



**Eat Smart | Get Out | Be Active**

Upper Valley Healthy Eating Active Living Partnership

## **Possible Schweitzer Fellowships or Volunteer Opportunities**

*Thank you for your interest in working with the Upper Valley Healthy Eating Active Living (HEAL) Partnership. The HEAL Partnership is a growing group of schools, municipal leaders, health care providers, and other community service organizations working together to help children, parents, and other members of the community develop lifelong habits of good nutrition and active lifestyle. We have been pleased to support, and link together, local residents, schools, and organizations who are working toward similar goals.*

*As a community-based multi-sector initiative there are several opportunities for Fellows or volunteers to collaborate. I have listed some options below, however it is important to mention that these are just possibilities and we are certainly open to your ideas, interests, and experiences. Some of these projects require little time while others are a larger commitment. We leave it to you and your colleagues to determine at what level you participate.*

*For more information about the Upper Valley HEAL Partnership please visit [www.uvheal.org](http://www.uvheal.org) or contact Maudi Silver-Mallema at 603-653-3455 or [Maudi.Silver-Mallema@hitchcock.org](mailto:Maudi.Silver-Mallema@hitchcock.org).*

### **Healthy Food Demonstrations**

Willing Hands of the Upper Valley is a “food rescue” organization that receives nutritious food donations of primarily fruits and vegetables that would otherwise go to waste and in turn donates and delivers them to a variety of human service organizations. Willing Hands has worked with the HEAL Partnership to provide food demonstrations and tastings. At these events participants are given the opportunity to taste a healthy food that has been prepared with a basic recipe and receive a sack of ingredients to take home so that they can recreate the food for their families and hopefully incorporate the recipe into future meals. Demonstrations have taken place at child care centers, and the Women’s Health Resource Center. Other events are being planned at WIC clinics.

**Upper Valley Healthy Eating Active Living Partnership:** Children’s Hospital at Dartmouth, Alice Peck Day Memorial Hospital, Lebanon Schools, Mascoma Schools, Upper Valley Trails Alliance, Lebanon Recreation and Parks, Mascoma Valley Health Initiative, Vital Communities / Valley Food & Farm, Willing Hands Enterprises. Funding provided by Foundation for Healthy Communities, HNH Foundation, Anthem Blue Cross Blue Shield Foundation, Harvard Pilgrim Healthcare Foundation, Endowment for Health, and New Hampshire Charitable Foundation. UV HEAL is hosted at CHaD, the Children’s Hospital at Dartmouth. 603-653-1929

The HEAL Partnership needs volunteers to staff these tastings and demonstrations. This can be a long term commitment where you can attend many events or create a HEALthy recipe book, or more of a short term commitment in which you would participate at the events based on your interest and availability.

### **Design 5210 Materials targeted at Adults**

The Upper Valley HEAL Partnership has adopted the 5-2-1-0 messaging as a way to support families in their efforts to stay healthy. 5-2-1-0 stands for (5) Eat at least 5 fruits and vegetables every day, (2) Limit screen time to less than two hours every day (none for children under 2 years), (1) Get at least 1 hour of physical activity every day, (0) Avoid sugar-sweetened soda and fruit drinks. The 5-2-1-0 materials have been very effective with the younger audience. We would like to have similar materials designed for an adult population and offer this as a possible fellowship project or volunteer opportunity.

### **School Environment Assessments**

Some really interesting environment assessments have been used in schools around the country to assess the food and nutrition environments in snack stores, cafeteria food, and class parties, as well as opportunities for physical activity including equipment, PE class time, and sports teams. We are working closely with the Lebanon and Mascoma school districts and it would be really interesting to see how some of the Upper Valley schools "rate" in terms of the above criteria. So there is also a chance for a fellow, or student volunteer to work with some of the schools to create or adapt an assessment tool and a strategy for implementation. The results of the assessment can feed the plans for sustainable change in the school and district.

### **Starting a local CATCH Kids Program**

CATCH Kids is an evidenced-based after-school, summer, and community recreation program designed to promote healthy physical activity and eating habits in elementary school-aged children. CATCH Kids has had success in several NH communities and has the potential to provide local after school and summer programs with some useful resources, activities, and information. This project will require a longer time commitment to get started. Once it is built, the program may need volunteers to provide short term help. For more information visit,

[http://www.healthynh.com/fhc/initiatives/ch\\_obesity/catchkidsclub/index.php](http://www.healthynh.com/fhc/initiatives/ch_obesity/catchkidsclub/index.php).

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