



January 2010

Welcome to the second edition of **Healthy Carroll Families (HCF)**, provided three times each year. HCF is an electronic media campaign, designed to help you take the next step in your family-based approach to achieving a healthy weight.

HCF packets may be downloaded from our web site, [www.HealthyCarroll.org](http://www.HealthyCarroll.org), by individuals, agencies, schools, the news media – any interested party – at no charge. **We encourage you to make copies and distribute** this information to your clients, customers, students, PTA, family, friends...everybody! Each packet includes nutrition and physical activity information AND a simple recipe to help us to eat healthier.

The January 2010 theme is **Live Better, Feel Better in 2010**. Our handouts focus on **Steps to Better Nutrition** and **Staying Physically Active as the Days Grow Shorter**, while our recipe is **Minestrone Soup**, a recipe developed for children and parents to prepare together.

Emphasizing **Lifestyle, Education, Activity and Nutrition (L.E.A.N.)**, we first issued the L.E.A.N. Carroll call to action in April 2008. A resource guide for people who want to focus on healthy eating and a more active lifestyle was published earlier this year titled **HEALTHY CARROLL**. With information about weight and activity targets by gender and age, great places around our community to get active, farmers markets and much more, you'll find this useful too. Download **HEALTHY CARROLL** for free from our web site or call 410-871-6373 to obtain a copy.

Good luck and stay tuned for more information.

Nutrition Action Team



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