



# Eat Well Play Hard Community News

Clinton County Health Department [www.clintonhealth.org](http://www.clintonhealth.org)



**Public Health**  
Prevent. Promote. Protect.

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## Special points of interest:

- Dress in layers inside and outside during the winter months, this will help you stay healthy.
- Try to limit your screen time viewing during the cold months, this includes TV viewing, computers, video games, etc.
- Make sure to sneeze and cough into your sleeve, this helps prevent the spread of germs during flu season.

For more information on any of the content in this newsletter call 565-4840.

## Beekmantown Central School has added healthier options to their school lunch program

The Beekmantown Central School received a mini grant from Eat Well Play Hard to help with the reconstruction of a new middle school cafeteria line. The EWPH mini grant purchased soup kettles for homemade, low-sodium soups and a hot food display for vegetarian options such as quesadillas, veggie burgers, and hummus. These two changes are in addition to other new healthier menu options that have taken place in the middle and high school. These additional changes include offering fresh fruits and vegetables daily for breakfast and lunch and incorporating locally grown produce when available. Half of the grains are whole wheat which include pizza crust, breads, rolls, and rice. Roxann Barnes, Cafeteria Manager at Beekmantown School has done a wonderful job in making these changes.



Soup Kettle for homemade soups



Beekmantown Middle School Cafeteria line

## Family Fun Day in February!

The winter family fun day is scheduled for February 20th from 12-2 on the Base Oval. This event will be outdoors as snowshoeing, cross country skiing, and ice skating will be some of the activities planned. A meeting will be schedule to finalize details on January 13th at 3PM at the Health Department. Please contact Jill at 565-4840 if you would like to join the Family Fun Committee, we are always looking for new people.

## Healthy Lifestyles for WIC Participants!

The Clinton County Health Department's WIC program is starting it's Healthy Lifestyles initiative in January. This year they will be giving yoga mats and pilates or yoga videos to WIC mothers and an activity book to the children. WIC does an outstanding job with encouraging the families to be healthy by eating right and exercising regularly.

**Note:** If you get free and reduced lunch at your school and you have a child under 5 and/or are pregnant, call the WIC program today to become enrolled. The new food package offers more fruits and vegetables and whole grain products. 565-4830.



## CATCH Kids Club Training

A CATCH Kids Club training was held November 14th at Momot Elementary School. The training was held from 9-3 with a professional CATCH trainer. This training was held as part of the collaboration with the 21st Century program and the Eat Well Play Hard program. The 21st Century program is an afterschool program for the Bailey Avenue, Oak Street, Momot, and Stafford Schools, and the Ted K Center. The 21st Century program has contracted with the EWPH program to provide the CATCH training so their staff will be able to implement the CATCH Kids Club. Over the next year EWPH will make sure the CATCH activities are being conducted and the snacks being served follow healthy nutrition guidelines.

