



SPOTLIGHT

Building Healthy Futures

Did you know that 1 in 5 children in the U.S. are overweight? And that 50.2 million people live in [food-insecure](#) households? Since March is [National Nutrition Month](#), take the opportunity to get involved - help youth combat obesity by making healthy food choices, or support those in national & community service that are helping communities with [food distribution](#) & [nutrition education](#) programs.



5 ways to create healthy change:

- [Find out about your community's ability to access healthy food & its success in doing so](#)
- [Get more fruits & vegetables into your neighborhood](#)
- [Create a community garden](#)
- [Help preschoolers develop good eating habits](#)
- [Get tips to help children maintain a healthy weight](#)

RESOURCES

You Are What You Eat

[Read stories of service about healthy foods](#) & use the following materials to gather other ideas, information, & activities.



Lending Library

- [Eat My Words!: An Early Childhood Nutrition Education Curriculum](#)
- [Healthy Snacks](#)
- [Kids' Multicultural Cookbook: Food and Fun Around the World](#)

Effective Practices

- [Buying nutritional food on a limited budget](#)
- [Distributing perishable foods to low-income families](#)
- [Teaching nutrition and life-skills to adults with low incomes](#)

Related Website

- [Serve.gov: Healthy Foods](#)

ANNOUNCEMENTS

It's All About the Fruit



This grant program provides 20 schools with fruit trees (valued at \$500) to create engaging nutrition & gardening experiences. The opportunity is open to schools & community garden programs with at least 15 children between the ages of 3-18. Deadline is *April 11, 2011*. [For more information.](#)

Start Planning!

[National Volunteer Week](#), *April 10-16, 2011*, is about inspiring, recognizing, & encouraging people to seek out imaginative ways to engage in their communities. View the [National Volunteer Week 2011 Resource Guide](#) for all the info you need to get started.

[Global Youth Service Day](#), *April 15-17, 2011*, celebrates & mobilizes the millions of children & youth who improve their communities each day of the year through service & service-learning. Read the [Global Youth Service Day Toolkit](#) for materials to organizing & market your project.

Simple Tech Tip

Can't fix that stubborn formatting in your Word doc? Clear it out and start fresh by selecting your block of text, then pressing CTRL+SHIFT+N.



National Service-Learning Clearinghouse

[SLICE](#) is a database with hundreds of service-learning lesson plans, syllabi, & project ideas. Help build the collection by [submitting your own SLICE resource](#).

E-mail Discussion Lists

Want to share ideas & resources with others in the field? [Subscribe to one of these lists](#) & exchange e-mails on topics like AmeriCorps, tribes, disaster services, disability inclusion, seniors, & VISTA.

ABOUT THE RESOURCE CENTER

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