

Health and Wellness at Kids Zone

Remember waking up early on a Saturday to go play outside, and only had to be inside if you were injured or if the street lights were coming on at twilight? Do you remember dinner time at your home filling up with the smells of a home cooked meal?

Sadly, most children of today's era will not have those memories. The world has become much more fast paced than when today's parents and grandparents were children. In

the mix of the hustle and bustle, health and wellness became left behind. Now though, there has been a recent movement, in that health and wellness has become a key focus point in schools, cafeterias, and community outreach programs across the nation.



Neighbors for Kids

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USDA Food Program Lunch and Snacks

NFK's Kids Zone is a proud sponsor of this daily meal program. In the school year all students receive a professionally prepared and free, nutritious supper during the Child & Adult Care Food Program (CACFP). In the sum-

mer months, all participants receive a free lunch and afternoon snack as part of the Summer Food Service Program (SFSP). Children need a variety of nutrient-rich foods during their critical years of development and the USDA Meal Program provides this. In 2012, NFK's site served local chil-

dren over 6,000 healthy meals after school and in the summer months NFK served 1,484 free lunches and 1,338 afternoon snacks. Travis Harris, USDA Cook & Kitchen Manager, has developed creative menus and prepared these healthy meals for the community's children for over 5 years.



Health Education

The Kids Zone's My Health, My Life Project consists of three elements; Health and Nutrition Classes, Fitness and Sports and the Community Garden. The project offers a combination of classroom-style learning, hands-on projects, cooking classes, variety of sports and an organic community garden.

Classes and activities are taught by NFK's Program Director, Amberdawn Howe, by partner organizations (OSU Extension Services) and community volunteers. Another primary partner and funding source towards the project is Samaritan Health Services. Samaritan H.S. has provided funding each year from the hospital's "Social Accountability Fund", therefore investing in the healthy development of children in Lincoln County, Oregon.

NFK Community Garden



NFK constructed a fully fenced, 800 square-foot community garden in Depoe Bay in the spring of 2010. Thanks to the City of Depoe Bay, NFK's Kids Zone program is allowed to use this piece of property located on Collins Street for youth gardening education. The garden design has nine raised garden beds with organic-rich soil, a hot-box for plants needing warmer conditions and a perimeter to plant extra flowers and vegetables. Each year, NFK staff, parent and community volunteers and the children dive into the project and bring the garden to life! In 2013, a group of student volunteers from Oregon Coast Community College called "The Ladybugs" brought the community garden to a whole new level, as part of their chosen non-profit project. Their hard work and creative planning enabled the garden to grow and harvest potatoes, tomatoes, squash, peas, onions, radishes, carrots, lettuces, various hearty greens, sunflowers, herbs, and colorful blooming flowers. Thanks Ladybugs!

"Bridge From School to Afterschool and Back" Conference

Executive Director, Toby J. Winn, has been invited to give a presentation on behalf of Neighbors For Kids (NFK), as part of a special panel of speakers focusing on Communities Working Together to Feed Kids After School. Toby will be traveling to Seattle, Washington to join hundreds of other educators, community leaders and stakeholders from several western regional states who are focusing on providing quality, sustainable, out-of-school-time programs for youth ages 5-18.

Toby's presentation will be first in line within his breakout session, as he shares the details of the Kids Zone's highly regarded USDA Food Program. He will explain how he has worked closely with Oregon Department of Education and how NFK has sponsored the Child & Adult Care Food Program for nearly 7 years, receiving reimbursement dollars to supplement

Conference Continued



the majority of costs associated with feeding children after school. Other presenters within Toby's breakout session include representatives from Washington's School District, The Office of the Superintendent and Partners For a Hunger Free Oregon.

Winn said, "All of us at NFK are proud to have such a successful and professional USDA Food Program which has grown to be a model program for rural communities such as Depoe Bay. Feeding children in Lincoln County healthy meals has become part of our culture at NFK, and it supports the larger hunger issue which affects people across the entire United States."

Catch



Samaritan Health Services also collaborates with NFK by implementing the 3-year "Coast to the Cascades CATCH Project", an evidence-based childhood obesity prevention program, focusing on two rural counties in Oregon, Lincoln and Linn County. CATCH stands for the Coordinated Approach To Child Health. NFK's Executive Director, Toby J. Winn, is the Lincoln County CATCH Coordinator and he supports other CATCH implementation sites in the region with training, consultation and program development. Lincoln County's CATCH sites include Neighbors For Kids in Depoe Bay, Samaritan Early Learning Center in Lincoln

City, Yachats Youth and Family Activities Program and Siletz Tenas Illahee Child Care Center. New sites will be added in 2013 and 2014.

Overall goals and objectives of this project include: 1) Establishing CATCH as a sustainable, cost-effective program for the promotion of health and maintenance of a healthy weight for children, 2) Increasing the consumption of fruits and vegetables among children and 3) Improving health, fitness and quality of life through increased physical activity among children in these two rural counties.

CATCH sites, including NFK's, provide ongoing health education, sports and fitness games, and monthly "Pick of the Month" Tasting Tables. These monthly activities showcase a special fruit or vegetable, provide a cooking class and then a chance for children to taste each produce introduced. For example, October's Pick of the Month is called "Brilliant Beans" and the recipe teaches kids how to prepare slow-cooked beans, as well as the importance of protein in fiber in our diet. NFK staff member, Jeannette Hardin, is the site's coordinator of the CATCH sports and fitness component and she leads dozens of various games in the gym each week. Every child is sure to get their exercise in at the Kids Zone!

Kids Zone Neighbors for Kids

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NEIGHBORS FOR KIDS

Mission Statement: Neighbors For Kids' mission is to provide youth in our region with educational enrichment, positive youth development, and recreational activities; all in a safe environment which focuses them toward healthy lifestyles and leads them to become responsible, contributing adults.

Our staff and volunteers are dedicated to helping kids reach their full potential.

We are always interested in new volunteers, so please click that tab, above, if you'd like to apply to become a volunteer—working with youth groups

A special thank you to our donors and sponsors, without you we would not be here.

Samaritan Health Services - Social Accountability Fund
Samaritan Health Services - "Coast to the Cascades" CATCH Grant
Oregon Department of Education - CACFP Child Care Wellness Grant

Kids Zone T-Shirts for Sale

The children at Kids Zone have hand made T-shirts for sale.

The shirts are various size from child to adult. Shirts are available in either V-neck or crew cut styles. All shirts are in Tie -dye format with every color in the spectrum available.

\$15.00 each

Questions? Call (541)765-8990

Or visit

www.neighborsforkids.org



NFK is an equal opportunity provider.

Neighbors For Kids is a 501(c)(3) public charity,

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