

# Wellness News to Watch

Georgia PTA Health & Wellness Committee  
October 14, 2009



## **In this email (please distribute):**

- *Register Now: Webinar – Raising Money While Promoting Health in Schools – Oct. 20 and 26*
- *Stars Aligning on School Lunches*
- *Do school fundraisers support or undermine health message?*
- *Easy Take-Along Lunches – Recipes from Eating Well Magazine*
- *Webinar: Take Action for Healthy Kids and Healthy Schools: From Policy to the Practical – Thursday, October 22*

## **"Raising Money While Promoting Health in Schools."**

This Web-based seminar will help you, as parents and caring adults, influence efforts to conduct health-promoting and profitable fundraisers in your children's schools. Explore guiding principles and alternatives to traditional candy and baked goods fundraisers. Hear from others, including PTA leaders, who have stories to share or come ready to share an example of your success. Ask questions and gain ideas and resources for taking the next step in your school community. School staff and other interested parties are welcome to attend. (Co-sponsored by the Alliance for a Healthier Generation and the National PTA with spotlight on Georgia PTA.)

Offered twice – Tuesday, October 20 at 12:00-1:00 p.m. EST and Monday, October 26 at 8:30-9:30 p.m. EST. Register online at [http://www.surveymonkey.com/s.aspx?sm=b4GzIgtVfCQr1z9LtO4x8w\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=b4GzIgtVfCQr1z9LtO4x8w_3d_3d). (One week in advance of the session, you will be provided a toll-free number for calling in, as well as directions for accessing the slide presentation online – or you can just participate by phone.)

## **Stars Aligning on School Lunches**

*By Kim Severson, New York Time*

"...Imagine Ms. Cooper's surprise when she was invited to the association's upcoming conference to discuss the Lunch Box, a system she developed to help school districts wean themselves from packaged, heavily processed food and begin cooking mostly local food from scratch...." Read full story at the following link: [http://www.nytimes.com/2009/08/19/dining/19school.html?\\_r=2&ref=dining](http://www.nytimes.com/2009/08/19/dining/19school.html?_r=2&ref=dining)

## **Do school fundraisers support or undermine health messages?**

Fundraisers have been a part of school and extra-curricular groups for many years, and as budgets get tighter, that income becomes more crucial. Now government and health experts are increasingly calling us to stop and consider the long-term effects of basing most of these fundraisers on high-calorie foods with little nutritional value. See full article at the following link:

<http://calorielab.com/news/2009/09/19/do-school-fundraisers-support-or-undermine-health-messages/>

## **Easy Take-Along Lunches – Eating Well Magazine**

Save money and stay slim by bringing your lunch to work or school. When you're away from home it's all too easy to turn to fast food or a vending machine. These recipes take just a few minutes to assemble the night before or in the morning. Pack them for portability with a cold freezer pack and you're good to go! Read more at the following link: [http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_lunch\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_lunch_recipes)

## **Webinar: Take Action for Healthy Kids and Healthy Schools: From Policy to the Practical – Thursday, October 22 at 3:00 p.m. EDT**

Join school system leaders on a one-hour webinar that highlights district-level decision-making to impact student health and achievement. For more information and to register, visit:

[https://www.eventbuilder.com/event\\_desc.asp?p\\_event=v4k11f4b](https://www.eventbuilder.com/event_desc.asp?p_event=v4k11f4b)