



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A HEALTHY FUTURE STARTS HERE

## HEPA: Early Learning

March 2017

### Did you know?

If you go to the farmers' market at the end of the day, you can often get good deals on fruits and veggies. Farmers would often rather sell them at a discount than take them back home.

### ARE YOU A #HEPACHAMPION

Are you a HEPA Champion? Exciting things are happening at the Washington County Family YMCA as we focus on HEPA for our youth programs. What is HEPA, you might ask? HEPA stands for Healthy Eating and Physical Activity. This initiative is in response to the Y-USA's commitment to the Partnership for a Healthier American.

In an effort to tackle childhood obesity and strive for healthy living, the Y has made some fundamental implementations to our Early Childhood and Youth Programs. Sugar-added beverages and deep fried foods are not permitted at Y programs, and students are encouraged to eat fruits and vegetables at every meal. Physical activities are also incorporated. For more information, visit <http://www.ymca.net/hepa/>



### NATIONAL NUTRITION MONTH

"Bite into a Healthy Lifestyle" by celebrating [National Nutrition Month](#). This is a great opportunity to adopt a HEPA lifestyle at home. Check out resources from [MyPlate](#), [Let's Move](#) and [American Academy of Dietetics](#) to help make adopting healthier habits easy. Talk with your kids about a well-balanced diet, what portion sizes are, fun ways we can get our exercises in, and how important it is to keep our bodies moving!

### HE | HEALTHY EATING TIP

Celebrate National Nutrition Month by learning cooking and kitchen basics!

- Commit to cook more.
- Pick one skill, like how to hold a knife or dice an onion.
- Choose one recipe to get started. It's ok to start small!
- Visit the collection of Cooking 101 and How-To Basics on [www.cookingchanneltv.com](http://www.cookingchanneltv.com) or YouTube to increase your knowledge and comfort in the kitchen.
- Share your creation by inviting friends and family to a family-style meal.

### PA | PHYSICAL ACTIVITY TIP

As Valentine's Day candy has quickly been replaced by Easter candy, gear up for a sweet family event - without the added sugar!

Considering hosting an egg hunt for your kids? If so, begin to show children that plastic eggs don't need to be filled with sugar.

Fill eggs with written and visual cues for noting a variety of movements such as jumping jacks, sit ups, running in place, or doing a cart wheel.

Use the eggs to provide "activity or brain breaks" to show children a new egg-spectation!

### REDUCING HUNGER AND OBESITY

Afterschool programs that implement HEPA fight both food insecurity and child obesity. A new article, ["The Role of Out-of-School Time in Reducing Hunger and Preventing Obesity,"](#) discusses the importance of nutrition education in out-of-school time programs. We are proud that OUR ASP is making strides to accomplish this task!

### PASS THE PEAS, PLEASE

Learn how family-style meals, from the recent [Altarum Institute healthy policy blog](#), where children are allowed to serve themselves may help children learn to tell when they are hungry or full and to enjoy healthier foods.

### MONTHLY HEPA CHALLENGE

Tell us about how your family was a #HEPACHAMPION this month, and share a fun moment that you've experienced! Did you have a build your own taco night with lots of fresh veggies? Did you have a Wii Family Game Tournament and get your blood bumping?? What about trying a new fruit or vegetable for dinner that was adventurous for your family??? We want to hear your stories and see your pictures!! Share them with us at <https://www.facebook.com/WashCoYMCA/> with #HEPACHAMPION at #TheY and let's see what your family is doing to encourage #HealthyLiving in our community. It starts with YOU!

### FUN FACTS AND STATISTICS TO SHARE WITH KIDS

- The first fruit eaten on the moon was a peach.
- Strawberries are the only fruit with seeds on the outside.
- Why do monkeys like to eat bananas? Because they have appeal!