



September 2009

Welcome to the first 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, 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 simple recipes to help us each choose to eat healthier.

The September '09 theme is **Back to School: Fit, Healthy and Ready to Succeed!** Our handouts focus on **Healthy Eating Tips for Families** and **Fun Fitness for Successful Kids**, while our delicious recipe is all about how to **Design a Wrap** – perfect for lunch boxes, as well as breakfast and dinner. 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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