"We used to just order pizzas for everyone. Now, people can choose salads or fruits instead... Water was added to the on-site vending machine."

-Barbara Leatherman
Controller at Hamshaw Lumber - speaking to meal options during the lumber yard's annual four-day anniversary sale

In The News...

WALK NH Invites You to Celebrate WALK NH Week!

Join us for Walk NH Week 2013. You can schedule a walk with your school, senior center, health facility, business, park and recreation department, etc. to be a part of this statewide effort to encourage people to make walking part of their daily lifestyle.

To Kick-off Walk NH Week there will be a “Granite Walk of Ages” on Friday, May 31st at White Park in Concord. This walk is in partnership with the Governor's Council on Physical Activity and Health and the NH Association for Health, Physical Education, Recreation and Dance.

Click here for more information.
Volunteers beautify Nashua neighborhoods on Big Day of Serving

Across the city of Nashua, dozens of youth and local church volunteers crowded around the Police Athletic League building to revitalize and beautify the area during The Big Day of Serving national event. The beautification of the Ledge Street neighborhood was made possible through a HEAL Community Grant.

Henniker students will be walking and learning to improve health

Union Leader - HENNIKER - Getting kids, parents, teachers and staff out into the spring sunshine to enjoy some fresh air and exercise is the goal behind the Henniker Community School’s Walk to School Fridays. The walks were started by the Safe Routes to School Committee, which is committed to improving the infrastructure within the town of Henniker.

Worksite Wellness is Contagious!

Last summer, there were 40 work sites on the pledge sheet to become healthier. Today, there are nearly 70. The pledge all of these Cheshire County companies and organizations made starting in the spring of 2012 was to be "organizational champions" as part of the Vision 2020 initiative launched by Cheshire Medical Center/Dartmouth-Hitchcock Keene to be the healthiest community in the nation by the year 2020.
NH Schools take the Healthier US School Challenge

Last year, the USDA released updated criteria for the Healthier US School Challenge to encourage schools to exceed new school meal nutrition standards and promote more opportunities for nutritious food choices, physical activity, and a culture of wellness. To date, 27 schools in New Hampshire have received HUSSC awards, with three schools in the Nashua School District receiving silver awards. For complete list, go to: http://www.fns.usda.gov/tn/HealthierUS/NewHamphire.html

Children's Alliance releases NH Kids Count Cities Data Book

The New Hampshire Kids Count Cities Data Book was released on April 25th by the Children's Alliance of NH. The book, which focuses on 14 cities and towns across the state, features 24 unique indicators of child well-being that help interpret information on New Hampshire's children and youth.

KIDS COUNT is a national and state-by-state effort to document the condition of children and families and to highlight the most promising ways of helping kids grow up to be healthy, productive adults.

Additional News:

Go for Health Collaborative sees progress in fight against childhood obesity
and their children, ages 8-12, to create and submit an original lunch recipe that is healthy, affordable, and tasty. Winners will fly to the White House to taste their creations.

Strict school lunch standards tied to healthy weight
Changing mothers’ aid limits juice for kids
Healthy Kids Hub Website Helps Out-Of-School Programs Connect With Resources To Support Millions Of U.S. Children

We hope you enjoy our newsletter and find it a helpful resource. Help us spread the word by forwarding this newsletter to colleagues who might be interested in learning about HEAL strategies and sharing information.

Thank you for your partnership and continued support.

Sincerely,
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About HEAL
HEAL envisions a New Hampshire where all residents enjoy health and quality of life through healthy eating and active living.

Our core mission is to work in collaboration with our partners to inspire, advance and support policies, systems and environmental changes to promote healthy people in healthy places throughout New Hampshire.
HEAL started in 2008 and is led by the Foundation for Healthy Communities, a non-profit New Hampshire organization focused on improving health and health care through innovative partnerships.

HEAL Funders
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