

HEALing NEWSLETTER

March 2014

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- [Email Judy Harper](#)
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- [Email Pia Bañez](#)

www.HealZones.org



Spring 2014 Learning Convening

Network Leader Learning Circle

Tuesday, April 22, 2014 | 12:00 - 5:00 PM

Open to Southern California HEAL Initiative Coordinators

Spring Learning Community

Wednesday, April 23, 2014 | 9:30 AM - 3:00 PM

Open to Southern California HEAL Initiative Partners

Informational Webinar

Fire Up Your Feet Rewards Active Families and Schools: Winning is as Easy as 1-2-3!

Thursday, March 27, 2014

[Recording](#)

The Fire Up Your Feet Spring Activity Challenge gives students, families, and school staff at K-8 schools the chance to help their PTA or school group earn a portion of more than \$5,000 in awards. Awards for schools can be used to purchase PE equipment, bicycle racks, school gardening materials, incentives for walking to school, safety and traffic-calming equipment in and around school zones, and much more.

Sophia Mellow, Southern California Fire Up Your Feet Regional Coordinator and Rosie Mesterhazy, School and Family Engagement Manager for Safe Routes to School National Partnership presented on the initiative, how to join, and stories from past winners. Webinar recording and presentation are available [here](#). For more information contact [Sophia Mellow](#).

HEAL Site Highlights



Whittier Residents in Action: Best Practices on Training and Sustaining Resident Engagement



Whittier residents are in action, working to make the healthy choice the easy choice inside and outside the school setting. After

graduating from the "Change Starts with Me" leadership training, residents were determined to change corner stores and school fundraisers to keep their kids, and themselves, healthy. They meet regularly with other residents to motivate each other and strategies on healthy snack for local stores and the Longfellow Elementary student store, and fun physical activity fundraisers like mud runs. They also actively participate in the Whittier City School District Wellness Council meetings, helping implement and monitor the District Wellness Policy.

Antelope Valley Local Partnership, Lemon Grove HEAL Zone, and Long Beach HEAL Zone partners participated in the peer exchange to learn best practices on training and sustaining resident engagement in healthy food and physical activity strategies inside and outside of the school setting. Initiated in 2013 with the assistance of Marlene Flores, KP Community Benefit employee and a Whittier resident herself, the Residents in Action train youth and adult to implement the changes outlined in the Whittier HEAL Local Partnership Community Action Plan. For more information contact [Penny Lopez](#).

To be featured in the newsletter, please [email us](#) a description of your site's highlight.

Announcements & Events

**Leadership for
Healthy Communities**
Advancing Policies to Support
Healthy Eating and Active Living

Healthy Eating and Active Living Design Webinar Series
April 3, 2014 | 12:00 - 1:00 PM

Join this webinar to learn how zoning, land use, and facility design policies can help improve access to healthy foods and opportunities for physical activity in and around schools, workplaces, and other community buildings. [Details](#)

**Leadership for
Healthy Communities**
Advancing Policies to Support
Healthy Eating and Active Living

Design with People in Mind: How Open Spaces Can Improve Health

April 9, 2014 | 10:00 - 11:00 AM

The second webinar in the series will discuss the benefits and challenges of protecting open spaces as a community design strategy that can help build healthier, more prosperous communities by increasing opportunities for physical activity, spurring economic development, and improving air and water quality. [Details](#)

**America
WALKS**
Making America a Great Place To Walk

***Strategies to Transform the Built Environment:
Lighter, Quicker, Cheaper and Healthier***

April 17, 2014 | 10:30 - 11:45 AM

An increasing number of communities are accelerating their progress through 'Lighter, Quicker, Cheaper' (LQC) strategies to transform the built environment by taking incremental steps, using low-cost experiments, tapping into local talent, and paving the way towards longer term change. Presenters, from the Project for Public Spaces, will address the importance of creating healthy places and a quick overview of Placemaking. They will define Lighter, Quicker, Cheaper, outline the design principles and present several examples of communities that have used innovative, inexpensive "fixes" to improve health. [Details](#)



Healthy Hunger-Free Kids Act of 2010: Smart Snacks in School Rules

July 1, 2014

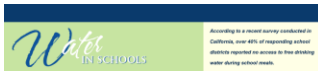
On June 27, 2013, the USDA announced its finalized "Smart Snacks in School" rules which set limits on calories, fats, sugar, and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. The rules affect "competitive foods," which are snacks sold in vending machines, a la carte lunch lines and in student stores in elementary, middle, and high schools that participate in the National School Lunch Program. The new Smart Snacks in School rules set limits on calories, fats, sugar and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. [Details](#)

Resources & Learning Opportunities



Finding, Buying and Serving Local Foods Recordings

Recordings and helpful resources from recent webinars in the USDA Finding, Buying and Serving Local Foods series are available online. Topics include everything from procurement basics to using geographic preference, to finding local producers, to buying local through DoD Fresh. [Details](#)



Why Water in Schools?

Children spend much of their day in school. Water is one of the healthiest drinks for our children. Federal and state law require schools to provide free water with school meals. The Water Works Guide provides strategies, tools, and resources to help schools ensure access to and promote consumption of drinking water. [Details](#)

Grant Opportunities



USDA Farm to School Grant Program

Award Amount: Various

Deadline: April 30, 2014

The purpose of the USDA Farm to School Grant Program is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools. Proposals for planning, implementation, and support service grants require 25% cash or in-kind match of the total project cost is required. [Details](#)

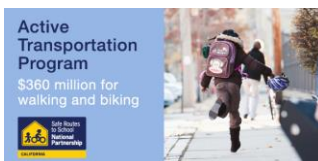


Youth Advisory Board Grant Program

Award Amount: \$25,000

Deadline: May 2, 2014

The State Farm Youth Advisory Board funds student-led service-learning projects in the following issue areas: health and wellness, community safety and natural disaster preparedness, environmental responsibility, accessing higher education, financial literacy, or arts and culture. Nonprofit organizations are eligible if they are able to demonstrate how they plan to interact with students in public K-12 schools. [Details](#)



Active Transportation Program

Award Amount: Various

Deadline: May 21, 2014

The State of California will release the new Active Transportation Program Call for Projects on March 21st. Roughly \$180 million are available for funding for bicycle, pedestrian, and Safe Routes to

School capital improvement, planning, design, construction, education, and enforcement projects. Several workshops will be held to help jurisdictions develop their application. For questions, please contact [Rye Baerg](#) or [Pauline Chow](#).

Policy Updates



Bill Introduced in U.S. Senate to Promote Complete Streets
Sens. Brian Schatz, D-Hawaii, and Mark Begich, D-Alaska, introduced the Safe Streets Act of 2014 (S. 2004) to ensure **federally funded roads are planned, designed, and built in accordance with complete streets policies**. A bipartisan House version was introduced last year by Reps. Doris Matsui, D-Calif., and David Joyce, R-Ohio. [Details](#)

Bipartisan Bill Introduced to Support Bicycle and Pedestrian Infrastructure Improvement Projects
Reps. Albio Sires, D-N.J., Andre Carson, D-Ind., Ileana Ros-Lehtinen, R-Fla., and Mario Díaz-Balart, R-Fla., introduced legislation to make **federal credit assistance available for bicycle and pedestrian infrastructure projects**. The bill would require that 25 percent of project funding benefit underserved communities. [Details](#)

California Legislator Introduces Proposal to Include Warning Label on Sugary Drinks
State Sen. Bill Monning, D-Calif., recently introduced SB 1000 which would place a simple warning on the front of all beverage containers with added sweeteners that have 75 or more calories per 12 ounces. The label, developed by a national panel of nutrition and public health experts, would read: STATE OF CALIFORNIA SAFETY WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay. [Details](#)

About

The HEALing Newsletter is published monthly to provide important grantee updates and highlight Southern California HEAL activities. The Newsletter also includes a calendar of upcoming events, resources, learning opportunities, grant funding notices, and policy updates. If you have questions or comments, please contact Judy, Arpiné, or Joanna using the contact information below.

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