



FYI Connections

A monthly newsletter for Tuscarawas County families.

September 2006

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Red Cross Buehler's
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Harcatus Head Start
- Indian Valley Schools
- Kiwanis
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H Super Fitness
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

- American Cancer Society
- Dairy Farmers of America
- Dover Lions
- New Philadelphia Kiwanis
- New Philadelphia Lions
- Tuscarawas County Dairy Farmers Association

For more information about Fit Youth Initiative contact:

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Tuscarawas County
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Food & Fitness Tips for Families

Parents...Be Your Child's Partner in Breakfast!

What's the best way to start the day? By eating breakfast of course! Children who eat breakfast will not have hunger symptoms which cause them to be cranky, tired or sleepy, or get stomachaches or headaches while they are at school. Breakfast eaters are better able to concentrate and learn! It is proven that student *attention*, *attendance*, and *achievement* improve with breakfast. Children who eat breakfast are also more likely to meet daily nutrition requirements (especially if a serving milk, yogurt, or cheese is included), and research shows that breakfast eaters are less likely to be overweight.

School breakfast programs are a great help to families and schools. If your school has a breakfast program, take advantage of it! If it doesn't, make sure your child has time for breakfast at home. Here are some quick and easy ideas:

- Toast with peanut butter
- Cereal bar and yogurt
- Oatmeal and fruit
- Cereal and low fat milk
- Bagel and cheese
- Hard cooked egg and whole grain toast



Add a glass of low fat milk, fruit, or 100% fruit juice and you have a great breakfast that will have your child ready for the day! Be a positive role model and join your child for breakfast as often as you can.

“Grab and go” breakfasts can be a great alternative for older students, children with long bus rides and busy parents. Have items ready and waiting to toss into a back pack or paper sack. Bags of dried cereal or homemade “trail mix” (such as cereal, nuts, and dried fruit) and pre-packaged items such as granola or cereal bars, string cheese, drinkable yogurt, and juice pouches are handy and healthy breakfast options.

Start everyone's day off right with breakfast!

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

Fall Family Fun Fling—September 9 at the Tuscarawas County YMCA from 11-3. Carnival rides, inflatables, refreshments, and lots of fun for the family! \$5/family.

Fitness Trail at the Fair—September 23 at the Tuscarawas County fairgrounds from 12:30—4:00 p.m. Children ages 5-12 visit stations on a trail through the fairgrounds for simple “fitness challenges” and earn a prize. Check in at the Fit Youth Initiative table in the Commercial Building.

Fit for Life and Fit for Fun classes—Beginning this month through Twin City Hospital Healthy Community Outreach Program. Contact Tiffany Poland, Project Coordinator, at 740-922-7471 for more information.

Breast Cancer and You—A Day for Learning and Living—October 21 at Kent State University Tuscarawas Campus from 10-3. Dr. Holly Thacker, Director of the Cleveland Clinic Foundations Women's Health Center, cooking demos, catered lunch, and more! \$10/person. Sponsored by Union Hospital. For ticket information, call 330-602-0778.

Dining with Diabetes—Series of 3 classes for people with diabetes and their families. October 12, 19, and 26 at Sugarcreek United Methodist Church. Register by September 27. \$15/person; \$25/couple. Call OSU Extension Tuscarawas County at 330-339-2337 for more information.

Kids Fit Super Fitness coming in January. More details to follow.