



# Rosedale Healthy Kids Initiative

January 2010

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[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

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## ***The Healthy Kids Initiative***

The Healthy Kids Initiative is a faith based advocacy effort to reduce childhood obesity in Rosedale through promoting active living and healthy eating. The four strategy teams of the Healthy Kids Initiative – Community Gardens and Access to Healthy Foods, Out of School Activities, Safe Routes and Faith in Action – meet regularly and are open to all. Check out the website and blog for more information and meeting schedules.

[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)  
[www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

*Join the work to create a healthier Rosedale!*

**Wendy Wilson**, Community Liaison & Co-Director,  
Healthy Kids Initiative

**Jane Heide**, Faith Community Liaison &  
Co-Director, Healthy Kids Initiative

**Heidi Holliday**, Community Organizer

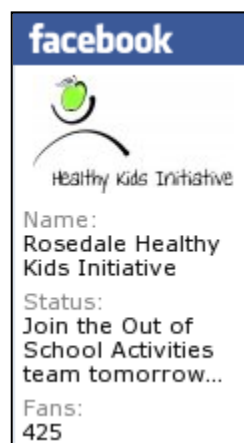
## **New Year, New Meeting Schedules**

The Healthy Kids Initiative strategy teams now have set a set meeting schedule! All strategy team meetings take place at Rosedale Congregational Church unless otherwise noted.

- **Access to Healthy Foods/Garden Team:**  
1<sup>st</sup> Tuesday of the month, 6:30 p.m.
- **Out of School Activities Team:**  
2<sup>nd</sup> Tuesday of the month, 6:30 p.m.
- **Safe Routes Team:**  
3<sup>rd</sup> Tuesday of the month, 6:30 p.m.
- **Rosedale Ministerial Alliance/Faith in Action:**  
4<sup>th</sup> Tuesday of the month, 7:00 p.m.  
*Meeting Location: Landon Center on Aging,  
3599 Rainbow Blvd., Kansas City, Kansas*



**We want you...** to join the Walking School Bus! Walking School Buses are forming at several Rosedale elementary schools. If you are interested in getting involved as a driver or coordinator, come to the Safe Routes meeting January 19 at 6:30 p.m. at Rosedale Congregational Church, or contact Katharina Poetter Krouse, Walking School Bus Program Manager for Bridging the Gap, at 816-561-1061, ex. 131 or [katharina@bridgingthegap.org](mailto:katharina@bridgingthegap.org)



## **Stay Connected**

Check out the [Healthy Kids Initiative Page](#) on Facebook, follow us on [Twitter](#) and on our [blog](#). Links to all of those are available at [www.rosedale.org](http://www.rosedale.org)

Paper copies of the HKI newsletter are available at the Rosedale Congregational Church and the Rosedale Development Association.



### Healthy Eating Tips

**Eat Locally, Eat Seasonally.** The fresher the healthier. Try some of these local options:

- Winter Squash
- Spinach
- Broccoli
- Potatoes
- Turnips

**Pack your shopping cart with plenty of fresh fruits and vegetables** like sweet potatoes, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad or fruit crisp.

**Stop eating when you are full.** Have your leftovers boxed up, or put them away for tomorrow's lunch. Listen to your body.

**If you cannot pronounce the ingredients, pass it up**—a sure sign that the item is not nearly as good for us as the manufacturer would like us to believe, that includes many of the foods that look healthful at first glance.

#### **Recipe modification for healthier eating**

- Instead of using 1 egg, use 2 egg whites. This will save 42 calories and 6 grams of fat.
- Serve a Turkey dog instead of a regular hot dog and save 80 calories and 8 grams of fat. Turkey bacon instead of regular bacon saves a whopping 250 calories and 20 grams of fat!
- Simply substituting Lean Ground Beef (92% lean, 8% fat) for Regular Ground Beef will save 180 calories and 22 grams of fat!

**-Erika Devore, KC Healthy Kids**

### Upcoming Events –Winter 2010

**January 26, 7:00 p.m.** – Rosedale Ministerial Alliance Meeting & Faith in Action Team Meeting at the Landon Center on Aging, 3599 Rainbow Blvd.

*Agenda: Prayer Meetings, Pancake breakfast for Haiti, recruiting volunteers for HKI projects*

**February 2, 6:30 p.m.** – Garden Team, guest speaker Kathy Hoggard will be speaking on composting, Rosedale Congregational Church, 4326 Lloyd

*Agenda: Rosedale Farmers Market, composting*

**February 9, 6:30 p.m.** – Out of School Activities Team, Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Expansion of healthy out of school activities, Parking Lot Play kits, soccer advocacy*

**February 16, 6:30 p.m.** – Safe Routes Team, Rosedale Congregational Church, 4326 Lloyd  
*Agenda: Walking School Bus, sidewalks, Safety Ambassador's Training, bicycle rodeo*

#### **Share your New Year's Resolutions:**

What healthy living resolutions have you made this year? Are you sleeping more, eating more vegetables and fruits, or cutting down on candy and soda? Have you joined a gym or started exercising? Share what you are resolving to do this year on the blog, [www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

[www.rosedale.org/healthykidsinitiative](http://www.rosedale.org/healthykidsinitiative)

[www.rosedalehki.blogspot.com](http://www.rosedalehki.blogspot.com)

<http://www.facebook.com/pages/Rosedale-Healthy-Kids-Initiative/139207838377>

[www.twitter.com/rosedalehki](http://www.twitter.com/rosedalehki)

*The Healthy Kids Initiative is a faith based advocacy effort to reduce childhood obesity through a collaboration among Rosedale Development Association, the Rosedale Ministerial Alliance, KC Healthy Kids, the University of Kansas Medical Center, and many other public and private organizations. It is funded in part through a grant from the Robert Wood Johnson Foundation.*

**Please detach & return to the Healthy Kids Initiative, 4326 Lloyd, Kansas City, Kansas 66103**

**Yes!** I want to help create a healthier Rosedale.

Please sign me up to join the following team(s):

Community Gardens & Healthy Food Access

Out of School Activities

Safe Routes

Faith in Action