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. All schools and staff were inspired to partner in an effort to make a direct connection between the food kids 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™ off the ground. Ty, Worong, Jeremy, Jacob, Angie and David:

Special gratitude is due our AmeriCorps Vitas, Erin Emm and our Cedars liaison, Alicia Szymiec. 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. Alicia is singlehandedly creating a HealthStart-Cedars program. Erin, Alicia, 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

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What are You Feeding? Update

Piloted in 2013 at UT-Elementary, in fall 2015 What Are You Feeding? (WAYF?) expanded to include Cedars International Academy and AISD’s Lee Elementary School. All schools categorize cafeteria foods served at lunch and deliver to students by the body systems fed, 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? system and basic nutrition.
- Lee kicked off their program in mid-October with a visit to 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.

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A Healthy Holiday Family Cooking Class

On Saturday, November 7th: HealthStart partnered with the University of Texas and the Austin ISD to hold the first Parents/Cooking classes in Cedar Park. Five families attended and had a fabulous time. Chef Katelyn: “It’s a Win-Win!” Erin used WAYF? menus to show the families how to premium their foods. They prepared a recipe that educate children in Elementary School. One child with HEY! and an entire school with WAYF? for a month.

So, won’t you consider a donation this holiday season?

Click the gift monster below to give today.

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Thank you for your continued support of HealthStart!