



Back to School 2013

Vol. III No. 1

Happy Back to School, Dear Friend! We hope you had a wonderful summer and are getting excited for the new school year.

HealthStart celebrated our third year of operation in June of 2013. Our third year is special as we grow to work with 15 news sites. In the 2012-2013 school year we opened in 12 locations. This school year we'll have grown to 27 sites! HealthStart's reach now extends outside of Central Texas and includes Shameta Elementary School near Mission, Texas.

Over the past three years we have been dedicated to providing young children and their families with health education so they can make good health decisions. We're excited to be working with more education sites across Texas and we plan to continue doing so in our next three years and beyond!



HealthStart made its presence known at the Active Life It's Time School Summit (ITSS) on June 23-25, 2013. Active Life asked us to be one of 15 organizations invited statewide to present a poster session at the Summit. The Summit's goal was "making healthy the norm."

In addition to a poster session, Robin Herskowitz, HealthStart's founder, along with Chef Mario Alvarado and Rebecca Vore, UT Elementary School, lead a Summit workshop titled "Teaching Health Science To Preschoolers." The panel showed how UT Elementary School and HealthStart helped the school's students make the connection between what they ate at school and their health.

HealthStart also had a booth, where we were able to show off our curriculum, posters and the HealthStart Kids "Betty & Billy Goat." HealthStart is so grateful to have a fantastic ally and partner like Active Life and for the opportunity to share our mission and philosophy with health advocates like those at the Summit!

HealthStart Curriculum Second Edition

The Second Edition of HealthStart's Health Education for Youngsters!

Curriculum has recently been sent to the printers for publishing! The 2nd Edition includes revised and updated material and more resource activities for students.

All of us at HealthStart have been working hard to rewrite and edit our units to ensure we are providing only the best health education to teachers, families, and children.

Not only is new material included, but also our Billy and Betty prompts and Parent Cards have been translated into Spanish. The new translations will help to ensure that all families involved in our program will have the ability to get involved in the health education of their children.

We are very excited to have a 2nd edition of HEY! and we hope you will take a look at our new and improved curriculum!



United Way Success by 6

United Way - Greater Austin has funded 14 childhood sites with HealthStart's HEY! curriculum.

"The United Way of Greater Austin (UWGA) has long been an outspoken advocate for early childhood education so we were particularly pleased that they believed enough in HealthStart's approach to early health education to invest in us," said Robin Herskowitz, founder of HealthStart Foundation.

United Way "envisions a world where all individuals and families achieve their human potential through education, income stability and healthy lives." United Way for Greater Austin's program Success By 6 works to make sure every child is ready for kindergarten.

Herskowitz, excitedly said, "We are really looking forward to working with the UWGA-supported child development centers and to having a positive, long lasting impact on the health of their children."

HEB Teams Up With Healthstart!



HealthStart designed 18 recipe cards for the H-E-Buddy "Kids in the Kitchen" Summer Cooking Series.

HealthStart designed the cards and then provided parents with information about what part of the body the recipe nourished. For example, in the recipe pictured, Tomato Basil Bruschetta: tomatoes, basil, lemon juice, and olives feeds the digestive system. This information will help the whole family make a direct connection between what they're eating and the body system they are feeding.

H-E-B also gave HealthStart permission to use their recipes so we've been posting the H-E-B recipes along with others we've found to dispel the misconception many people have that eating healthy is expensive. Each of our recipe cards estimates the per serving cost to show that tasty and healthy doesn't have to be expensive.

Cooking with children helps them grow up healthy and provides a time to build strong memories as a family. Your child will say, "My parents taught me how to cook healthy delicious recipes to take care of each part of my body." We encourage families to make home cooked meals because fresh ingredients provide the best form of vitamins and minerals for the body.

Additionally, HealthStart recently launched Super Food Fridays! Each of these posts includes facts about a true super food, or one that contains many great nutrients for the body. Our super food posts have included berries, whole wheat, walnuts, edamame, mushrooms, and yogurt. Each Super Food post is formatted in an easily downloaded format so you can print them out, keep them around, or use them as teaching materials at home or in the classroom.

HealthStart is making great strides right now, so make sure you keep up to date with our content on Facebook, Twitter, Pinterest or our blog!



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(Infographic by Healthstart)

"...dispel the misconception many people have that eating healthy is expensive."

Have a Great Year! Sincerely, All of your friends at HealthStart Foundation