

Let's Move Cities and Towns

Rockville volunteers dinner meeting 7/12/11

Attendance: Rhonda Brandes, Berit Christensen, Andrea Troutner, Elaine Trujillo, Christine Williams

Notes:

1. Meet and greet each other
2. July 22 event
 - a. Estimated 500 kids from 5 to 16 years old from city of Rockville dept of parks and rec camps.
 - b. Betsy Thompson, superintendant, is contact person for event
 - c. Rhonda and Elaine will work the event, they will have 2 college student volunteers for the 2 nutrition stations. 3 stations are physical activity, including jump rope, dance, race, tennis, hoola hoops, yoga. 40 kids every 25 minutes go through each station, total 7 times.
 - d. 9-10am setup, event is from 10 am to 2pm. Lunch served and being provided by Montgomery County Public Schools. Event trying to be "green," no paper during the event, although goodie bags to be provided with education materials.
 - e. Materials to go in goodie bags include "We Can" handout from National Heart Lung and Blood Institute, MyPlate coloring sheet, Go Slow Whoa, and others. Elaine's student has made 500 copies of each handout. Will try to get Spanish copy. Donated handouts from Wegmans to be picked up in Frederick, contact person is area RD Krystal Register.
 - f. 2 Nutrition station ideas
 - i. Garden: small cups, soil, and seed for young kids to grow seed. Elaine's student secured donation from Home Depot for soil. Betsy Thomson from Rockville will buy seeds and small containers.
 - ii. Pin the food on the body: for older kids using large poster with picture of human body including organs to identify what part of body each food helps
 - iii. "We Can" game/Go Slow Whoa: kids guess how often to eat certain foods
 - iv. Visual aids: objects on table to show older kids portion sizes of some foods by using dice for cheese size, deck of cards for meat size, etc. Sugar cubes or packets to show amount of added sugar in some beverages
 - g. Rockville making kid friendly recipe book to be on website.
 - h. Have been asking grocery stores and others for donations, will also contact Betsy Thompson for budget
3. Next steps
 - a. Rhonda will bring Fiber One bars, ask kids if they ate breakfast today
 - b. Andrea knows school food service for contact
 - c. Elaine will email the handouts that will be used at the event so others can utilize them if posted on MDA website
 - d. Berit can ask CNMC RDs whether they have resources to borrow for kids
 - e. Chris can pick up materials at Wegmans.

Recorded by Berit Christensen RD, LD