

# WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

June 2015

## Food System Setting

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Director of Development & Administration

## Farmer's Market Summer Fun

Alex Bernal of La Semilla Food Center will be leading weekly outreach, cooking demonstrations, and healthy food tastings at the Las Cruces Farmers' & Crafts Market throughout the summer and is looking for volunteers to assist. The tastings and demonstrations will focus on fresh and healthy foods, many



student-approved and integrated as part of our Edible Education program, and some will feature guest chefs. We are seeking volunteers throughout the summer to assist on some Wednesday evenings and every Saturday to help set up, assist with preparation, pass out samples and educational information, and help clean up. If you are interested please contact Alex at

[alex@lasemillafoodcenter.org](mailto:alex@lasemillafoodcenter.org).

This is possible through partners like the USDA Farm to School,

New Mexico Farmer Market Association, and Healthy Kids Las Cruces.

**Thank you to all of those  
who attended our  
Semi-annual Healthy Kids  
Las Cruces Stakeholders  
Meeting in May.  
We appreciate your  
Commitment!**

*La Semilla, in partnership with Doña Ana County, will be hosting a school garden and nutrition education training for teachers on June 29. The half-day training will focus on the design, planning, and costs of creating a school garden, provide school garden and nutrition education curriculum resources easy to integrate into the classroom, and conclude with a cooking lesson. Lunch and incentives will be provide for educators. Please email Liz Anichini at [liz@lasemillafoodcenter.org](mailto:liz@lasemillafoodcenter.org) if you are interested in attending or learning more about this opportunity.*

## Upcoming Events

June 10 Evening Farmers' Market 5-9 pm

June 13 Teen Mobile Unit Showcase Apodaca Park 801 E. Madrid Ave, 5-8 pm

June 21 FREE SWIM  
Father's Day 12-3 pm and 3:30-6:30 pm at East Mesa Bataan Memorial Pool 6141 Reynolds Rd., and Laabs Pool, 750 W. Picacho Ave

Music in the Park Series  
Sunday evenings beginning at 7 p.m. For more information call 575-541-2550 or go to [www.las-cruces.org](http://www.las-cruces.org) for a online listing

Go to <https://www.facebook.com/HKLasCruces>



## TWEEN/TEEN Summer Scene

The City of Las Cruces Parks & Recreation Department offers a free summer program for teens 12 – 17 years old. The program runs through July 31, Monday through Friday, noon to 5 p.m. at Meerscheidt Recreation Center, 1600 E. Hadley Ave.

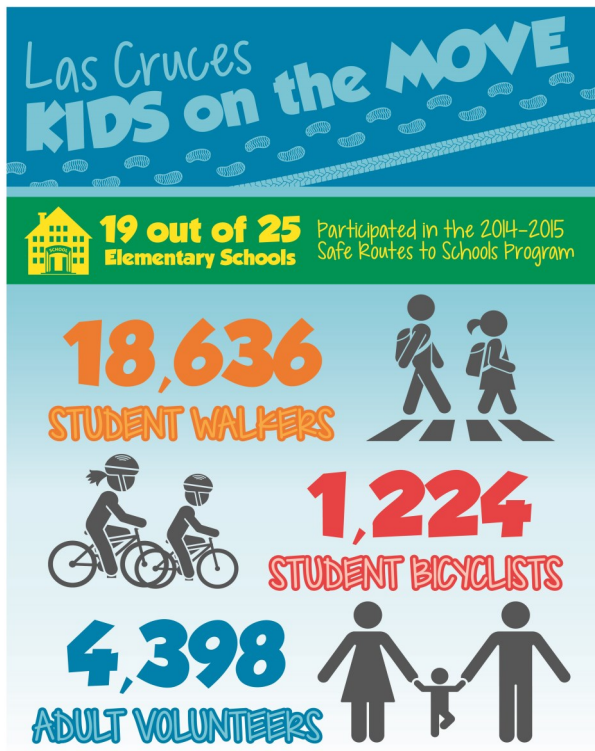
Scheduled activities include open gym for basketball, volleyball, dodgeball, music, the Teen Mobile Unit, fitness, dance, and more. While this is a free drop-in program, all attendees must acquire a Parks & Recreation Activity ID Card, show card at front desk, and sign-in daily.

The ID Cards help streamline the administration of Parks & Recreation programs and assist in getting teens placed on teams, receive information on upcoming events, and assure that participants meet the age requirements. The card will contain a photo, I.D. number, birth month and year, grade level as of the most current school year and issue/expiration dates. The initial card is free of charge. For more information contact :

Meerscheidt Recreation Center

**Security is on site for all teen events**

Phone: 575/541-2563



## SAFE ROUTES TO SCHOOL CELEBRATION POSTER

This infographic was created in celebration of accomplishments the Las Cruces Safe Routes to School (SRTS) program has had over the last year in regards to student and parent participation. The data used to compile the infographic is collected at each schools walking/ biking site by either a SRTS Champion or Volunteer. Schools walk on different days, for example Walking Wednesdays are popular. In that case each Wednesday the students and parents who participant are counted. Pretty awesome. Las Cruces has more participation in walking to school than any other school district in NM. Now that is something to celebrate. We can't thank the students and adult volunteers who show up time and time again ENOUGH!

If you are interested in volunteering please contact Las Cruces Safe Routes to School Coordinator Ashleigh Curry [srts@lcp.k12.nm.us](mailto:srts@lcp.k12.nm.us)

To learn more about Las Cruces Safe Routes to School like us at [Facebook.com/lcsrts](https://www.facebook.com/lcsrts) or email [srts@lcp.k12.nm.us](mailto:srts@lcp.k12.nm.us)



Data Collected through Las Cruces Safe Routes to School; 2014-2015 school year.

## Education Setting

# KIDS CAN EAT FOR FREE THIS SUMMER

LAS CRUCES—The Las Cruces Public Schools will once again provide a summer food service program at 24 schools throughout the community. LCPS Nutrition Services Director Nancy Cathey said all of the locations will serve a free lunch while 20 locations will also serve free breakfast. Children must be ages 1-to-18 to be able to participate and they can eat at any of the school sites, she added. “This is a great opportunity for kids who can still count on a nutritious meal when school is not in session,” Cathey said.

Breakfast and lunch will be available at Arrowhead Park Early College High School, 3600 Arrowhead Dr. on the NMSU campus from July 1 through August 6, 2015. The hours are 8:30-9:00 a.m. and 11:15 a.m. – 12:15 p.m., respectively.

The following 19 locations will have lunch and breakfast from June 26-August 3, 2015, at the following times:

- Alameda Elem., 1325 N. Alameda: :00-8:30 a.m. and 11:00 a.m. – 12:00 p.m.;
- B.T. Washington Elem., 755 E. Chestnut: 7:45-8:15 a.m. and 11:15 a.m. – 12:15 p.m.;
- Central Elem., 150 N. Alameda: 8:00-8:30 a.m. and 11:00 a.m. – 12 p.m.;
- César Chávez Elem., 5250 Holman Rd.: 8:00-8:20 a.m. and 10:45-11:45 a.m.;
- Columbia Elem., 4555 Elks Dr.: 8:00-8:30 a.m. and 10:30-11:30 a.m.;
- Conlee Elem., 1701 Boston Dr.: 8:00-8:30 a.m. and 11:15 a.m. – 12:15 p.m.;
- Doña Ana Elem., 5551 Camino de Flores: 8:00-8:30 a.m. and 10:30-11:30 a.m.;
- East Picacho Elem., 4450 N. Valley Dr.: 7:30-8:00 a.m. and 11:00 a.m. – 12:30 p.m.;
- Hermosa Heights Elem., 1655 E. Amador Ave.: 7:45-8:15 a.m. and 11:00 a.m. – 12:00 p.m.;
- Jornada Elem., 3400 Elks Dr.: 7:45-8:15 a.m. and 11:00 a.m. – 12:00 p.m.;
- Loma Heights Elem., 1600 E. Madrid: 7:45-8:15 a.m. and 11:00 a.m. – 12:00 p.m.;
- MacArthur Elem., 655 N. 4<sup>th</sup> St.: 8:00-8:30 a.m. and 11:00 a.m. – 12:00 p.m.;
- Mesilla Elem., 2362 Calle del Sur: 7:45-8:15 a.m. and 11:30 a.m. – 12:30 p.m.;
- Mesilla Park Elem., 955 W. Union: 7:45-8:15 a.m. and 11:30 a.m. – 12:30 p.m.;
- Sonoma Elem., 4201 Northrise Dr.: 8:00-8:30 a.m. and 11:15 a.m. – 12:15 p.m.;
- Sunrise Elem., 5300 Holman Rd.: 8:00-8:30 a.m. and 11:45 a.m. – 12:45 p.m.;
- Tombaugh Elem., 226 Carver Rd.: 8:00-8:30 a.m. and 11:30 a.m. – 12:30 p.m.;
- University Hills Elem., 2005 Locust St.: 7:45-8:30 a.m. and 11:00 a.m. – 12:00 p.m.;
- Valley View Elem., 915 E. California Ave.: 8:00-8:30 a.m. and 10:30-11:30 a.m.



**The remaining four sites will not have breakfast on the dates listed, but will serve lunch:**

- Lynn Middle School, 950 S. Walnut: May 27 through June 26, 2015, 10:30 a.m. – 11:30 a.m.;
- Rio Grande Preparatory Institute, 2355 Avenida de Mesilla: May 27 through June 26, 2015, 11:30 a.m. – 12:30 p.m.;
- Conlee Elem., 1701 Boston Dr.: June 8-26, 2015, 11:00 a.m. – 12:00 p.m. with grilled lunches only;
- MacArthur Elem., 655 N. 4<sup>th</sup> St.: 11:00 a.m. – 12:00 p.m. with grilled lunches only.

—For more information, contact LCPS Nutrition Services at 527-5937.

## Healthcare Setting

**Summer heat means it's time to drink more water! We all know many of the benefits of water, but what about these lesser-known perks of downing more H2O:**

- \* **Drinking water** hydrates the skin so you'll need less lotion
- \* **Water** helps you lose weight by **suppressing the appetite and helping to burn fat**
- \* **Drinking water** helps your muscles **to work harder and longer before getting tired, which in turn, can help build muscle mass**
- \* **Drinking water** increases your cognitive function by **carrying lots of oxygen to the brain**
- \* **Water helps** keep your joints strong, **healthy and lubricated, which keeps you flexible and your movements pain-free**

See more at:

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/5-little-known-benefits-of-drinking-water.html#b>