

WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

March 2015

Education Setting

Lead: Nancy Cathey ncathey@lcps.k12.nm.us
Director of Nutrition Food Services LCPS

Salad Bars at Las Cruces Public Schools

All seven middle schools now have brand new salad bars. Las Cruces and Mayfield High School will be getting theirs the second week in March. On Tuesday, February 24th Picacho Middle School had their first lunch experience with the new salad bar. The cafeteria staff had to refill on lettuce, cherry tomatoes and broccoli a few times during the hour so those must have been the favorites. Cathey the Director of Nutrition Food Services for LCPS says "the vegetables will vary some with students favorites remaining consistent." The salad bars are another way LCPS food services raises the bar for our students. Way to go!



Why did the tomato blush?

Answer:

She saw the Salad dressing

Upcoming Events/ Meetings

March 3
Safe Routes to Schools Coalition Meeting
9-10:30 am CLC Rm

March 4
SHAC/DNAC
3:45-5:00 pm LCPS PDC
Organ Mt. Room

March 14
Mesilla Elementary Tumbleweed Run
www.active.com

March 22
Bataan Death March Memorial
White Sands Missile Range

SPRING BREAK
March 23-27 for LCPS, NMSU & DACC

Nancy Cathey Director of Nutrition Food Services LCPS & Norma Valenzuela Coordinator Nutrition Services

LC Newest Community Garden

Communities and Families Setting

Las Cruces' newest community garden opened on March 1st. The newest garden at Sage Cafe is off of Porter Road and is the city's fourth garden. The plots will be filled with a mix of earth and fertilizers that will be suitable for growing vegetables. According to the Las Cruces Sun News article there are various crops suitable for planting now some of those include; chili, eggplant, lettuce, onion, peas, leek, and tomatoes. The Las Cruces Parks and Recreation Department oversees 56 garden plots at the four community gardens. The plots at Sage Café have already been sold out. For more information contact Mark Johnston

Lead: Mark Johnston mjohnston@las-cruces.org
City of Las Cruces Parks and Recreation Director

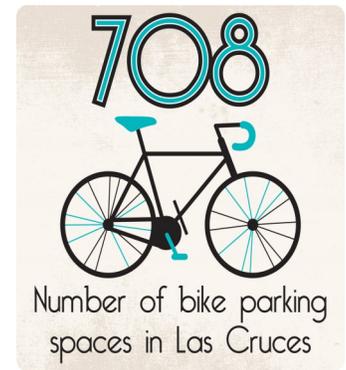
Community & Regional Planning Setting

Lead: Andy Hume ahume@las-cruces.org
Senior Planner-City of Las Cruces Community Development

Going for SILVER

The final Bicycle Friendly Application was submitted to the League of American Bicyclists in February. As it turns out, we've made quite a few advances since 2011. Here are a few of the successes. For more information contact Carol McCall, Planner CLC cmccall@las-cruces.org

- Most significant achievement is that there is greater awareness & participation by public agencies in adding and improving bicycle facilities throughout the community.
- We have a 22% increase in in-road bike lanes throughout the city & a 28.6% overall increase in bike facilities (both in-road & off-road)
- Progress & expansion to the Safe Routes to School Program
- 1.8 mile stretch of Solano Drive received a road diet which allowed for bike lanes in both directions



Healthcare Setting

Sugar and salt content in some prepackaged toddler foods may be too high



Few children say no to sweets and salty snacks. However, a healthy diet early in life may set kids on a path to good health. A recent study found that many U.S. prepackaged meals and snacks for toddlers had too much salt and added sugar.

Reading labels and choosing products with less sodium and sugar could help parents give children a healthy start, said the authors of this study. Use link below to read article in it's entirety.

<http://www.dailyrx.com/sugar-and-salt-content-some-prepackaged-toddler-foods->

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

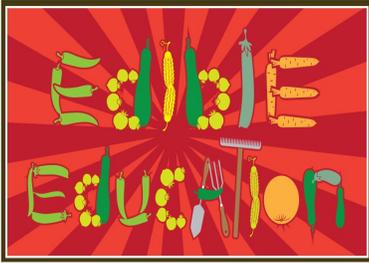
Seasonal Allergies

As excited as we may be for Spring, seasonal allergies tend to plague many of the most enthusiastic outdoors people. Check with your doctor for treatment for seasonal allergies so you don't have to miss a minute of spring-time temperatures to sniffles and watery eyes!



Food Setting

Lead: Aaron Sharratt aaron@lasemillafoodcenter.org
Director of Development & Administration



LA SEMILLA

La Semilla is Launching an Edible Education Listserv!

La Semilla is launching an Edible Education Listserv. The listserv will target K-12 teachers in the Paso del Norte Region, but is appropriate for anyone interested. Email blasts will be full of kid friendly recipes, hands-on gardening activities, garden grant opportunities, garden give-aways and upcoming events! Contact Rebecca to if your interested at rebecca@lasemillafoodcenter.org

Welcome Back Aimee

Aimee Bennett comes to Las Cruces from Ruidoso as the Community and Social Services Coordinator for the Southwest Region. One of her many hats will be that of the Healthy Kids Las Cruces Coordinator. Aimee comes fully prepared to Las Cruces after working for the past 9 years as the Community Health Promotion Specialist for Lincoln County. She was originally hired by Dawn Sanchez in 2006 with a short time working out of the Southeast Region before coming back to the SW Region in her new position. Aimee brings to us tremendous experience as a community leader, organizer and coordinator for various coalitions in Lincoln. She has extensive expertise in the food system through establishing a mobile food pantry in Ruidoso and the built environment from her time on the Village of Ruidoso Parks and Recreation Board to establishing community walking routes on the Mescalero Apache Tribe Reservation. This is just the tip of the iceberg on the many talents and skills Aimee brings to Las Cruces and our community. Please join me in welcoming Aimee and take the time to get to know her as we are so very fortunate to have here BACK! Aimee received her Bachelor of Community Health from NMSU in 1999 She has a son Reilly who is in the 7th grade and a daughter, Keslee who will graduate from Ruidoso High School this spring before coming to Las Cruces to attend NMSU in the fall.



[Dolorian Sanchez]



Dolorian is a Associate of Public Health student at Dona Ana Community College completing her internship with the health promotion team here at the Department of Health. Dolorian plans to apply for the Bachelor of Public Health program following her graduation in May of 2015. She has been participating in the Pregnancy Prevention Work Group, and working on gathering evidence based strategies for the SW Region Health Councils. When not at school Dolorian spends her time chasing her 18 month old son Brody around.

STUDENT INTERNSHIP

[Adriana Nunez]



Adriana is a student in the Bachelor of Public Health program expecting to graduate in May of 2015. Adriana has been completing her internship with the health promotion team at the Department of Health. Where she has been working with La Semilla at Conlee Elementary on after school gardening programs, in class food tastings, and Family nights. She also has been gathering evidence based strategies for health councils to utilize. Adriana looks forward to finding a job locally to utilize her public health skills.