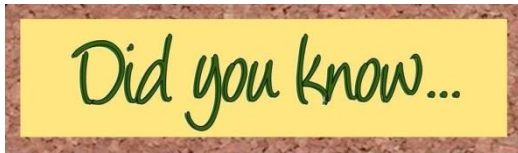


Why Is Nutrition And Physical Activity Education For Preschoolers Important?



- ✓ 18% of low-income preschool children (ages 2-5 years) in New Jersey are obese.
- ✓ Across the state, only 29% of children (ages 6-17) participate in vigorous physical activity every day.
- ✓ Children remain at risk of overweight and obesity due to high intakes of calorie-rich foods, increasing sedentary behavior, and decreasing physical activity levels as they get older.
- ✓ Research shows that children in early childhood education and/or care settings develop positive attitudes towards nutrition and physical activity that continue into older childhood and adulthood.

Additional Resources:

Food Research & Action Center
http://www.frac.org/pdf/wellness_guide02006.pdf

Action for Healthy Kids
<http://www.actionforhealthykids.org/wellness/stool/index.html>

Parents Action for Children
<http://www.iamyourchild.org/learn/nutrition/schoolwellness/>

School Nutrition Association
<http://www.schoolnutrition.org/Index.aspx?id=1343>

USDA Food and Nutrition Service
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>



**United Way
of Passaic County**

Contact Us:
Uche Akobundu, Project Director
301 Main Street – Center City Mall
Paterson, NJ 07505
Phone: (973) 279-8900
Fax: (973) 279-0059
www.unitedwaypassaic.org



Supporting hands-on healthy food, physical and nutrition education for Passaic County preschoolers and their families.

Nutrition Matters History

In partnership with the Turrell Fund and Children's Day Nursery & Family Center, the United Way of Passaic County first implemented the Nutrition Matters initiative to meet agency goals related to health in 2006.

The purpose of Nutrition Matters is to provide preschool children and their parents with valuable education about healthy lifestyles and hands-on experiences through classroom activities.

Program Goal & Structure

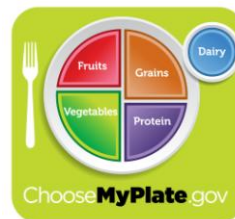
Goal: To provide nutrition and physical activity education to parents and their children.

Structure: Nutrition Matters is a ten-week research-informed, nutrition education program comprised of weekly classes, hands-on food preparation, & opportunities for physical activity education targeted at preschoolers and their parents.

Is Nutrition Matters Effective?

The Nutrition Matters program has been successfully providing nutrition and physical activity to parents and children. Recent Nutrition Matters Project Report notes:

- ✓ 60% of the family members had improved the activities children engaged in at home, after school and on weekends.
- ✓ 100% of the family members indicated that they would make more of an effort to prepare and serve healthy, balanced meals to include fresh vegetables and fruits and new recipes throughout the week.
- ✓ 70-95% of children were able to express knowledge of healthy food choices and age-appropriate physical activity behaviors at the conclusion of the program.



How Can You Get Involved?

Partner with UWPC!

Requests for Proposals inviting Program Partners to replicate the UWPC Nutrition Matters Curriculum are issued annually. Please check our website.

Conduct a book drive!

Nutrition- and food-themed children's books are essential – they allow the nutrition messages taught during the program to be reinforced both in and out of the classroom. Check our website for more information.

Volunteer!

Volunteers are needed to support the implementation of the UWPC Nutrition Matters Curriculum at partner agencies. Call or email to inquire about opportunities.

