

Wellness News to Watch

Georgia PTA Health & Wellness Committee
April 19, 2010



In this email – please distribute:

- First Annual Fitness Day – Work out with Jane Fonda & Others May 1
- Fluoride – Friend or Foe?
- Urge Congress to Pass Child Nutrition Reauthorization (Healthy, Hunger-Free Kids Act)
- Unhealthiest Pasta Dishes in America
- Hi-tech and Healthy-Vending Machines Launch at Wheeler High School in Cobb County, Georgia

Annual Fitness Day – Work out with Jane Fonda and many other celebrities on **May 1** at Georgia Dome. Benefits G-CAPP (Georgia Center for Adolescent Pregnancy Prevention). See attached flyer.

Fluoride – Friend or Foe? – It's in the tap water we drink and many of the foods we eat. For decades, we've been told that it helps fight cavities, but there are critics who say this chemical is doing more harm than good. See link below to read the story on CBS and be sure to watch the video on the right side as well.

<http://www.cbsatlanta.com/health/22776266/detail.html>

Urge Congress to Pass Child Nutrition Reauthorization (Healthy, Hunger-Free Kids Act) --

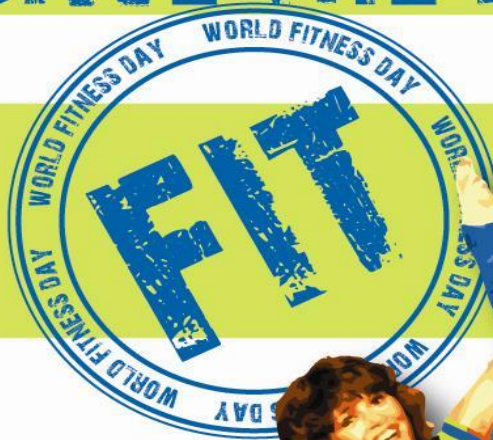
On March 24, the U.S. Senate Committee on Agriculture, Nutrition and Forestry unanimously passed the Healthy, Hunger-Free Kids Act, a bill to reauthorize school meals and other child nutrition programs. This is the first step in the process to improve child nutrition programs that only occurs about every five years. This includes a \$4.5 billion increase in funding over the next 10 years. Now that the Senate Agriculture Committee has unanimously passed their version of the bill, the full Senate will need to vote on it. In addition, the House of Representatives has yet to formally begin their reauthorization process. Although there has been widespread, bipartisan agreement on the majority of the provisions in the Healthy, Hunger-Free Kids Act, some work remains to be done on certain aspects of the bill. See link for full report.

<http://www.pta.org/4023.htm#2>

Unhealthiest Pasta Dishes in America -- A Wellness Watch reader sent this in saying "I saw this and was shocked at the calories - especially the kids pasta alfredo from Cheesecake Factory." <http://health.yahoo.com/experts/eatthis/50083/7-unhealthiest-pasta-dishes-in-america/>

Hi-tech and Healthy-Vending Machines Launch at Wheeler High School in Cobb County, Georgia -- With the goal of decreasing student wait time while maintaining a focus on healthful choices, Cobb County School District Food and Nutrition Services launched two healthy vending machines at Wheeler High School this month. These refrigerated units provide an assortment of healthy food options for students during the lunch period. Students are able to use their school meal account to purchase a variety of garden-fresh salads and cool subs that are made fresh on site daily. Students can also purchase fresh fruit, such as apples and pears, 100 % fruit juice and low fat milk. In addition, students can use the vending machine to manage their lunch accounts. See attached press release and photos.

SAVE THE DATE



**Celebrate the
1st Annual
World Fitness Day:
Workout with
Jane Fonda and
Celebrity Friends**



SATURDAY MORNING - MAY 1ST

Doors open at 8:30am

Fun for all fitness levels!

Jane Fonda
Denise Austin
Billy Blanks
Richard Simmons
The Pointer Sisters
Donna Summer
more than 3,000 people
and you at The Georgia Dome!

Event Co-Chairs

Stephanie and Arthur Blank
Ginny and Charles Brewer

To benefit G-CAPP and strengthen the
mind, body and spirit of Georgia's youth.

**To purchase tickets, form a team or
become a sponsor, visit www.gcapp.org**



GEORGIA CAMPAIGN FOR
ADOLESCENT PREGNANCY PREVENTION
ALL FOR NONE™

1450 West Peachtree St. / Suite 200 / Atlanta, GA 30309 / 404.524.2277

**COBB COUNTY SCHOOL DISTRICT
FOOD AND NUTRITION SERVICES
6975 Cobb International Blvd.
Kennesaw, Georgia 30152
770-426-3380**

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

**Contact: Cynthia Downs
770-426-3380
Cynthia.Downs@cobbk12.org**

Hi-tech and Healthy-Vending Machines Launch at Wheeler High School

With the goal of decreasing student wait time while maintaining a focus on healthful choices, Cobb County School District Food and Nutrition Services launched two healthy vending machines at Wheeler High School this month. These refrigerated units provide an assortment of healthy food options for students during the lunch period. Students are able to use their school meal account to purchase a variety of garden-fresh salads and cool subs that are made on site daily. Students can also purchase fresh fruit, such as apples and pears, 100 % fruit juice and low fat milk. In addition, students can use the vending machine to manage their lunch accounts.

