# HEALTHY EATING, ACTIVE LIVING (HEAL) PROGRAM SUPPORT PACKAGE

## OUTREACH RESOURCES - TABLING/HEALTH FAIRS

<table>
<thead>
<tr>
<th>WATER</th>
<th>WeTap</th>
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<tbody>
<tr>
<td>Increase access and appreciation of safe and maintained public water drinking fountains.</td>
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</tbody>
</table>
- Stickers, posters, PA messages  
- Water safety handouts  
- Tap water perception survey  
- Water fountain environmental assessments  
- Health Fair Tabling:  
  - Tap water  
  - Drinking fountain safety |

<table>
<thead>
<tr>
<th>Heal the Bay</th>
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<tbody>
<tr>
<td>Improve coastal water quality while educating Angelenos about water in the environment.</td>
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</table>
- Stickers, Sustainable seafood handouts  
- Storm drain, urban runoff & marine debris info  
- Volunteer opportunities & Club Heal the Bay pamphlets  
- Water Fountain Audit Toolkit & Storm Drain stenciling toolkit |

<table>
<thead>
<tr>
<th>SUGAR</th>
<th>Latino Coalition for a Healthy California</th>
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<tbody>
<tr>
<td>Statewide organization with a specific emphasis on Latino health.</td>
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</table>
- Canzilla Display: request at www.canzilla.org  
- Instagram and Twitter: @Can_zilla, FB: Canzilla1  
- Champions for Change-Health Fair Tabling:  
  - Sugary drinks  
  - MyPlate  
  - Physical activity |

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<thead>
<tr>
<th>Sugar Watch</th>
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<tr>
<td>Provides opportunities and education to make choices for an improved quality of life through nutrition and healthier living.</td>
</tr>
</tbody>
</table>
- Lesson plans for teachers  
- Produce Stand  
- Instagram: @SugarWatcher, Twitter: @SugarWatch  
- Posters, health information and survey collection  
- Interactive Health Fair Tabling:  
  - Sugar in common foods  
  - Healthier alternatives |

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<tr>
<th>NUTRITION</th>
<th>Dairy Council of California</th>
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<tbody>
<tr>
<td>Free, evidence-based nutrition education and resources to support efforts in the classroom, at home, in the cafeteria, and beyond.</td>
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</tbody>
</table>
- Nutrition Education, Online Tools, and Videos for Students (table topics: eating a healthy breakfast, smart snacking, MyPlate)  
- Nutrition Education, Online Tools, Tip Sheets, and Videos for Parents  
- Smarter Lunchrooms Cafeteria Assessment |

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<th>PHYSICAL ACTIVITY</th>
<th>Zumba</th>
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<tr>
<td>Exercise and dance to Zumba at $25/hour</td>
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</table>
- Yoga-yoga exercises & positive affirmations to promote health and well-being  
  - Health Fair: $25 per 30 minute sessions  
  - Mats are provided |

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<th>Rock the Bike</th>
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<tbody>
<tr>
<td>Blend smoothies on a bike and teach kids about healthy eating and exercise in a way they’ll always remember</td>
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</table>
- Supplies needed: Mountain bike, smoothie materials |

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<tr>
<th>Healthy Eats Produce</th>
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<tbody>
<tr>
<td>Provides healthy, fresh food for health fairs. For quote, contact 3 months in advance with number of participants.</td>
</tr>
</tbody>
</table>
Website: www.healthyeatsproduce.com |

| Contact: Evelyn Wendel  
evelynwendel@wetap.org  
www.wetap.org  
www.tapwaterday.org |
|---|
| Contact: Jenn Swart  
jswart@healthebay.org  
www.healthebay.org  
www.clubhealthebay.org |
| Contact: Adriana Mora  
amora@lchc.org  
www.lchc.org |
| Contact: Brent Walmsley  
bwalmley@sugarwatch.org  
www.sugarwatch.org |
| Contact: Morgan Carey  
mcarey@dairycouncilofca.org  
www.healthyeating.org |
| Contact: Elvia Gaxiola  
(323) 898-7480  
Youth Yoga  
Diana Diaz  
(310) 775-5805  
Rock the Bike  
Deborah Ebrahemi  
Deborah@thelatrust.org |
| Contact: Frank Salazar  
healthyeatsproduce@gmail.com |
**CAMPAIGN IDEAS**

**Tap Water Day** - increase awareness on the benefits of drinking tap water, campaign on accessibility of tap water at school using hashtag #TapWater Day
Resource: [http://tapwaterday.org](http://tapwaterday.org)
- WeTap iPhone App: locate safe drinking fountains in the area

**Rethink Your Drink/Junk Drink Warning Label** - increase awareness about harmful effects of consuming junk drinks and increase the consumption of tap water.
- Resources: www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx#RYDFF
- Junk Drink Warning Label - Post a picture of a warning label attached to junk drinks in your city, tag your representative, school and hashtags
  - #SodaKills #WeWantHealthyChoices #SodaTargetsMyCommunity #Poisonwater

**Spot the Salt** - increase awareness on the consumption of sodium, and decrease heart disease and stroke. Resource: [http://spotthesalt.com](http://spotthesalt.com)

**“Don’t Get Caught Red-Handed”** - tabling event showcasing the actual amount of salt in a bag of hot Cheetos with pledges for students to sign and a dropbox for students to turn in their bag of hot Cheetos or unhealthy snacks in exchange for healthier alternatives.


**#PINo (Positive In, Negative Out)** - a slogan to help increase emotional, physical and mental health awareness.

**Oral Health Poster Contest** - increase knowledge on positive oral health habits and routines. Resources: [http://cookingmatters.org/sites/default/files/sugar-shocker.pdf](http://cookingmatters.org/sites/default/files/sugar-shocker.pdf)

**Let’s Move Campaign** - an initiative launched by the First Lady to solve the problem of obesity within a generation. The campaign contains resources on nutrition, physical activity and family involvement. Resource: [www.letsmove.gov](http://www.letsmove.gov)

**FITNESSGRAM®** - Create awareness about the California Physical Fitness Test and motivate students to perform their best. Resource: [http://www.cde.ca.gov/ta/tg/pf/](http://www.cde.ca.gov/ta/tg/pf/)


**Campus Water Fountain Audit** - water should be free and accessible to all students on campus; see how you can assess the condition of water fountains on your campus: [https://drive.google.com/open?id=0Byt2HHLKo3-rfnNDaXBVTjkREExR09sOXJVRVZNNXZPDV95aIFkekk3SC14Y05gbmtQMEE](https://drive.google.com/open?id=0Byt2HHLKo3-rfnNDaXBVTjkREExR09sOXJVRVZNNXZPDV95aIFkekk3SC14Y05gbmtQMEE)

**9-5-2-1-0 Let’s Go!** - a slogan to help students remember healthy behaviors. Resources - [https://www.95210.org](https://www.95210.org)
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<th>Workshops/Trainings (Students &amp; Parents)</th>
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<tr>
<td><strong>The L.A. Trust for Children’s Health</strong></td>
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<tr>
<td>HEAL (Healthy Eating, Active Living) Training&lt;br&gt;Obesity epidemic overview, effects on physical, social and academics, health equity, oral health and campaign ideas.</td>
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<tr>
<td>- <strong>Time:</strong> 1 hour&lt;br&gt;- <strong>Audience:</strong> Student Advisory Boards</td>
</tr>
<tr>
<td><strong>Contact:</strong> Deborah Ebrahemi, <a href="mailto:Deborah@thelatrust.org">Deborah@thelatrust.org</a>&lt;br&gt;www.thelatrust.org</td>
</tr>
<tr>
<td><strong>Latino Coalition for a Healthy California</strong></td>
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<tr>
<td>Type 2 Diabetes &amp; Sugar Sweetened Beverages Workshop&lt;br&gt;Time: 45 minutes&lt;br&gt;Audience: parents, students, faculty &amp; community&lt;br&gt;Size: 15-20 minimum participants</td>
</tr>
<tr>
<td><strong>Contact:</strong> Adriana Mora, <a href="mailto:Mora@lchc.org">Mora@lchc.org</a></td>
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<tr>
<td><strong>Contact:</strong> Imelda Plascencia, <a href="mailto:iplascencia@lchc.org">iplascencia@lchc.org</a></td>
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<tr>
<td><strong>SugarWatch</strong></td>
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<tr>
<td>Hydration Promotion Training&lt;br&gt;Time: 1 day</td>
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<tr>
<td><strong>Nutrition Education Program</strong>&lt;br&gt;Time: 3 series for students, 4 series for parents&lt;br&gt;Audience: parents, students, faculty &amp; community&lt;br&gt;School-wide and classroom presentations</td>
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<td><strong>Dairy Council of California</strong></td>
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<td>Smarter Lunchrooms Movement Training:&lt;br&gt;No and low cost changes to the lunchroom that encourage students to select and eat healthier foods without eliminating choices.</td>
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<td>- <strong>Time:</strong> 30 min-1 hour&lt;br&gt;- <strong>Audience:</strong> Cafeteria Managers, frontline staff, students&lt;br&gt;- <strong>Size:</strong> Minimum of 20 participants</td>
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<tr>
<td><strong>Nutrition Series Workshops</strong>&lt;br&gt;Time: 30 min-1 hour&lt;br&gt;Audience: Parents &amp; Community&lt;br&gt;Topics: Estimating Serving Sizes, Choosing Healthy Beverages, Positive Parenting Approached for Picky Eating, Nutrition Trends, Link between Health and Academic Achievement&lt;br&gt;Size: Minimum of 15 participants</td>
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<tr>
<td><strong>Youth Yoga</strong></td>
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<td>Youth Yoga Week&lt;br&gt;Introduction classes to yoga and meditation, every day, for a week. Classes are taught in schools during PE by volunteer Youth Yoga instructors.</td>
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<tr>
<td>- <strong>Free event in the spring&lt;br&gt;Note: schedule fulfillment is dependent on volunteer availability</strong></td>
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<tr>
<td><strong>Youth Yoga Classes</strong>&lt;br&gt;Yoga exercises and meditation tools to promote health, physicality, confidence and success.</td>
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<tr>
<td>- <strong>Time:</strong> 1 hour&lt;br&gt;- <strong>Audience:</strong> students, parents, faculty and community&lt;br&gt;- <strong>Size:</strong> 25 participants maximum per class&lt;br&gt;- <strong>Yoga classes</strong>: tailored to difference age groups and demographics. Curriculums built upon the specific needs of each group&lt;br&gt;- <strong>Cost:</strong> $50 per hour</td>
</tr>
<tr>
<td><strong>Heal the Bay</strong></td>
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<td>Know the Flow Workshop&lt;br&gt;Making smart beverage choices is good for your body, but learn how to make your water choices good for the environment too. Learn where your tap water really comes from, and what you can do to act sustainably when using this precious resource. Request a speaker here: <a href="http://knowtheflow.la/">http://knowtheflow.la/</a>&lt;br&gt;Time: 30mins-1hr&lt;br&gt;Audience: Students, Faculty, Community&lt;br&gt;Size: minimum 15 people</td>
</tr>
<tr>
<td><strong>Contact:</strong> Jenn Swart, <a href="mailto:jswart@healthbay.org">jswart@healthbay.org</a>&lt;br&gt;www.healthbay.org&lt;br&gt;or&lt;br&gt;Nancy Shrodes, <a href="mailto:nshrodes@healthbay.org">nshrodes@healthbay.org</a></td>
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# Health Awareness Months

## January
- National Oatmeal Month: All Month

## February
- National Girls and Women in Sports Day: Feb 3
- Eating Disorders Awareness Week: Feb 21-27
- National Children’s Dental Health Month: All Month
- American Heart Month: All Month
- School-Based Health Awareness Month: All Month

## March
- National Nutrition Month: All Month
- World Water Day: March 22

## April
- National Garden Month: All Month
- World Health Day: April 7
- Earth Day: April 22
- Every Kid Healthy Week: April 24-28

## May
- National Physical Fitness and Sports Month: All Month
- Tap Water Day: 1st Week of May
- National Bike to School Day (Changes Annually): May 10
- Youth Yoga Week: May 16-20
- Mental Health Month: All Month

## June
- National Safety Month: All Month
- National Hunger Awareness Month: All Month
- National Dairy Month: All Month

## July
- National Picnic Month: All Month

## August
- National Health Center Week: 2nd week of August
- Children’s Eye Health and Safety Month: All Month

## September
- National Childhood Obesity Awareness Month: All Month
- Fruit and Veggies – More Matters Month: All Month
- National Yoga Month: All Month

## October
- National Health Education Week: 3rd week of Oct
- International Walk to School Day (Changes Annually): Oct 4
- World Food Day: Oct 16

## November
- American Diabetes Month: All Month
- National Healthy Skin Month: All Month

## December
- World Aids Day: Dec 1

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*Stand up against stigma*

**No Health without Mental Health**

**March is National Nutrition Month**

**Eat Right!**

**September is National Yoga Month**