



October is Health Literacy Month!

- ~ Classroom Lessons
- ~ Cooking Classes
- ~ Newsletters
- ~ Food Tastings
- ~ Health Fairs
- ~ Girls' Clubs
- ~ Career Fairs
- ~ Posters

Hot Topic: ***Health Literacy***

When we think of October, we normally visualize crisp fall days, apple cider and beautiful foliage. Health Literacy Month, celebrated each October, is a time when health literacy advocates around the world promote the importance of understandable health information. According to [Healthy People 2010](#), an individual is considered to be "health literate" when he or she possesses the skills to understand information and services and uses them to make appropriate decisions about health. Alarming, these skills and strategies are absent in more than half of the U.S. population. This fact is more disturbing when one considers that these are the very skills and strategies that often lead to longer life, improved quality of life, and the reduction of both chronic disease and health disparities. Our Eat.Right.Now. nutrition educators work everyday in your schools to help improve health literacy. Find out what we do to improve health literacy in the School District of Philadelphia (SDP) at <http://www.drexel.edu/nutritioneducation>.

We have 2 New Approaches to Improving Health Literacy within the SDP

- ***Bodyworks***- We are offering a new health education program that provides caregivers of young adolescent girls with tools to help improve family eating and activity habits. For more information on how to start a BodyWorks program at your Middle School, visit us at <http://www.drexel.edu/nutritioneducation>.
- ***Recipe Contest for Middle School Students***- The time has come to seek out 7th and 8th grade students with an interest in preparing healthy foods! We need you to help us encourage your students to enter the Healthy Kids Challenge Kids C.A.N. (**C**onnect **A**ctivity and **N**utrition) Recipe Contest which promotes healthy balanced eating and activity, and other cool prizes. Take a look at www.healthykidschallenge.com for more information.

Monthly Mentions
















- **National School Lunch Week is October 15 through the 19th**. We invite students to cast their ballot and participate in this year's "Vote for School Lunch" campaign to learn more about healthy meal choices at school. This is a great activity that can be done as a school-wide nutrition activity. The School Nutrition Association (SNA) is also challenging students nationwide to design and name candidates that they would like to see run in Vote for School Lunch 2008. Visit www.VoteforSchoolLunch.org for more details.
- **Nutrition Tip:** Remember to keep a balance between food & physical activity.
- **Fruit/Vegetable:** Broccoli and Pears are the featured Vegetable and Fruit this month. For yummy recipes to try, visit our website: <http://www.drexel.edu/nutritioneducation>
- **Thought for the Month:** "Those who think they have no time for healthy eating will sooner or later have to find time for illness." -- modified from: Edward Stanley (1826-1893) from *The Conduct of Life*

Food and Activity Calendar



Draw a line across the box when the parent completes the item in the box.
 Draw a line across the box when the child completes the item in the box.

Option—Use stickers for each activity completed. One color for adults, a different color for a child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make family time an active time. Go for a family walk	Eat an orange fruit or vegetable 	Walk up and down a flight of stairs three times	Make a smoothie with lowfat or fat-free milk or yogurt and fruit	Eat some beans or nuts 	Try two bites of a new fruit or vegetable	Look for food labels that say "whole grain" at the grocery store
Look at the school lunch menu and circle all the vegetables you like	Eat a whole grain food 	Ride a bike or take a walk 	Eat dinner together as a family	Try to balance on one foot 	Eat a dark green vegetable 	Look at a juice label at home or at the store. Is it 100% juice?
Make a yogurt parfait with fruit 	Play Simon Says. Parents can hold weights while they play	Have at least two different vegetables at dinner	Do not watch any TV today 	Make a list of the snacks you like that are not high in solid fat or added sugar	Cook something together 	Eat breakfast together as a family
Have a contest. Who can do the most jumping jacks during a commercial	Eat some lowfat cheese 	Eat a food with vitamin C: an orange, strawberries, or a tomato	Play the MyPyramid Blast Off game on your computer	Put on some music and dance	Eat a raw fruit or vegetable 	Play outside 
Eat a lean protein food, like fish, dry beans, or meat without a lot of fat	Try a new food 	Have a ball toss 	Eat a dried fruit: dried plums, apricots, or raisins	Make a healthy snack 	Read the food label of two cereal boxes and compare	Keep track of the number of foods you eat from MyPyramid

Please use this activity in your classroom- don't forget to enter this information on your cost-share form.
 Questions? Email: nutritioncenter@drexel.edu



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Local Food Stamp Hotline: 215-430-0556