



A New Mission for 2014

Vol. IV No. I

A Fresh Start for a New Year, Dear Friend!
Recently, the HealthStart Board of Directors adopted a new mission statement to more clearly reflect our broader mission and specific focus:

HealthStart empowers kids to create a healthier future for our communities through early health education.

Tell us what you think of our new Mission Statement. Chime in on our Facebook page!



You Are Invited!
We hope you join us for both of these upcoming events.

[I Heart HS](#) [Amplify Austin @ EZs](#)



HealthStart Visits Del Valle ISD

It was another cold, grey and blustery morning in Central Texas, but the 4-year-old classroom at Del Valle Child Development Center was warm and bustling. The three visitors from HealthStart Foundation were eager to see the Health Education for Youngsters (HEY!) curriculum in practice, and Miss Courtney's kids were just as excited to share what they had learned.

This week's topic was taken from Unit 6, What's Below You. Clear bottles of dirt and water were settling into layers on a nearby bookcase, and the kids had a lot to share about their personal investigations into the topic.

Days earlier, the students had brought dirt from home and had carefully sifted through with magnifying glasses. Amazing discoveries included: Grass! Rocks! Sticks! A LADY-BUG!!

When it was time to draw what they had learned, it was obvious these young learners has grasped the importance of dirt and it's role in keeping us healthy. As Olive said, "Dirt is important because it makes things grow that we eat to stay healthy."

Couldn't have said it better ourselves.

JumpStart Session with Screamer and Co.

Thank you to Screamer & Co! Screamer, an award-winning, full-service, advertising company, led HealthStart staff through an amazing JumpStart visioning session, which resulted in walls and windows covered in words to describe HealthStart's goals, strengths and wishes. The words speak for themselves.



Breakfast of Champions

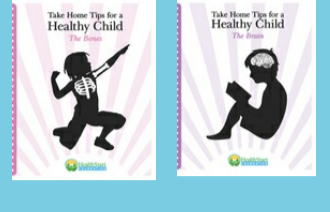
Valentine's Day morning, the HealthStart team conducted an unscientific dark chocolate tasting during our staff meeting. We tried four different dark chocolates. Unanimously, the staff found best-tasting dark chocolate to be the 55% cocoa with raspberries, beating out several other, higher cocoa varieties.

One thing to remember is that dark chocolate comes in many varieties. Find one you like and don't miss out on all the health benefits dark chocolate has to offer!



What's New at HealthStart?

"Take Home Tips" brochures for parents and children are fun, educational and soon to be found at a doctor's office near you!



HealthStart Kids

"Dirt is important because it makes things grow that we eat to stay healthy."-- Olive, a 4-year-old HealthStart Kid

Upcoming Events

March 6--Teacher Advisory Group meeting

March 20- 6:00 pm - 8:00 pm, Amplify Austin Kick-off party @ EZ's on North Lamar

April 13--Second annual I Heart HealthStart wine tasting and silent auction, 7-9:00 pm at Red Room Lounge

"Chocolate, in all its delicious glory, is actually one of the most nutritious foods in the world."-- Benton Ferguson, HS Intern and chocolate aficionado



Chocolate Avocado Pudding

Try making this delicious recipe that includes two of our favorite foods for your Sweetie!

Ingredients:

- 2 large avocados – peeled, pitted, and cubed
- 1/2 cup unsweetened cocoa powder
- 1/2 cup brown sugar
- 1/3 cup coconut milk
- 2 tsp vanilla extract
- pinch ground cinnamon
- mint leaves for garnish

Blend avocados, cocoa powder, brown sugar, coconut milk, vanilla extract, and cinnamon in a blender until smooth. Refrigerate pudding until chilled, about 30 minutes.

Have a healthy, happy winter!

Sincerely, All of our friends at HealthStart Foundation

