



Back to School 2015

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Dear friend ,

Back-to-school has always been a time to reboot for me. This school year HealthStart rebooted with a Board of Directors orientation/reorientation.

This daylong session reminded me why I started HealthStart. While our country's childhood obesity crisis impacted my decision to start HealthStart, it wasn't the biggest factor. I launched HealthStart so a generation of kids would know from an early age that health is more than what they eat or how active they are (although these factors are critical).

HealthStart kids also learn good health means healthy interactions with other people and their environment. With your help Healthstart provides children with the tools to create a healthier future for our community.

Gratefully yours,

Robin Herskowitz, Founder



This fall, students at Cedars International Academy and Lee Elementary School will see new additions in their cafeteria lines.

Thanks to a generous grant from HEB, these elementary schools will be joining UT-Elementary School in our "What Are YOU Feeding?" (WAYF?) cafeteria-based nutrition awareness program pilot this year. The addition of these two new schools brings the total number of children benefiting from HealthStart's approach to child health to over 2,000.

We've been blessed with great "WAYF?" champions at all three schools. Over the next months we'll profile our activities at each of these schools. Stay tuned!



Build a Box

Studies have shown that children who eat regular meals, including a nutritious lunch, have lower rates of obesity, more focus, and greater success in school overall. School lunch programs, such as What are YOU Feeding?, are important to increasing kids awareness of the foods that best feed their bodies.

Bringing a lunch from home can be a nutritious alternative. Build your child's lunch with balance in mind and always be sure to include a variety of foods that feed all their whole body. A balanced lunch should include:

- Lean Protein
- Good Fats
- Carbohydrates
- Rainbow of Fruits and Veggies
- A Healthy Treat
- Water

Let your child help pick out their lunch goodies and always make it fun! Remember, they are always learning. Here is a fun [Lunch Planning Template](#) to use with your family. You can find more content like this on our blog, [SUBSCRIBE TODAY!](#)

Recipe Roundup

Did you know that every week Healthstart posts a new, healthy recipe to Facebook? Go [Like](#) our page to see more!

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Upcoming Events

Food Fun & Yoga Games
Hairy Man Spooky Fest

Sat, October 24th
11-6 pm

Healthstart Family Kitchen

Sat, November 7th
10:30 am to 12 pm




Watch your Email for more information!



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Thank you for your continued support of Healthstart!