

Wellness News to Watch

Georgia PTA Health & Wellness Committee
February 4, 2010



In this email – please distribute:

- NIH – Healthy Cooking Cookbook
- American Institute for Cancer Research – new website for kids
- College Corner: Missing the Freshman 15
- Georgia PTA – Healthy Fundraising Award (\$1,000) – **Application Deadline March 12**

National Institute of Health – healthy cooking cookbook - The health of your heart has a lot to do with the foods you eat. To help busy people and families shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health created and published Keep the Beat Recipes: Deliciously Healthy Dinners. The new cookbook features 75 simple and delicious recipes influenced by Asian, Latino, Mediterranean, and American cuisine that are good for your heart and taste great too. Follow link for heart healthy recipes to download or to purchase the cookbook.
<http://www.nih.gov/news/health/nov2009/nhlbi-10.htm>

American Institute for Cancer Research has a new website for kids – check it out:
<http://www.thetastebuddies.org/>

College Corner: Missing the Freshman 15 By Bernadette Armiento
<http://maplewood.blogs.nytimes.com/2009/11/16/college-corner-missing-the-freshman-15/>

Don't miss your opportunity to win the new **Georgia PTA Healthy Fundraising Award** for your local unit. A new \$1,000 award is available to the winning elementary, middle and high school who has implemented the best healthy fundraising program this year. Applications are due March 12. Go to the following link for guidelines and application: http://www.georgiapta.org/documents/Healthy_Fundraising_Award.pdf.