

# Steps Newsletter

Strong communities where all people are active, healthy and free of the burden of chronic disease.

*Steps to Health King County, Washington*

## Ethnic Foods in Seattle and Highline Schools

### Ethnic Foods and Education Project

Nutrition Services in the Seattle and Highline School Districts have begun offering meals that reflect the ethnic diversity of the students served. Beginning this past October, students are being offered one ethnic meal per month that will be included on the regular lunch menu. Steps to Health King County Nutrition Education Coordinator Kirsten Frandsen, has led this effort.

These foods are taste tested and other considerations are made including cost, distribution and availability of foods.



**New ethnic foods coming to Seattle Public Schools.**

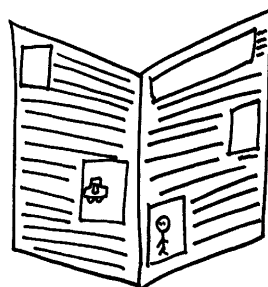
Additionally, educational materials for each elementary school classroom have been developed that encourage teaching about diversity through health and nutrition. In both districts, educational facts about the culture highlighted

each month can be found on menu backs. This project reaches over 65,000 students in both districts.

For more information contact:  
Kirsten Frandsen, [kifrand-sen@seattleschools.org](mailto:kifrand-sen@seattleschools.org)

## Steps Issues in the News

- **Obesity in King County**  
[http://seattletimes.nwsourc.com/html/localnews/2002569789\\_obesity19m.html](http://seattletimes.nwsourc.com/html/localnews/2002569789_obesity19m.html)
- **“Take the Stairs Campaign”**  
[www.metrokc.gov/health/news/05102701.htm](http://www.metrokc.gov/health/news/05102701.htm)
- **Land Use and Air Quality Report**  
[www.psrc.org/projects/vision/pubs/health.pdf](http://www.psrc.org/projects/vision/pubs/health.pdf)



Volume One, Number One

November 2005

### *Special points of interest:*

- Success stories
- Links to articles about Steps
- Latest on Steps programs
- Events not to be missed
- How to access the Steps extranet and why

### *Inside this issue:*

- Ethnic foods in Seattle • 1
- Steps in the News • 1
- Program Updates • 2
- Upcoming events • 2
- X-tra net resources • 2

## Program Updates

### Executive Alliance Honors Bike Works With Evergreen Award

The Executive Alliance presented an Evergreen Award to Bike Works for its outstanding contributions to the community. The Executive Alliance mission is to promote nonprofits that support a healthy community and a thriving economy in Washington State.



### Feet First's Green Map System

Feet First had organized a coalition to launch a new [Seattle Green Map](#). This map will create a standard for sustainability in over 50 categories. An online map will preview on Earth Day, 2005. The official system will launch on World Environment Day in June, 2006. This map will create a basis for future print maps of Seattle and Seattle's neighborhoods. Though this process has focused on the City of Seattle, the experience developed through this process can be shared with other communities throughout the Northwest. The international Green Map System provides brilliant examples of efforts in 45 countries. See [Seattle Green Map](#), the [Green Map System](#), and the [Green Atlas](#) for more in-



**“Stop Germs, Stay Healthy” - great free posters!**

[www.metrokc.gov/health/stopgerms](http://www.metrokc.gov/health/stopgerms)

## Upcoming Events

- **King County Asthma Forum Steering Committee** 11/28/05 from 2-4pm in the Safeco Conference room  
([Gail.Tanaka@metrokc.gov](mailto:Gail.Tanaka@metrokc.gov))
- **Steps Leadership Team meeting** 12/9/05 from 11-1pm  
([Gail.Tanaka@metrokc.gov](mailto:Gail.Tanaka@metrokc.gov))
- **Steps Policy Committee** 12/1/05 from 9-10:30  
([Gail.Tanaka@metrokc.gov](mailto:Gail.Tanaka@metrokc.gov))
- **The Diva Dash 5K Walk & Fun Run ... & 1K Little Diva Dash** December 3, 2005 at Seward Park  
Proceeds benefit *Girls on the Run*  
**More info or to register:**  
[www.divadash.com](http://www.divadash.com)
- **Cascade Bicycle Club “Chilly Hilly”**  
February 26th, 2006

*“December 5th there will be a forum on healthcare reform at Town Hall sponsored by Code Blue Now.”*

[www.codebluenow.org](http://www.codebluenow.org)

## For Steps Members: Extranet Net Resources

The Steps extranet has great resources!

- Program brochures
- Program web sites
- Funding opportunities
- Reports
- Events

Access the Steps extranet site

[www.kcsteps.org](http://www.kcsteps.org)

For a password, send an e-mail to Jeff Ing at [Jeff.Ing@metrokc.gov](mailto:Jeff.Ing@metrokc.gov).



To comment on or submit articles to the Steps newsletter please contact Diana Vinh at [Diana.Vinh@metrokc.gov](mailto:Diana.Vinh@metrokc.gov)  
Please submit articles by the first of each month to be included in that month's newsletter.