



## Healthy Holidays 2015

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Dear friend,

As we enter the holiday season, we at HealthStart have much to be grateful for. This past year brought unprecedented partnerships and growth. The number of elementary schools participating in our **What Are YOU Feeding?** nutrition education

program increased from one to three with the addition of Cedars International Academy and AISD's Lee Elementary School adding almost 700 new children to those learning to make a direct connection between the food they eat at school and their health.

HealthStart and the University of Texas Simulation and Game Applications Lab (SAGA) have partnered to take our **Monstralia: A Healthy Life for Your Little Monster™** to the next level. Together we will build on the phenomenal work of the volunteers and staff who got **Monstralia™** this far. Wohoo, Jeremy, Jacob, Angie and David!

Special gratitude is due our AmeriCorps Vista, Erin Damm and our Dallas Liaison, Akina Dimock. Erin is a force of nature, bringing her public health and wellness background to bear to foster awareness and oversee the coordination of various events and volunteer efforts. Akina is singlehandedly creating a HealthStart-Dallas program. Erin, Akina, you ladies ROCK!

We have so much to be grateful for and so much more to do. If you have a moment, please visit our Create Health with HealthStart campaign and help us continue to build a healthy future for our children.

Gratefully yours,

Robin Herskowitz, Founder



### A Healthy Holiday Family Cooking Class

On Saturday, November 7 HealthStart partnered Kids Kitchen and Cenpatico to hold the first Parent/Child Cooking class in Cedar Park. Five families attended and made Cauliflower Tots and Apple Pie Parfaits. HealthStart's VISTA Erin used WAYF? menus to show the families how the foods they prepared would feed their bodies while Chef Katelyn showed them how to safely prepare the dishes. After making the recipes, the kids got to enjoy the food they made. Look for more cooking class dates in 2016!



### Get Social with Healthstart

Follow us on Facebook, and Twitter. Try our Start Smart with Healthstart blog for fun recipes, content, program updates, and news about events and campaigns.

Let your network know that you support the HealthStart Mission by interacting with and sharing our posts. We look forward to connecting with you.



### What are you Feeding? Update

Piloted in 2013 at UT-Elementary, in Fall 2015 WAYF? expanded to include Cedars International Academy and Lee Elementary School. All schools categorize cafeteria foods served at lunch and breakfast to students by the body systems feed, but each school has created a unique spin on the program to fit their specific student population.

- UT-Elementary presents the menus by using LED screens above the lunchline.
- Cedars has implemented a mentor program where older students use nutrition posters to teach younger students about the WAYF? sticker system and basic nutrition.
- Lee kicked off their program in mid-October with a skit at their all-school assembly focusing on the core components of the program.

Each of our WAYF? schools are unique and show just how adaptable the program is for any student population.

Keep an eye out for further expansion in 2016.

### Did you Know?

At HealthStart 90% of all donations and funding go directly towards programs that educate children in your community.

A \$5 donation on the first of the month (\$60 a year) would provide:

- A child with HEY! for a year
- An entire school with WAYF? for a month
- A month of Monstralia outreach and education

So won't you consider a donation this holiday season?

Click the gift monster below to give today.



 [www.healthstartfoundation.org](http://www.healthstartfoundation.org)  512-496-2106  [erin.damm@healthstartfoundation.org](mailto:erin.damm@healthstartfoundation.org)

Thank you for your continued support of Healthstart!