



Dennis McNerney  
County Executive

Bergen County Health Promotion Resource Center

# The Health Resource Letter

September/October 2008

## Board of Chosen Freeholders

Tomas J. Padilla, Chairman • Elizabeth Calabrese, Vice Chairwoman

James M. Carroll • David L. Ganz • Bernadette P. McPherson • Julie O'Brien • Vernon C. Walton

Welcome to a new school year and some exciting news from the Office of Health Promotion Resource Center! This month we are launching *Eat Smart, Play Hard Challenge* a series of events designed to help students move more and make healthy eating choices.

You will automatically receive materials to help you implement upcoming monthly events prior to the event. If your school participates in 6 of the following activities, your school will receive a banner declaring

**“We Met the Eat Smart, Play Hard Challenge!”** You may participate in all, or any, of the events. Staff from the Office of Health Promotion are available for technical assistance and advice. We hope you will enjoy this year’s *Challenge* and find it both helpful and fun.

Of course, we still have audiovisual materials available for you to borrow. Enclosed you will find an updated list of materials about physical activity and nutrition. Other topics are still available. The complete catalog is available on line.

## *Eat Right, Play Hard Challenge 2008-2009*

### **September 22-26, 2008, Pack Assorted Colors for Kids (P.A.C.K.) Week!**

This marks the 2<sup>nd</sup> annual national P.A.C.K. Week initiative to encourage kids at the elementary school level to eat more fruits and vegetables at school. This fun and educational program is in support of Fruits & Veggies – More matters Month™ and helps jump start healthy habits that last throughout the year.

### **October 8, 2008, Walk to/at School Day**

In the U.S., International Walk to School Day is expected to include 5,000 schools from all 50 states. Walkers from the U.S. will join children and adults in 40 countries around the world. Walk to School events emphasize physical activity among children and help build connections between families, schools and the broader community.

### **November-Question of the Day**

A month-long event that will help students learn about the importance of nutrition and physical activity by testing their knowledge on a daily basis. The Office of Health Promotion will provide the questions and answers.

### **December-Healthy Holiday Food Drive**

Local food pantries are always in need of nutritious food for your neighbors in need. Spread the holiday spirit by conducting a food drive in your school. The Office of Health Promotion will provide a list for appropriate foods. Health Department staff will pick up your schools donation and deliver it to a Bergen County food pantry.

### **January-Family Day - A Day to Eat Dinner with Your Children**

This is a national effort to promote parental engagement as a simple, effective way to raise healthier children. Family Day is meant to emphasize the importance of regular family activities as a way to facilitate parent-child communication and encourage Americans to make family dinners a regular feature of their lives. Any day of the month can be a Family Day.



Health Promotion Resource Center  
Bergen County Department of Health Services  
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895  
[www.bergenhealth.org](http://www.bergenhealth.org) • 201-634-2703

**February-Cooking Our Way to a Healthier Life**

This recipe contest gives students the opportunity to learn about nutrition and create healthy recipes in the kitchen. It also gives them a chance to cook with an adult and then share their creations with their classmates.

**March-Student/Faculty Volleyball Game**

The students will take on the faculty/staff for a one-game event. Your school can organize this event in anyway you choose. The game can be run by the student government or PTA/PTO. The event would also make a nice fundraiser.

**April-Walk at Work Day (date to be announced)**

Walk at Work Day is part of the National Employee Health and Fitness Day, the largest worksite community health and fitness program in the United States. During this event, businesses, organizations, schools, and even individuals engage in a 30-minute walk. Those that do not exercise regularly can split the 30 minutes into three 10-minute increments or two 15-minute increments.

**May 6, 2009-Project ACES..."All Children Exercise Simultaneously"**

On this day, at 10 AM, children around the world will participate in some form of exercise. Each school organizes its own 15 minute program. There is no specific routine to follow, just have the children do some form of exercise.

**HERE'S HOW YOUR SCHOOL EARNS A "We Mastered the *Plan!*" BANNER**

1. Your school must participate in a minimum of 6 events.
2. Complete the enclosed Participation Form each time you complete an activity.
3. Return it during May to:

Marge Doremus, PhD, RD  
Bergen County Department of Health Services  
327 E. Ridgewood Avenue  
Paramus, NJ 07652

Please contact me at [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us) or 201-634-2703 if you have any questions, comments or concerns.

