

# CYF NEWS

## MAY 2005

# MICHIGAN STATE UNIVERSITY EXTENSION

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### **QUOTE OF THE MONTH**

"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err. "

— **Mahatma Gandhi**



## MESSAGE FROM THE STATE LEADER

GREETINGS!

What an exciting month May has been! Spring has sprung (finally), new projects are emerging, and new leadership for FCS is being identified. The future is bright indeed!

It was my privilege to participate in the WIC conference earlier this week, along with several of you. As I listened and worked with our WIC colleagues, I was awed again by the power of this partnership. A good partnership brings synergy to all the partners. It is able to accomplish more and better education for the people we serve than either could alone. Our partnership with WIC is truly outstanding.

Patricia Daniels, MS, RD, USDA, National WIC Program Director, Food and Nutrition Service, speaking on Communicating for Change at the Michigan WIC Association Breakfast singled out Michigan's breastfeeding peer counselor and mother-to-mother program as "setting the pace" for the rest of the country. In expressing her appreciation for the good work done supporting breastfeeding in Michigan she urged everyone involved to "keep up the good work." I add my thanks and congratulations to each of you. It is an honor to serve you.

*Kathy*

## FRESH FRUIT AND VEGETABLE GRANT OPPORTUNITY FOR SCHOOLS

The Michigan Department of Education, School Meals Unit, is accepting Fresh Fruit and Vegetable Program grant applications for school year 2005-2006 from Michigan public or nonpublic schools until June 9, 2005. This is a competitive grant program with 25 schools to be selected. Please share this opportunity with schools with who you are in contact. Further information can be found at the Michigan Team Nutrition Web site at [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu) under the "Grants" button, although only authorized school officials will be able to access and submit the application. Submitted by Pat Hammerschmidt.

### **COMMUNITY COALITION GRANT AWARDS:**

In March 2005 the MSUE Food, Nutrition and Health Area of Expertise team awarded 10 mini-grants to participants of the *Children and Weight: What Communities Can Do* training. The recipients are Melissa Tolan-Halleck of Benzie Co., Lisa Myers of Chippewa Co., Katie McCune of Gratiot Co., Brenda Long of Ionia Co., Renee Kane of Kent Co., Kilah King of Lake Co., Gretchen Hofing of Lenawee Co., Mary Pemble-Swidorski and Joyce Belonga of Mackinac Co. and Kendra Hughson of Van Buren Co. These small grants will be used by community coalitions to assist in implementing strategies to promote healthy weight for children.

The awardees will be forming or working with an existing community coalition and using the *Children and Weight. What Communities Can Do* training kit with their coalition to:

1. Identify existing community needs and resources related to dietary quality (which includes physical activity) and food security using one of the assessment tools provided at the training: Nutrition Environment Assessment Tool; Promoting Active Communities; Healthy School Action Tool; Healthy Community Checklist. (See [www.mihealthtools.org](http://www.mihealthtools.org) for these tools).
2. Adopt a mission and vision.
3. Prioritize specific goals.
4. Use the *Spectrum of Prevention* model from the kit to prioritize strategies and formulate an action plan.
5. Implement and document outcomes from at least one strategy from their action plan by September 1, 2005.

The Food, Nutrition and Health Area of Expertise Team is in the process of following up with everyone who attended a training to assess what is happening through coalitions across the state in the area of healthy childhood weight promotion. If you have a coalition working on this issue and did not attend a training, please contact Gretchen Hofing at 517.264.5302 or [hofinggr@msu.edu](mailto:hofinggr@msu.edu). We would love to hear about your successes and capture them as a part of a statewide effort.

### **MICHIGAN STEPS UP COALITION GRANTEES**

Congratulations to MSU Extension staff members in Alger, Chippewa and Saginaw (for Saginaw, Bay and Midland) counties for being the lead organization selected to receive a 2005 Michigan Steps Up mini-grant to promote healthy lifestyles in communities. The Michigan Department of Community Health

(MDCH) through Michigan Steps Up funded ten communities to develop or enhance community health coalitions, conduct a health-related assessment and develop a plan to increase healthy eating, physical activity and tobacco-free lifestyles. The remaining seven Michigan Steps Up-funded coalition projects are in Clinton, Eaton, Ottawa, St. Clair, Washtenaw and Wayne (2 coalitions). If you are in one of these counties and would like to know more about the coalition that received the grant contact Lisa Grost at MDCH at [grostl@michigan.gov](mailto:grostl@michigan.gov).

Submitted by Pat Hammerschmidt.

### **MICHIGAN EITC STATEWIDE LEARNING EXCHANGE TO BE HELD**

On June 6, 2005 – MSUE staff are invited to take part in the Michigan EITC Statewide Learning Exchange. This one-day, free event, will be held at the Michigan State Housing Development Authority (MSHDA) from 10 a.m. – 4 p.m. on June 6, 2005. Join Michigan EITC Coalitions and the EITC Statewide Advisory Committee to: share EITC accomplishments across Michigan; hear from coalitions on innovations in facing challenges; build skills for both emerging and advanced coalitions; and discuss plans for coalition growth for 2006. Session workshops include: a session for advanced coalitions on involving elected officials; a session for emerging coalitions on the nuts and bolts of recruiting volunteers; and facilitated discussions about marketing and sustainability. If you are interested in attending, please RSVP by May 26, 2005 to Mary Zumbrunnen at [zumbrun1@msu.edu](mailto:zumbrun1@msu.edu).

### **MYPYRAMID TRAINING**

Training on the U.S. Dietary Guidelines and the new food guidance system, MyPyramid, is coming soon for FNP and EFNEP staff. This regional training will inform educators and instructors on the key nutrition messages for our population stated within these documents. Participants at this half-day training will learn to:

- Navigate the MyPyramid Web site.
- Use the U.S. Dietary Guidelines and MyPyramid with your clients.
- Use activities that reinforce consumer messages.
- Generate interest in your county in the new food guide.

Watch for the announcement for your region from the FNP Regional Coordinator.



#### 4-H EXPLORATION DAYS UPDATE

There's only one week left to register participants for 4-H Exploration Days, June 22-24, 2005. Thus far 2,070 are enrolled! This MSU pre-college program is held on the MSU campus and helps youth ages 11-19 learn new ideas, techniques and skills and gain exposure to MSU. Youth do not have to be 4-H members to attend. Personal growth is increased by giving youth opportunities to develop teamwork, cooperation, decision making and time-management skills. They also meet new people from different places and with different backgrounds from across Michigan. Participants attend one or two sessions (out of a choice of 178) throughout their three-day stay. If you have clientele you still wish to recruit, please do so before the May 13 registration deadline! Submitted by Judy Ratkos, program leader.

#### UPCOMING NEW STAFF TRAININGS

**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

**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.** Is there a way to print a club with just the projects associated with that club?
- A.** Go to Report | Project, Activity, Award screen. For Report Style, select Break by Clubs and for Record Type select Projects. Note that there is a box for Select Specific Codes if you don't want all project codes.

For more information contact Judy Bishop at [lentzbis@msu.edu](mailto:lentzbis@msu.edu) or Laura Allen at [lacourse@msu.edu](mailto:lacourse@msu.edu). Please note our new e-mail addresses.



#### Deadline for Next Edition of "CYF NEWS"

June 6, 2005, is the deadline for submitting articles for the June 10, 2005, edition of "CYF News." Please submit articles to Gail Hebert at [hebertg@msu.edu](mailto:hebertg@msu.edu)