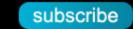
Resource Center

Tools and training for volunteers and service programs







Your Resource Connection enewsletter

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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 foodinsecure 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

- <u>Eat My Words!</u>: An Early
 <u>Childhood Nutrition Education</u>
 Curriculum
- Healthy Snacks
- Kids' Multicultural Cookbook: Food and Fun Around the World

Effective Practices

- Buying nutritional food on a limited budget
- <u>Distributing perishable foods</u> to low-income families
- <u>Teaching nutrition and life-skills to adults with low incomes</u>

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 emails on topics like AmeriCorps, tribes, disaster services, disability inclusion, seniors, & VISTA.

ABOUT THE RESOURCE CENTER

The Resource Center is a training and technical assistance provider funded by the <u>Corporation for National and Community Service</u> to support volunteer and service programs across the nation. Visit us today to search, browse, download, order, and borrow from among thousands of specialized resources. Click here to <u>subscribe</u> to this e-newsletter. To <u>unsubscribe</u>, send an e-mail to lyris@lists.etr.org with *unsubscribe nsrcnews* in the body of the message.

Resource Center | www.nationalservice.gov/resources | 800-860-2684 | resourcecenter@etr.org