

CYF NEWS

SEPTEMBER 2004

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“Diligence is the mother of good luck.”

—Ben Franklin



MESSAGE FROM THE LEADERSHIP TEAM

Greetings –

Happy fall! The campus FCS staff looks forward to a great season and a great start to the new year for many projects and opportunities. The Better Kid Care team got off to a great start with their early September retreat. I look forward to the impact this important project will have for Michigan families.

Since beginning my brief tenure with FCS, I've looked for opportunities to increase campus and field connectivity around our programming. We've made some good strides in this direction around increased two-way communication. I'm especially excited about the upcoming session that campus and north region staff are planning as a joint think tank session. Kathy Majewski has done an awesome job of providing leadership for this from the campus perspective. THANKS Kathy! The MEAFCS has also jumped on board with a request for strategic planning with the association. Their generosity in allowing campus-based staff to affiliate with regions other than southwest, where the campus happens to be located, will also strengthen our efforts.

In other good news, Karen Martin, Ingham Extension Educator, will be switching gears on October 1 to assume the role of Program Leader, EFNEP and Food Stamp Nutrition Education. She brings years of experience with the EFNEP and FNP programs. Her office will be in Anthony Hall at MSU, though she may begin with an office in 240 Agriculture Hall while her Anthony space is being vacated. She'll get her feet wet at the FNP regional coordinators retreat September 23 and 24 in St. Ignace.

If you run into social marketing program leader Paul McConaughy, you might want to compliment him on the handsome "Is it done yet?" polo shirt he'll undoubtedly be wearing. Paul, along with Trent Wakenight of the National Food Safety and Toxicology Center and many others, did awesome work on the "Is it done yet?" food thermometer awareness campaign recently conducted throughout Michigan. Thanks Paul, Trent, and all the others who made this effort the terrific success that it was.

Enjoy the beautiful fall weather!

Kathy Foerster

NATIONAL CLEAN HANDS WEEK – SEPTEMBER 19 – 26 has been designated as National Clean Hands Week.

Proper hand-washing could eliminate almost half of all cases of food-borne illness caused by bacteria, and have a significant impact on the spread of germs that cause colds and other diseases. Two new projects are under way that address proper hand-washing.

For Foodservice Professionals:

The USDA National Food Service Management Institute has developed a “Wash Your Hands” teaching package for school foodservice professionals to use in educating their staff, other school personnel, students and others. A detailed description of the package of materials available is provided at:

<http://www.nfsmi.org/Information/handsindex.html>.

For Youth 5-8 Years Old:

NSF International, an Ann Arbor organization that certifies products and writes standards for food, water, air and consumer goods, has developed a hand-washing program called *The Scrub Club*. *The Scrub Club* will be launched during National Clean Hands Week.

Keeping a child's attention is no small task. But the NSF Scrub Club will get 3- to 8-year-olds excited about hand-washing by providing them (as well as parents and educators) with a truly interactive Web-based experience-complete with educational materials, music, games and cartoon "webisodes." Through it all, kids will get to know the key characters-Ship Shape, Hotshot and Chill, Squeaks, Taki, Scruff, Tank and P.T. -as the "good guys," and as best friends. And kids will want to work with them to fight **Bac!** , **Bac!** the loveable kingpin of all our bacterial bad guys, was developed by the **Partnership for Food Safety Education**, a nonprofit organization formed in 1997 by the Centers for Disease Control and Prevention (**CDC**), the Food and Drug Administration (**FDA**) and the United States Department of Agriculture (**USDA**). Thanks to their generosity and collaborative spirit, Bac will be providing a fun, yet important, way of educating children as to the existence and dangers of *E. coli*, Salmonella and other diseases.

You can review the Web site at www.nfsclub.org. Use it in your own activities and encourage organizations in your community to

link to it. For more information contact Paul McConaughy, program leader, 517.432.8740, mcconaul@msu.edu.

TEAM NUTRITION OFFERS HEALTHY SCHOOL ENVIRONMENT MINI-GRANTS

Are you looking for a way to help a school increase awareness about and improve their nutrition/physical activity environment? Fifteen schools in Michigan will be selected to receive approximately \$1,000 during the 2004-05 school year to help accomplish this. Schools will be asked to:

- form a Coordinated School Health Team (schools are encouraged to include an MSUE staff person on this team),
- assess their environment using the new Healthy School Action Tool (available on-line in the near future at www.mihealthtools.org/schools),
- develop a written action plan based on the results of HSAT,
- and implement as least one strategy that is sustainable through school policy.

Deadline to apply for the mini-grants is October 15, 2004. For more detailed information go to <http://www.tn.fcs.msue.msu.edu> and click on the Healthy School Environment Mini-grant application or contact Ann Guyer at guyera@msu.edu. MSUE Team Nutrition county contacts should have received a mailed copy of the application. If your county does not have an MSUE Team Nutrition county please contact Pat Hammerschmidt at hammers2@msu.edu for information on becoming an MSUE Team Nutrition county contact.

READING AND EATING HEALTHY GO HAND-IN-HAND

Team Nutrition Mini-grants Help Schools and Out-of-School Time Program Sites Link Nutrition Education with Literacy

Are you looking for a grant to help you link with schools or out-of-school time sites to teach nutrition and promote reading and literacy skill development at the same time?

Up to ten schools/out-of-school time sites in Michigan will be selected to receive a Team Nutrition *Healthy Reading II* mini-grant. To apply, MSUE county-based staff members must partner with a school/site to co-facilitate this project. The partnering school/site must be enrolled in Team Nutrition (or willing to enroll) and participate in one of USDA's School Meals Programs. Each school/site

that is selected for a grant will receive *Pyramids Between the Pages* lessons (delivered by the MSUE staff member applying for the grant) on-site training on how to link nutrition education with literacy, a set of children's books with positive food and physical activity themes, and a take-home family bookbag for students to share books, recipes, tips and other nutrition information with family members.

Download the cover letter, grant requirements and the application at www.tn.fcs.msue.msu.edu.

Deadline to apply: October 15, 2004. Questions? Contact Chris Flood, program leader at floodc@msu.edu or 269.639.0002.

UPCOMING NEW STAFF TRAININGS

Learn Together Approach: Oct. 6, 2004, 9:30 a.m.-3:30 a.m., Trout Food Science Building, Campus

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.

Nutrition 1: Oct. 20, 2004, 9:30 a.m.-3:30 p.m., Trout Food Science Building, Campus

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.

Nutrition 2: Nov. 11, 2004, 9:30 a.m. - 4:00 p.m., Anthony Hall, Campus

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.

Nutrition 3: Dec. 1, 2004, 9:30 a.m. - 4:00 p.m., Anthony Hall, Campus

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.

Where can I find out more about each of the trainings?

Descriptions and detailed information (i.e. date, time, place, cost) about each session can be found at <http://web2.msue.msu.edu/inservice/>

How do I register? Visit

<http://web2.msue.msu.edu/inservice/>

Contact: Anna Lubert, Email: lubertan@msu.edu

UPCOMING NUTRITION CONFERENCES

Michigan Action for Healthy Kids (MAFHK) Coalition Meetings/Professional Updates: September 24, 2004 at Kellogg Center in East Lansing; December 8, 2004 at Kellogg Center & March 11, 2005 at Grand Traverse Resort. Contact Sharon Toth at 800.241.6455 or stoth@udim.org or visit www.actionforhealthykids.org and select Michigan for more info about MAFHK.

October 8, 2004 — *Obesity in Michigan. Join in the Fight for Health.* at the Novi Sheraton. Presented by MDCH and Michigan State Medical Society. For info e-mail

DMSdiane@concentric.net or call 517.663.5147

October 25-27, 2004 — *National Obesity Prevention Conference*, Sponsored by USDA. Bethesda, MD. For info visit

www.usda.gov/newsroom/indexNOCP.thml

November 8, 2004 — *Designing Healthy Communities*, Kellogg Center, East Lansing. Designed to help move Michigan communities toward becoming places where it's easier for residents to achieve physical and mental health. For more info contact DMSdiane@concentric.net or 517.663.5147

January 9-12, 2005 — *California Childhood Obesity Conference*, San Diego, CA. For more info visit www.cce.csus.edu/conferences or call 800.858.7743.

March 10, 2005 — *Eat Healthy + Play Hard = Smart Students*, Grand Traverse Resort, Acme, MI. Visit www.tn.fcs.msue.msu.edu for further info as it becomes available.

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

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

BLUE RIBBON Q&A

Q. When I run re-enrollment forms for 2004-05 do I need to add in the race and ethnicity statements we included last year?

A. As long as your participants had the opportunity last year to check the race/ethnicity choices, your returning members do not need to do that again. You now need to gather the new race and ethnicity information for new members and volunteers. Those fields are included on the New Member/Leader Information form.

Q. Did anyone respond to the listserv e-mail about a 4-H Age Chart?

A. Yes, Brenda from Lapeer provided us with an easy to understand chart. Unfortunately it can't be sent on the listserv. I can send it to anyone who wants it as an attachment. Just let me know at lacourse@msu.edu.

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



TECH TIP

Are pop-ups driving you crazy? You may unknowingly have some advertisement software (adware) or spyware installed that causes these pop-ups to appear. How does this happen? Consider these four possibilities:

- 1) Make sure your firewall is installed (Norton, internet security firewall).
- 2) Make sure you **DON'T** click on any buttons that pop up unexpectedly on a pop-up – or else this will cause a boatload of unwanted advertisement software to be installed – for example, the *Precision Time Pop-up* offers to keep your computer time accurate – but beware, it also installs software that causes pop-ups to appear intermittingly. *Weather Bug* is another culprit.
- 3) Be aware of installing (free) software from the Web. It usually has a **ZILLION** “strings” or pop-ups attached.
- 4) Another tell-tale sign that adware or spyware is present is if your Web Browser (Explorer, Netscape, etc) contains toolbars that automatically appear without you purposely installing them – some annoying Web sites install advertisement software just by you visiting their Web site. Be careful where you surf and make sure your Windows updates and anti-virus software are current and up-to-date.

Deadline for Next Edition of “CYF NEWS”

October 8, 2004, is the deadline for submitting articles for the October 11, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msue.msu.edu