

CYF NEWS

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MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“What lies behind us and what lies before us are tiny matters compared to what lies within us.

—Ralph Waldo Emerson



LEADERSHIP MESSAGE

Happy almost-spring! We've heard conflicting reports about whether or not the groundhog saw her shadow, but nonetheless, hope springs eternal!

I'm excited about a couple of items that we'll operationalize this spring. FCS program staff on campus are working to develop EIS templates for some of our larger programs. We are hopeful that this will not only make completing quarterly EIS reports easier, but also result in higher quality data to use in marketing our programs. Beginning this year, campus program staff are part of the EIS system. This will make it easier for field staff who are seeking information on a particular project or initiative to find their colleague's work and to build on it. It will also bring consistency to the system.

Another exciting item is the continuing strategic planning work taking place through MEAFCS under the leadership of Mona Ellard and Kathy Hale. They are convening a March think tank to gather information and ideas to jump start the process. If you're one of the stratified sample selected to participate, please place high priority on this important role.

Think Spring!

Kathy

MAY 4, 2005 AT 10:00 AM: ALL CHILDREN EXERCISING SIMULTANEOUSLY (ACES) DAY Encourage schools to register now for ACES 2005 which will be held on May 4 at 10:00 am (or any day/time that a school can participate). Schools can register at www.michiganfitness.org. ACES day is a worldwide celebration of fitness and unity during which millions of school children all over the world will exercise simultaneously. The Web site also includes a downloadable *ACES With-a-Friend Idea Kit*. You might consider selecting appropriate activities from the MSUE *Jump Into Foods and Fitness* curriculum for children in grades 3-5 to add to the day's festivities. For younger children the MSUE *Pyramids Between the Pages* curriculum includes the book [Animal Action A B C](#) that could also be used. — Submitted by Pat Hammerschmidt

PRESS RELEASE TO HELP PROMOTE THE MICHIGAN STEPS UP CAMPAIGN AND YOUR COUNTY PROGRAMS

The *Michigan Steps Up* campaign was officially launched on February 3, 2005, by Dr. Kimberlydawn Wisdom, Michigan Surgeon General. *Michigan Steps Up* is a statewide healthy lifestyles campaign designed to improve the health of Michigan citizens by encouraging everyone to move more, eat better and avoid tobacco use. The campaign includes radio spots currently airing throughout the state and the launch of a new interactive Web site at

www.michiganstepsup.org. The Web site includes tools to help individuals and families make and track goals and many related tips and ideas.

You can help promote use of the Web site locally. A press release for your use is at http://www.fcs.msue.msu.edu/mediapacket/JanMarc_h05/MichiganStepsUP.doc. Be sure to add in information about the programs offered in your county to assist children, youth and families to move more, eat better and avoid tobacco. You are also encouraged to add a link to the Michigan Steps Up Web site from your own site.

A Michigan Steps Up tri-fold brochure (limit 200) and an 11"x16" poster (limit 25) are available to promote the campaign and Web site. Fax your name, organization, street address, phone # and quantity of each desired to *Health Promotion Clearinghouse* at FAX: 517.699.2376.

If you do receive media coverage and/or link to the site please let Pat Hammerschmidt know at 240 Agriculture Hall, East Lansing, MI 48824-1039, hammers2@msu.edu.

NEW FEDERAL SCHOOL NUTRITION AND PHYSICAL ACTIVITY LEGISLATION: LOCAL WELLNESS POLICY

The federal *Child Nutrition and WIC Reauthorization Act of 2004* will be one that schools will be hearing much about in the upcoming months if they have not already begun hearing about it. Section 204 of this act requires a local wellness policy (primarily about nutrition and physical activity) that must be in place in each local education agency that operates school meals programs not later than the first day of the 2006-2007 school year. Section 204 can be found at

<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>.

The national Team Nutrition Web site has begun a Local Wellness Policy Web page at

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

This would be a good site to bookmark since it will be updated as new information about the requirement and resources to assist schools are developed.

MSU Extension is well-positioned to assist communities with both development of a policy and implementation of goals set for nutrition education and physical activity. Several MSU Extension Educators in FCS and 4-H Youth Development have already assisted schools in assessing and improving their school nutrition and physical activity environment using tools and a process designed for that purpose (see the Healthy School Action Tool at www.mihealthtools.org/schools). MSUE campus staff members were instrumental in developing the Michigan Action for Healthy Kids resource *Tips and Tools to Help Implement Michigan's Healthy Food and Beverages Policy* (see

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>). We have outstanding nutrition and physical education curricula for both in school and out-of-school use.

I will continue to provide information about the Local Wellness Policy requirement and implementation through CYF News. If you have specific questions feel free to send them to me and our team will try to find answers for you.

Pat Hammerschmidt, program leader, FCS, 517.432.1221, hammers2@msu.edu

STATEWIDE FOOD STAMP HELPLINE EXPANDS ITS SERVICES

A statewide Food Stamp Helpline that has been operated by the Center for Civil Justice (CCJ) since 2002 is expanding its services. It will now be known as the Food and Nutrition Helpline. CCJ is partnering with both Michigan State University Extension (MSUE) and the Michigan Department of Human Services (formerly FIA) to help low-income households not only determine their eligibility for Food Assistance, but also to provide them with resources related to nutrition, budgeting and other food safety issues. If all lines are busy, callers will be asked to leave a voice message. Helpline staff will continue to determine callers' eligibility for Food Stamps ("Food Assistance"), estimate the amount of benefits each caller may receive, and answer questions or concerns. They will now also help callers connect with additional food programs for

which they are eligible, such as WIC, Summer Food Program, School Lunch and Breakfast, Meals on Wheels, etc. Helpline staff will also refer callers to nutrition staff at their local MSUE program for food safety and nutrition education. Callers who would like these services will be contacted by a nutrition educator from MSUE, who will address the food safety and nutrition needs of the caller's household. This new partnership creates a "one stop shop" for persons seeking information about food nutrition, food safety, and Food Assistance through existing outreach networks in Michigan. The CCJ Food and Nutrition Helpline can also assist callers who need more intensive assistance or intervention. The Helpline is supported by the United States Department of Agriculture through Food and Nutrition Education and Food Stamp Outreach programs, as well as several national philanthropic organizations like MAZON: A Jewish Response to Hunger and the Presbyterian Hunger Program. To reach the Helpline, or for more information, please call 1.800.481.4989. Services are also available in Spanish, and can be in other languages on request.

FAIR AND ACCURATE CREDIT TRANSACTIONS ACT (FACT ACT)

The Fair and Accurate Credit Transaction Act added new sections to the Fair Credit Reporting Act to help combat identity theft issues in our communities. As part of the FACT Act, as of March 1, 2005, all Michigan residents will be able to receive a FREE credit report from each of the three major credit reporting agencies: Equifax, Trans Union and Experian. Until now, in Michigan, credit reports cost \$9.50 per report to receive.

To order your free reports, go to www.annualcreditreport.com where you can order your reports directly or download the [Annual Credit Report Request form](#) to mail in your request. You can also call 877.322.8228.

In addition to the one FREE report you can receive per year, you can still get a free copy of your credit report if you certify to the credit reporting agency that:

- You are unemployed and intend to apply for employment in the 60-day period beginning on the date you make the certification.
- Or you receive public welfare assistance.
- Or you believe your file contains inaccurate information due to fraud.

FACT Act also gives you new rights to a free credit report if you are a victim of identity theft.

For more information on the FACT act, check out <http://www.privacyrights.org/fs/fs6a-facta.htm>. You can also contact Erica Tobe, program leader, at 517.355.9655 or by e-mail at tobee@msu.edu.

SAVE THE DATE!!!

On, Wednesday, April 20, 2005, a free NEFE High School Financial Planning Program training will be held from 10 a.m.—3 p.m. at the Michigan Credit Union League in Plymouth, Michigan. The NEFE High School Financial Planning Program is a six-module curriculum designed to alert, inform and educate students about sound money management skills and the financial planning process. All middle and/or high school teachers, Michigan State University Extension Educators and staff, and Credit Union Educators are invited to attend. Pre-registration is required. If you would like more information, please contact Erica Tobe at tobee@msu.edu or 517.355.9655.

Upcoming New Staff Trainings

Feb. 28, 2005 — *The Learn Together Approach* is appropriate for all FCS staff, educators and program associates. The "Learn Together Approach" is a method of teaching groups that encourages participants to share their knowledge and experiences. The session discusses the benefits of this method of teaching, provides information on developing lesson plans and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

March 23rd — *Nutrition I:* Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, the Food Guide Pyramid, nutrition labeling and planning low-cost meals.

April 26 — *Nutrition II:* Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff.

The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: nutrients and nutrition-related health issues, food safety, and working with youth audiences in food, nutrition and health.

May 16 — Nutrition III: Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler. A one-hour session is included at the end of the day on prevention of nutrition-related chronic diseases and the Dietary Guidelines for Americans. Parenting instructors may also attend this one-hour session or just register for part of the session.

UPCOMING NUTRITION CONFERENCES

March 10, 2005 — Eat Healthy + Play Hard = Smart Students, Grand Traverse Resort, Acme, MI. Space is limited, so hurry!

Who should attend?

- School district officials, including administrators, superintendents, and school board members.
- School building personnel, including principals and teachers, especially health & physical education teachers, school nurses, psychologists & counselors
- School food service personnel, including dietitians
- PTA/PTO leaders
- Public health professionals
- Community partners in health & education
- Local & state government officials

Visit www.tn.fcs.msue.msu.edu for further info as it becomes available. **Note:** A Michigan Action for Healthy Kids Coalition meeting follows on March 11.

May 10-11, 2005 — Michigan WIC Conference, Grand Traverse Resort, Acme, MI

May 13-14, 2005 — Michigan Dietetic Association Annual Conference, Grand Rapids, MI

June 23-26, 2005 — American Association of Family and Consumer Sciences (AAFCS) annual conference, Minneapolis, MN. The conference has the theme "Sizing Up America: Obesity Causes, Effects and Solutions." Visit <http://www.aafcs.org> for more information.

BLUE RIBBON Q&A

- Q.** Several counties have recently asked what the guidelines for ES-237 Report and support 4-H member information being kept for Civil Rights Report and auditing purposes. What need to be kept and for how long?
- A.** All data files and forms must be kept for four years since your last Civil Rights Compliance Review.

If you have questions or need help contact Judy Lentz-Bishop, at lentzbis@msu.edu, 517.353.2922 or Laura Allen, at lacourse@msue.msu.edu, 517.432-7632.



Deadline for Next Edition of "CYF NEWS"

March 7, 2005, is the deadline for submitting articles for the March 11, 2005, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu