



the movement to make healthy easy

nrgBalance eNewsletter

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October 2011

Welcome to our October 2011 eNewsletter!

This month's newsletter contains information on many exciting and healthy events happening this October including Food Day, Apple Crunch and more.

Don't forget to follow our [Facebook](#) page for daily updates from the Center for Nutrition and Activity Promotion at Penn State Hershey and nrgBalance!

Vote TODAY for one of our healthy message seat cushions on Facebook - if your design choice wins, you will entered to win a seat cushion.

Be well!

October is National Popcorn Poppin' Month

It's **National Popcorn Poppin' Month**, a time to celebrate one of America's oldest and most beloved snack foods. With popcorn's "good-for-you" whole grain status, you can take comfort knowing that consuming your share will actually do your body good.



Courtesy of www.popcorn.org

Popcorn Poppin' Month. But by tossing together a simple trail mix, you can do both.

Popcorn Trail Mix is simple to make and adaptable to your specific taste or dietary needs. Mix popcorn with dried fruits and/or nuts, and you're adding a serving of fruit and protein to those whole grains. Store in a reusable container and go. Popcorn costs pennies per

Popcorn is naturally low in fat and calories and because it's a whole grain, it adds fiber to the diet and boosts energy. And who couldn't use a little healthy energy boost these days?

With school back in session and after-school activities in high gear, we hardly have time to think about making a nutritious snack for our kids let alone figure out how to celebrate

serving, too, so get creative.

For more great recipes or more information about Popcorn Poppin' Month, visit www.popcorn.org.

Walk to School Day - October 5, 2011

October 5, 2011

Walk to School Day joins kids and families from around the globe to walk and bicycle to school in October, all hoping to create communities that are safe places to walk.

Now in its 14th year, this year's event will be celebrated on **Wednesday, October 5, 2011**. Walk to School Day participation reached a record high in 2010 with more than 3,500 registered U.S. events, and that number is expected to rise once again in 2011.

Remember to share your Walk to School Day photos and stories on our [Facebook page](#). Your school's walk to school day event and/or your school may be selected as a "School Spotlight" or photos may be featured on the 2012 Walk to School Day poster.

Food Day - October 24, 2011

October 24, 2011

On Monday, October 24, 2011, the Center for Nutrition and



Activity Promotion (CNAP) will host Food Day at the Penn State Hershey campus. This event, open to employees, patients, and community will celebrate whole foods and healthy eating options at Penn State Hershey. Mini lunch workshops, educational materials, and free healthy food samples will highlight this event. The event will also feature a pumpkin decorating contest - the winner receiving a gift basket. Watch our [Facebook](#) to receive more updates on Food Day.

Food Day at Penn State Hershey is a conjunction with the Center for Science in the Public Interest's (CSPI) National Food Day. According to CSPI, "Food Day seeks to bring together Americans from all walks of life - parents, teachers, and students; health professionals, community organizers, and local officials; chefs, school lunch providers, and eaters of all stripes - to push for healthy, affordable food produced in a sustainable, humane way."

For more information on Food Day and national Food Day events, visit the [Food Day website](#).

Apple Crunch Day - October 26, 2011

Celebrate Apple Crunch Day on
Wednesday, October 26, 2011

In celebration of National Apple Month,
Apple Crunch Day is being held on October
26, 2011. Don't forget to browse the
[Apple Crunch Planning Guide](#) for
celebration ideas, promotional templates, and much more!



Apple Crunch 2011 is sponsored by [Pennsylvania Apple Marketing Program](#).

Post your Apple Crunch Day photos and stories on our [Facebook page](#) for your schools chance to be featured on the 2012 Apple Crunch Day poster.

nrgBalance Zone Information

If you have missed the enrollment deadline to participate in the 8th annual nrgBalance Zone campaign, many **free** resources and tools for schools are available on our [nrgBalance website](#). We invite you to browse our website for helpful information on engaging youth and families in healthy eating and active living.

Enrollment in the 2012/13 campaign will open in **March 2012**. If you have any questions about the nrgBalance Zone program, please email info@nrgbalance.org.

Partners in Health

Kohl's Cares® - Cause Merchandise Program

Kohl's sells kid-friendly cause merchandise, with 100 percent of the net profit donated to support kids' health and education initiatives in communities nationwide.

Since 2000, more than \$180 million has been raised through our Kohl's Cares® cause merchandise program.



[Shop online](#) or visit a [Kohl's near you](#) to purchase these great Kohl's Cares® items and help kids in your community.

Learntobehealthy.org - Health Science Education Resources for Educators & Families

LearntobeHealthy.org is an online health science learning site designed to help educators and parents communicate important health concepts to students. The site contains comprehensive lesson plans, interactive games and activities, webquests and more. The goal of the site is to inspire students - and their families - to make healthy choices that will last a lifetime.

LearntobeHealthy.org has everything needed to easily implement health education in the classroom. Their collection of kits includes web-based health science education activities with accompanying lesson plans, supplemental worksheets and paper-based activities. These materials can be utilized in the classroom, in after-school programs, in community centers and at home.

Action for Healthy Kids - *Game On! The Ultimate Wellness Challenge*

Game On! The Ultimate Wellness Challenge challenges America's elementary schools, their staff, students, and the families they serve to incorporate healthy food choices and physical activity into their daily lives and into the culture of their school community. This no-cost step-by-step online guide provides all the information and resources you need to host a successful school wellness program in your elementary school during the entire school year and beyond. Working together, we can help students eat better and move more. The Game On! framework features over 35 Eat Better and Move More Challenges, for students grades K through 6, that emphasize healthy eating and physical activity before, during, and after school-even at home!

Action for Healthy Kids offers programs for middle and high schools through the **Fuel Up To Play 60 Movement** and **Students Taking Charge** program.

For more information about *Game On!* and other programs, please visit the [Action for Healthy Kids website](http://ActionforHealthyKids.org).

Let's Move - America's Move to Raise a Healthier Generation of Kids

Principals, teachers and parents can help make schools healthier places to learn by providing quality nutrition, integrating physical activity during the day and teaching children about the importance of embracing a healthy, active lifestyle. Follow the 5 steps below for more, or check out the

[Let's Move teacher toolkit.](#)



To learn more about America's move to raise a healthier generation of kids, visit the [Let's Move website.](#)

Monthly School Wellness Messages

October **NOW Available**

The monthly messages can be used in newsletters, as morning announcements, and as take-home flyers for families.



Download October's school wellness message, ["Focus on Five"](#).

WISE SNAC's monthly health messages, geared toward schools and families, are available each month from September through June.

nrgBalance on Facebook and Twitter

Stay up-to-date with nrgBalance! Get information on nrgBalance initiatives; news and information related to childhood obesity prevention, nutrition, and physical activity; and grant and award opportunities.

Find us on Facebook 

Follow us on 

Grant/Award Opportunities

PA Safe Routes to School Noninfrastructure Grants

Grants to support Safe Routes to School (SRTS) noninfrastructure activities in the 2011-2012 school year are now available. These

activities involve the development, implementation, or expansion of programs that address the first four Es of SRTS: education, encouragement, enforcement, and evaluation.

Schools are able to apply for noninfrastructure grant money beginning on Walk or Roll to School Day (October 5), and the deadline for submitting applications is **November 15, 2011**.

Visit the [SRTS website](#) for additional information on how to apply.

Fuel Up to Play 60 Funding Opportunities

Funding is available to K-12 schools enrolled in Fuel Up to Play 60 during the 2011-2012 school year. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Whether you're just starting out with Fuel Up to Play 60 or looking to expand and extend an initiative that's already in motion, funding opportunities can help.

You can find background information, eligibility and funding guidelines, judging criteria, an online application, and lots of ideas about how to use funds to support your program based on examples from other schools - even step-by-step guidance on how to apply for funds on the [Fuel Up to Play 60 website](#).

There will be several application deadlines this year - but the sooner you apply, the sooner your school can be considered for funding to support your Fuel Up to Play 60 program.

Remember: Your school must be enrolled in Fuel Up to Play 60 for the 2011-2012 school year to be eligible to apply for funds. [Enroll today.](#)

Finish Line Youth Foundation

Finish Line Youth Foundation focuses funding on organizations that provide opportunities for youth participation in the following areas:

- Youth athletic programs - Community-based programs addressing active lifestyle and team building skills.
- Camps - Established camps with an emphasis on sports and active lifestyle, especially programs serving disadvantaged and special needs kids.

[Click here](#) to see if you are eligible to apply.

Do Something Grants

Learn more at <http://www.dosomething.org/grants>.

Target Field Trip Grant Program

As part of the program, each Target store will award three Target Field Trip Grants to K-12 schools nationwide-enabling one out of every 25 schools throughout the U.S. to send a classroom on a field trip. Each grant is valued up to \$700. For more information, please visit <http://sites.target.com/site/en/company/page.jsp?contentId=WCMP04-031880>.

nrgBalance is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital. For more information on this and other initiatives of the Center, please visit www.nrgbalance.org.