

Nutrition Nibbles

UA Arizona Nutrition Network E-newsletter

Parks and Recreation Edition

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**Coming
Soon!**

**[Milk It Up
Celebrations](#)**

**are coming in
September!**

Welcome Back to School!

As the new school year begins, we encourage you to be a **Champion for Change** at your after-school program. Below are a few suggestions for integrating nutrition and nutrition-integrated physical activity on a daily or weekly basis:

- **Read a nutrition or physical activity fact** at the beginning of each after school program. Quick messages and facts are available [here](#).
- Visit the Arizona Nutrition Network [website](#) and print **activity sheets** to use.
- Here's what they're doing at **Northwest Center**: "We discussed MyPyramid and how eating healthy was an important factor in life. We played fruit tag where we had the kids choose their favorite fruit or vegetable and then had the kids explain what each did to improve their health."
- Here's a tip from **El Rio**: "Discuss what foods contain fiber, like beans and whole grains, fruits, and veggies. Then play the game Hangman, using foods from the grain group."

Rad Radishes

Special thanks to the following Rec staff and programs:

- Daniel Reyes and staff for a great Super (Healthy) Heroes day at **Freedom Center!**
- Margaret Loquasto-Jacquay, Aimee Roads, and Brenda LeFlohic for inviting the Network to the **East district** Fall orientation.
- Terry Nierzwicki for coordinating a purchasing Q



Talk with your Nutrition Network coordinator to plan activities to celebrate the nutrition benefits of delicious, low-fat dairy products!

and A meeting at **Southwest District**.



Quick Question Corner

Question: As a supervisor, I don't work directly with participants. Should I still log nutrition education time each month?

Answer: Yes! The time you spend each month...

- 1) Training your staff about nutrition education
- 2) Reminding them to log
- 3) Providing nutrition education resources
- 4) Answering questions about logging
- 5) Ordering nutrition education materials
- 6) Communicating with the UA Nutrition Network
- 7) Offering other types of supervision related to the provision of nutrition activities at your sites

...is time to help earn funds for your programs! You can log this time as nutrition **planning** and **preparation** time.