



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

With 2010 quickly coming to an end, and childhood obesity becoming an ever increasing concern, we invite you to join the Healthy Behaviors Conference December 8-10, 2010.

This conference will provide you with support your efforts to promote healthy lifestyles for youth. We look forward to seeing you in December to change lives, and save lives.

-Healthy Behaviors Conference Leadership Team

2010 HEALTHY BEHAVIORS CONFERENCE Schedule At-A-Glance

Wednesday, December 8, 2010

9:00am- 5:00pm	Registration
5:00pm-7:00pm	Opening Reception

Thursday, December 9, 2010

7:00am-12:00pm	Registration
7:00am-8:00am	Morning Recess on the Beach
7:30am-8:30am	Breakfast & Networking with Exhibitors
7:30am-1:30pm	Resource Fair
8:45am-9:45am	Welcome & Opening Keynote
10:00am-12:00pm	Workshop Sessions I
12:00pm-1:00pm	Lunch & General Session Keynote
1:00pm-1:30pm	Recharge Break

AFTERNOON LEARNING CHOICE: Site Visit or Workshop Intensive Sessions

1:30pm-4:30pm	Workshop Sessions II
1:30pm-5:00pm	Site Visits

Friday, December 10, 2010

7:00am-8:00am	Morning Recess on the Beach
7:30am-8:30am	Breakfast & Networking with Exhibitors
7:30am-12:00pm	Resource Fair
8:45am-10:15am	Workshop Sessions III
10:30am-12:00pm	Workshop Sessions IV

Enjoy the rest of your stay in beautiful San Diego!
***This schedule is subject to change.**

ONLY 7 SPACES AVAILABLE TO ATTEND THE OLIVEWOOD GARDENS SITE VISIT

Thursday, December 9
\$55 per person



Space is very limited in this hand-on, experiential learning workshop. Healthy Behaviors Conference attendees will be given a tour of the garden and facilities and learn the rich history and community connection to Olivewood Gardens. You will also participate in a hands-on cooking class and hands-on gardening experience. Don't miss this special opportunity to participate in this unique learning alternative.

See site visit [schedule](#) for more information.



Cost

includes round-trip transportation, a light snack, and full participation in the workshop. Please wear comfortable shoes and clothing.

REGISTER TO ATTEND

Time is running out to register for the Healthy Behaviors Conference! Be sure to register by November 26, 2010 to secure your place.

Standard Registration- \$315 per person

For more detailed information on registration, please click [here](#).



HEALTHY BEHAVIORS CONFERENCE WORKSHOP SESSIONS

Click [here](#) to see a complete list of the workshop sessions being offered at the Healthy Behaviors Conference.

Click [here](#) to learn more about the workshop presenters that will be joining us from across the nation.

HEALTHY BEHAVIORS CONFERENCE KEYNOTES



Gordon Jackson
 Assistant Superintendent, California Department of Education

LAST CHANCE TO REGISTER AS AN EXHIBITOR

Head out to beautiful, sunny San Diego this December 8-10 for an opportunity to network on a national level with professionals from the out-of-school time field to share your latest products and services available.

RESOURCE TABLE AMENITIES Standard Resource Table-\$625

Includes 2 conference registrations, lunch & reception for 2 exhibitors, company listing in brochure and on website.

Click [here](#) for more information or to secure your booth today!

OPENING RECEPTION FEATURING OUTSIDE THE LENS

**Wednesday, December 8
5:00pm-7:00pm**



Hop aboard the Bahia Belle, a "Turn-of-the-Century" Mississippi-style sternwheeler for our welcome reception highlighting a display of beautiful photography created by youth participating in the Photovoice Project, Picture of Health that calls youth to action as they document and identify opportunities and barriers to healthy food and play within their community. This project is a collaboration of the *Network for a Healthy California - Children's Power Play! Campaign* and Outside the Lens.

For more information on Outside the Lens, please visit their website www.outsidethelens.org or on the Network for a Healthy California-San Diego and Imperial Region, please visit their website www.sdonline.org.



Delaine Eastin
Former California
Superintendent
of Public
Instruction



Richard Louv
Recipient of the 2008 Audubon
Medal
Author of the National Best Seller,
Last Child in the Woods:
*Saving our Children from Nature
Deficit Disorder*

For more information on the
Healthy Behaviors Conference

keynotes, click [here](#).

**asap
connect**

California's link to quality
After School Assistance Providers

Connect Up! A Best Practices Discussion on Summer Learning

**December 8, 2010
10:00am-4:00pm
Bahia Resort
Cost: FREE**

This pre-conference seminar will focus on offering Technical Assistance Providers the opportunity to network with their peers and advance their learning around Best Practices on Summer Learning.

Also, the recent findings of the Technical Assistance (TA) Needs for Summer Programs will be presented and shared.

Includes breakfast, lunch, & materials

Click [here](#) for more information or to register.





FAST FACTS

The average preschooler sees almost three ads per day for fast food; children ages 6-11 see three and a half; and teens ages 12-17 see almost five. (Yale Rudd Center for Food Policy & Obesity)

The U.S. Department of Agriculture reports that American teens drink twice as much carbonated soda as milk.

From 1979 to 1999, annual hospital costs for treating obesity-related diseases in children rose threefold from \$35 million to \$127 million. (National Center for Chronic Disease Prevention & Health Promotion)

HEALTH RELATED GRANTS

Run for Good Grants-Saucony Run for Good Foundation

Application Deadline: December 13, 2010 & June 13, 2011

The Saucony Run For Good Foundation knows that physically active kids are not only healthier but happier. Regular physical activity in childhood creates a foundation which can shape the whole person, encouraging smart choices and influencing a healthy lifestyle.

For more information, click [here](#).

General Mills Champions for Healthy Kids Grant Program

Application Deadline: December 15, 2010

Winston Equipment Award Grant

Application Deadline: December 3, 2010

The goal of the General Mills Champions grants is to encourage communities in the United States to improve the eating and physical activity patterns of young people, ages 2-20. Grants will be awarded to 501(c)(3) and 509(a) status not-for-profit organizations and agencies working with communities that demonstrate the greatest need and likelihood of sustainable impact on young people's nutrition and activity levels through innovative programs.

The target audience must be youth between the ages of 2 and 18. Proposals must have at least one nutrition objective and at least one physical activity objective. A registered dietitian or dietetic technician must either be directly involved or serve as an advisor to the program.

Applicants must be nonprofit organizations with 501(c)(3) or 509(a) status. Local organizations that work with youth are encouraged to apply. These may include park districts, health departments, government agencies, Native American tribes, municipal organizations, churches, schools, Boys & Girls clubs, etc.

For more information, click [here](#).

Proposals Invited for NFL Youth Football Fund Grassroots Program

Application Deadline: December 15th, 2010 (emails will not be accepted-all applications must be mailed)

The NFL Youth Football Fund Grassroots Program is a partnership of the National Football League Youth Football Fund and the Local Initiatives Support Corporation to help nonprofit, neighborhood-based organizations improve the quality, safety, and accessibility of local football fields. The program seeks to

redress the shortage of clean, safe, and accessible football fields in low- and moderate-income neighborhoods. In order to be eligible for a grant, projects must be sponsored by nonprofit community-based 501(c)(3) organizations or middle or high schools. In addition, all organizations applying for funds must be located specifically and exclusively within NFL target markets and serve low- to moderate-income areas within those markets. A total of \$2.5 million is available through this Request for Proposals. There are several levels of support from General Field Support grants to Field Surface Grants to some smaller grants available to help with resurfacing of a community, middle school, or high school football field utilizing natural grass/ sod surfaces. Funds from the program may not be used to maintain field surfaces, as all grant funds must be used for capital expenditures.

For more information, click [here](#).

The Big Help Grant Program

Application Deadline: December 31, 2010

Throughout 2010, Nickelodeon will award \$1 million in grants to schools and community organizations enabling kids around the country to achieve the goal of a million acts of help. The Big Help Grant Program will support projects that inspire kids to take care of the environment, lead active, healthy lives, engage in community service, or improve their educational experience.

For more information, click [here](#).

Special Olympics Get Into It Grants

Application Deadline: January 19, 2011

Special Olympics is partnering with Youth Service America to offer Get Into It® grants that bring together students of all abilities to fight childhood obesity in their schools and communities. The Get Into It® curriculum helps to develop a service-learning program that gives youth the opportunity to make a change.

For more information, click [here](#).

Athletics and Wellness Support Grants

Application Deadline: Rolling Quarterly Reviews.

Finish Line, an athletic retailer specializing in brand name footwear, apparel and accessories, supports athletic and wellness programs located in communities where their stores are located. The foundation funds projects registered as 501 (c) (3) organizations; have a primary focus on assisting children and young adults 18 and under; concentrate on athletics or wellness; and benefit communities in which Finish Line stores are located.

For more information, click [here](#).

For a more detailed list of grant opportunities, please click [here](#) to visit the BOOST Collaborative website.

KID FRIENDLY HEALTHY RECIPES

Gobble Me Up



Ingredients

- 1 apple
- 1 orange
- 1 pear
- Dried apricot
- Peanut Butter
- 2 Mini chocolate chips
- 1 cashew
- 1 dried cranberry

Directions

Arrange apple and orange slices on a plate as shown, and lay a cored pear half on top.

Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form feet.

Finally, use peanut butter to attach mini chocolate chip eyes, a cashew for a beak, and a dried cranberry snout.

Cute Cornucopia



Ingredients

- 1 tortilla
- 1 toothpick
- Peas
- Baby Carrots
- Baby Corn Ears
- Small pickle

Directions

To create each cornucopia, cut a tortilla in half. Roll in into a cone with the rounded edge at the open end. Secure the cone with a toothpick, then fill it with the small veggies. Serve with a dip or dressing.

Recipes provided by Family Fun. For a complete list of recipes click [here](#).

We look forward to seeing you December 8-10, 2010 in San Diego, California. Stay updated by visiting our website, www.healthybehaviorsconference.org.



County of San Diego, Parks & Recreation

County of San Diego, Public Health Services
Network for a Healthy California- San Diego and Imperial Region
Orange Unified School District
Positive Adventures
Sweetwater School District

FOLLOW US



© Copyright 2007-2010 BOOST Collaborative - All Rights Reserved. Please don't steal our stuff, it's so not cool. And it's against the law.

Email Marketing by

