and where of feeding, children do the how much and whether of eating.



Resources

Choosemyplate.gov

- Online games
- Recipes
- Activity sheets
- Visuals/Posters

Superhealthykids.com

Recipes

Ellynsatterinstitute.org Thefeedingdoctor.com Letsmove.gov
UNR Cooperative Extension



Questions?

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