

Agenda Item VI
Presentation #1
Stay & Play



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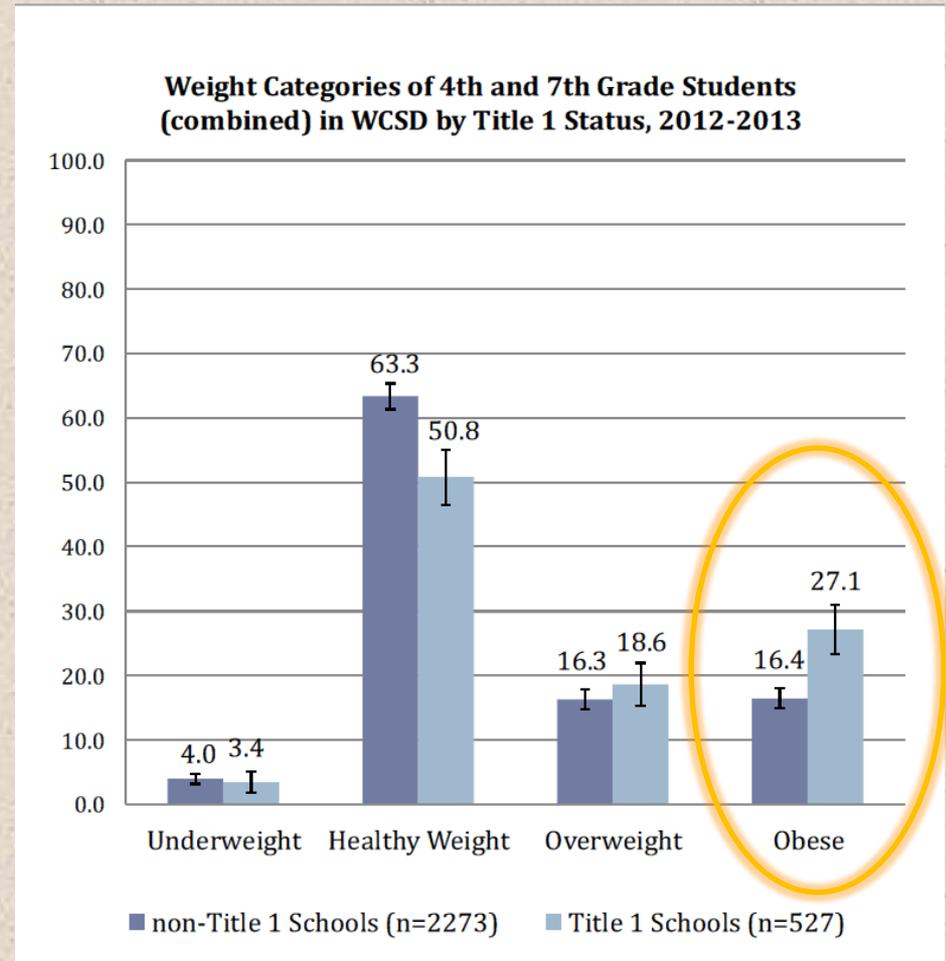
Video: An Apple a Day Isn't Enough

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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