



Nurture School Programs-Blaine County

Monthly Update-April 2013

A note from Nurture's Regional Director, Kathryn Guylay:

Spring is officially underway, and we at Nurture are busy finishing up our lessons for the school year. Next month will be dedicated to post-program evaluation, which is the time when we get to celebrate how much the kids have learned over the course of the year! We are also busy planning our "Nosh for Nurture" event on May 18th where we will gather program supporters to taste samples of healthy kids recipes from the White House. Please mark your calendar and keep your eyes out for our electronic invitation mid-month.

Programming Topics of the Month

This month we will be focusing on the following topics:

- Kindergarten-1st: Star Veggie – [Strawberries](#)
- Upper Elementary grades: [Rethink Your Drink](#)
- Middle School grades: [Ad Smart !](#)

Dates For April

[April 9:](#) Food and Fun at **Hemingway** Elementary School (5th grade) ([contact Missy Russell](#) for times)

[April 10:](#) Nosh for Nurture Committee Planning Meeting at the YMCA (contact Kathleen McCabe for more information)

[April 12:](#) Star Fruits and Veggies at **Bellevue** Elementary School (Kindergarten) ([contact Amy Schlatter](#) for times)

[April 13:](#) Childhood Obesity Conference in Boise (Register online at www.regonline.com/childhoodobesity)

[April 18:](#) Food and Fun at **Woodside** Elementary School ([contact Amy Schlatter](#) for times)

[April 18:](#) Food and Fun at **Community School** (contact Kathryn Guylay for times)

[April 19:](#) Food and Fun at **Hailey** Elementary School ([contact Amy Schlatter](#) for times)

Special thanks to our supporters

Nurture's work is made possible through the support of local organizations and individuals. We would like to thank the Gladys E. Langroise Advised Fund in the Idaho Community Foundation for their tremendous support in the form of a \$5,000 grant.

We would also like to thank the United Way of South Central Idaho for their partnership in providing a \$500 grant .

Thank you for making our important work possible!





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Spotlight on a Nurture Volunteer: Kami Miller



Kami moved to the Wood River Valley in 2000. Her son is a 1st grade Dual Immersion student at Woodside Elementary who truly looks forward to his “Food and Fun” class with Amy and Nurture.

Kami is receiving her certification as a Holistic Health Coach from the [Institute for Integrative Nutrition](#), which includes lectures from some of the foremost experts in nutrition and wellness such as Andrew Weil, MD, Mark Hyman, MD, and Walter Willett, PhD. Kami has a Health Coaching practice, [My Nutrition Renovation](#), at the Wood River Community YMCA. Kami works with busy, working women who struggle to achieve and maintain their optimal weight. She helps her clients achieve their health goals by teaching healthy eating, shopping and cooking techniques. Kami is excited to integrate her work with adults with her volunteer time helping kids through Nurture. Thank you Kami!

Early Childhood Corner- Mystery Bag Activity

Amy is shown here acting out the “Mystery Bag” activity from the Color Me Healthy program (Page 7 of the Color Me Healthy Teacher’s Guide). The children had to guess what was in four bags (all containing different root veggies). The last bag contained the featured veggie (carrot)... which led into a quick blast of info about carrots, a dance to the Color Me Healthy CD (“Heartbeat song”) and finally our tasting! The kids really enjoyed this lesson and had fun while learning!



Have a great month!