



“Committed to improving the health and fitness levels of NH school children by increasing their physical activity levels and healthy food choices”

Contact: Tamara Martin, Team Chair
603-642-4255
tammi.martin@comcast.net

The NH Healthy Schools Coalition is proud to announce the launch of the **NH SNAKS (Schools, Nutrition and Kids)** Program
Free Materials Ready for Pickup October 5th at Exeter High School, 315 Epping Road, Exeter, NH



Attention: NH Elementary and Middle Schools
Unique Opportunity for Free Educational Materials

Students Create Healthy FREE food and fitness displays and programming for NH schools

Exeter, NH, October 5, 2007 –

The NH Healthy Schools Coalition working with students from the Great Bay eLearning Charter School in Exeter, and with the generous support of The Timberland Company and Exeter Hospital, has created and is ready to disseminate (250) healthy food and fitness backpack displays. These cases and their supporting educational materials will go to the first schools from throughout the State of New Hampshire who make arrangements to pick them up or have them delivered. “It is really exciting to see the work these students have put into improving the health of all of NH’s school children. I would hope that this model of community and school collaboration would be duplicated throughout New Hampshire and nationally,” said chair, Tammi Martin.

The students have developed an educational product “that informs in an engaging and interactive manner, healthy snack foods and beverages that are appealing/acceptable to different age students and also fit established nutrition guidelines that promote health in youth.” The SNAK PACKS also include information on physical activity programming that is easy to implement in both the in and after school environments. This program is designed to be a “living project” in NH schools. In the future upgrades and additional **free program materials** will be sent directly to participating schools.

NH Healthy Schools Coalition, the state affiliate of Action for Healthy Kids, now in its fifth year, has been working to ensure the adoption of effective wellness policies and practices by developing nutrition guidelines, PE recommendations, a nutrition curriculum guide and evaluation tools. **During their Annual meeting on October 5, 2007, being held at the Exeter High School in Exeter NH starting at 9 AM the NH SNAKS program will be launched at 1 PM and the student creators will be**

recognized. Contact tammi.martin@comcast.net for more information on the day and to reserve your NH SNAKS PACK. Deadline for reservations is October 1st. Only 250 available at this time! If you can not attend and want to receive a NH SNAK PAK please provide the contact information for the person in your school who coordinates health issues and we will work with them to determine how best to ensure delivery of the SNAK PACK. For reservations provide the following:

Will Attend 10/5 and pick up SNAK PAK or Unable to attend please contact

Name: _____ Title: _____

School and Address: _____

Email address: _____ Phone: _____

We would also like to encourage you to send representatives from your school to the NH Healthy Schools Annual Meeting which will be held that day from 9 AM to 2 PM. **There is no cost to attend!!** School wellness teams of parents, students, teachers, school administrators, staff and students should attend to identify new products to help implement the nutrition guidelines and physical activity goals of their new wellness policies. **NEW THIS YEAR!! Hands-on Cooking Demonstrations featuring healthier options!!** Cooking classes for school food service workers, will be offered by members of the School Nutrition Association (SNA). SNA Credit is available.

The NH Healthy Schools Coalition, is also proud to announce the launch of the first newsletter project designed to help schools implement their wellness policies. This newsletter will be delivered to schools in a camera ready format and will feature sections for school teachers, administrators, food service professional and most importantly children and their parents. The newsletter will be feature one side dedicated to physical activity and the other to nutrition. The monthly features will be written specifically to the NH environment and will include lots of ideas that will interest children and their families. The newsletters will serve to strengthen the connection between NH schools and the communities that they serve. The NH Healthy Schools Coalition has worked diligently to keep the charge to the schools for this newsletter to a minimum. Please sign up now by sending your contact information to nhhealthyschools@gmail.com to take advantage of this opportunity! You can also fax a request for order information to 888-821-9580.

About NH Healthy Schools Coalition

The NH Healthy Schools Coalition is the NH affiliate of Action for Healthy Kids, which is a national grassroots partnership created to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. Now celebrating its fifth anniversary, Action for Healthy Kids is a public-private partnership of more than 50 national organizations and government agencies representing education, health, fitness, and nutrition, which supports the efforts of its Teams (including all states and the District of Columbia) made up of over 6,000 volunteers.

Action for Healthy Kids was created in response to The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, which identified the school environment as one of five key sites of change. Former U.S. Surgeon General Dr. David Satcher is the founding chair of Action for Healthy Kids, and currently serves as the Director of the Center of Excellence on Health Disparities at Morehouse School of Medicine.

To learn more about Action for Healthy Kids, visit www.ActionForHealthyKids.org. Check out the NH Page regularly to take advantage of additional opportunities for your school as they become available.