

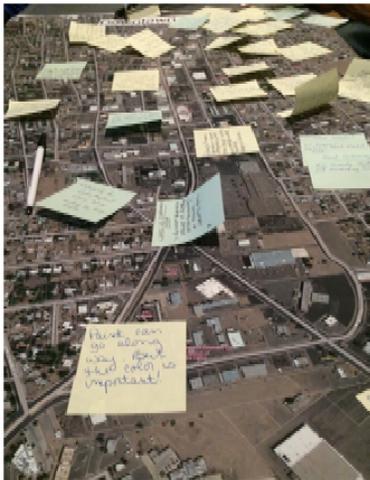


WHAT'S HAPPENING



Healthy Kids Las Cruces Newsletter

March 2016



Working together on the Downtown Master plan

With almost 70 people crowded around tables in the Shannon Room of the Branigan Cultural Center Tuesday evening, February 16, Las Cruces' s four-day collaboration on a next generation Master Plan for downtown got rolling.

The opening night task: Affirm key spots in the Downtown project area where the advantages of city life seem to be already emerging and additional places where the potential for even more activity is promising.

Dawn Sanchez, Southwest Regional Director for NMDOH and Aimee Bennett Healthy Kids Las Cruces Coordinator were present to provide input and a "Healthy Perspective".

This was just the kick off to a week filled with work geared toward one common goal: Updating the Downtown Master plan.

On Thursday February 17th transportation engineer and walkability guru Peter Swifts presentation was especially interesting.

For more information on what the week entailed visit:

www.lascrucesdowntownplan.org

Community & Regional Planning

Lead: Andy Hume

ahume@las-cruces.org

Downtown Coordinator, Las Cruces Community Development



Upcoming Events

March 14-18
LCPS & NMSU
Spring Break

March 14-18
Spring Break Camp
City of Las Cruces
Parks and Recreation
575-541-2550.

March 20th
Bataan Death March
visit
www.bataanmarch.com

March 29-April 2
Plan4LasCruces!
Neighborhood
Workshops
<http://www.lascruces.org>



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



La Semilla will be hosting a series of *Crop and Cuisine* workshops with Branigan Cultural Center During the months of March, April and May info here:

<http://www.las-cruces.org/departments/community-and-cultural-services/museum-system/branigan-cultural-center/public-programs-and-activities>

South Central Regional Transit District

launched bus service covering the East and Southern part of Doña Ana County.

Ride for FREE for 60 days. Schedules are available at: <http://www.scrtd.org/Routes-Schedules>

Food System

Lead: Aaron Sharratt

aaron@lasemillafoodcenter.org

Director of Development & Administration

Note to editors and news managers: The daily drop-in fee is \$20 per child, not \$15 as stated in the news release issued Feb. 16. Thank you.

Spring Break Camp Fee Correction

The City of Las Cruces Parks & Recreation Department will begin registration for the 2016 Spring Break Camp to be held at Meerscheidt Recreation Center, 1601 E. Hadley Ave., March 14 – March 18.

Registration for the full camp will be Feb. 22 through March 11 at the Parks and Recreation Department Offices, 1501 E. Hadley Ave, Monday through Thursday from 8 a.m. to 5 p.m., and Fridays from 8 a.m. to 4 p.m. Attendees may also participate on a daily drop-in basis. This camp is for youth kindergarten through 5th grade. Proof of grade will be required.

Camp hours will be 7:45 a.m. to 5:30 p.m. Lunch will not be provided and participants are encouraged to bring a sack lunch and snacks. The program will supply water and sports drinks.

Cost for the camp is \$90 per child for the week or \$20 per child on a daily drop-in basis. Additional cost may be associated with field trips. Cost for field trips will be announced in advance.

For more information call the Parks & Recreation Department at 575/541-2550.



Community & Families

Lead: Mark Johnston

mjohnston@las-cruces.org

City of Las Cruces Parks and Recreation Director

Las Cruces Public School Staff wellness is taking place with 20 schools hosting after-school exercise classes for staff, a tracking platform that tracks steps and other healthy habits with over 500 staff participating and counting, a staff volleyball league with 16 teams, and infused water dispensers on order that will allow staff to replace sugary beverages with refreshing fruity water. Healthy staff will role model good health habits for their students! To kick off the staff wellness program Alisha from Paseo Del Norte Health Foundation Institute for Healthy Living team brought their veggie



a newly developed device that gives a score for how many fruits and vegetables a person eats over time. The Veggie Meter uses an LED light and complex physics to detect nutrients in our skin called carotenoids. These nutrients build up in our bodies when we eat a variety of fruits and vegetables. You put your finger in the device for 25 seconds to get a reading. The Veggie Meter is completely harmless. Why are carotenoids important?

Nutrients function as antioxidants in our bodies, and are one of many classes of beneficial compounds in fruits and vegetables. What kinds of foods contain carotenoids? These nutrients are found primarily in fruits and vegetables with deep green, orange, yellow, or red colors. We went to 14 sites and collected over 500 scores from staff in the **Salsa tasting** lesson on March 11th. Students will be able to assemble a fruit salsa and a vegetable salsa in their classrooms.

Education Setting

Lead: Barbara Berger
bberger@lcps.net
 LCPS Health & Nutrition Specialist

Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Academy of Nutrition
 and Dietetics

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

Healthcare Setting

Lead: Dr. Danielle Nixon
drnixon@fullbloompediatrics.com
 Pediatrician at Full Bloom Pediatrics