

## Physical Activity and Nutrition News

Greetings:

With summer upon us, we have filled this newsletter with stories of ways we are working to enhance Vermonters' physical activity and nutrition in the warm weather. From summer meals and activity passports for kids to healthy food at our state parks, there is much to explore and take advantage of.

And for those of you working to make your worksites healthier, we have a new tool that will help, the Worksite Wellness Assessment. A comprehensive organizational assessment is a valuable planning tool for worksites that are starting, expanding, or evaluating their worksite wellness initiative. The Vermont Department of Health now has an online worksite wellness assessment that is easy to use and can help your worksite assess what supports are currently in place and identify any gaps that exist. Take the [Worksite Wellness Assessment](#) now!

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### Healthy Meals and Activities All Summer

For some Vermont children, the summer months can mean food insecurity because they no longer have access to regular school meals. In 2015, around 3% of Vermont Middle School students said that they went hungry most of the time or always, because there was not enough food in their home. These students were significantly less likely to feel valued by the people in their community (31%) when compared to students who did not go hungry because of lack of food in the home (56%).

That's where summer meal programs can help, not only by offering free healthy meals, but also by providing opportunities for nutrition education and physical activity that helps kids stay healthy all year long. Plus, no registration or applications are required, and all kids under 18 eat for FREE! Not sure if there is a summer meals location near you? Find summer meal sites in your community [here](#) and help spread the word.



**SUMMER MEALS**  
FOR KIDS & TEENS

No Application. No Registration. 18 & under EAT FREE!  
List of drop-in sites in Windham County on the back →

If you need a different location, call 2-1-1 toll free or text "FOOD" to 877-877 to find drop-in summer meal sites anywhere in Vermont!

Summer Meals + 3SquaresVT = Great Summer Nutrition!  
Looking to stretch your food budget, try new foods, & support local farmers?  
3SquaresVT can help!  
Many who apply are surprised they qualify, and receiving a 3SquaresVT benefit this summer means receiving 3 free school lunches & snacks for your kids in 180 days!  
Double your impact at farmers markets with Drop Cash: \$10 in 3SquaresVT = \$20 for food!  
Visit [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) to learn more and get an application, or call 1-800-479-6151 for assistance.

\*Information available mid-June

These institutions are equal opportunity providers.

VERMONT USDA VERMONT HUNGER FREE VERMONT  
Department of Education Vermont Department of Health Vermont State Police

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### Come Alive Outside Summer Passport

Finding time to be physically active can be challenging for busy families, yet physical activity is essential to good physical and mental health. According to Health Department data, 21% of adults report

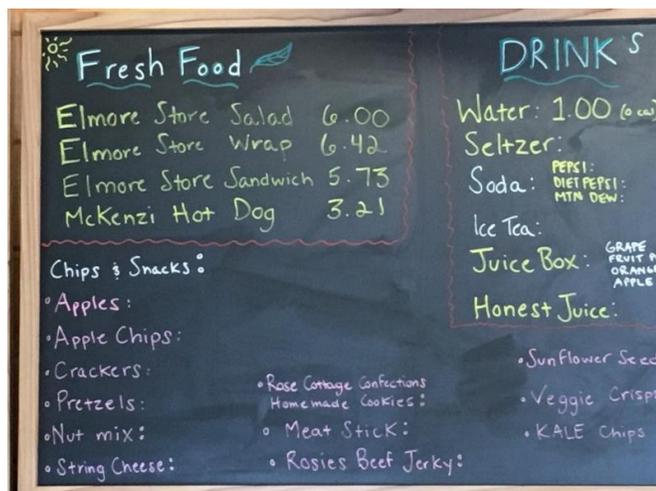
getting no leisure time physical activity and only 23% of adolescents in grades 9-12 meet national physical activity guidelines of 60 minutes of physical activity each day.

A new project, led by Come Alive Outside in Rutland, funded by the Health Department's Supplemental Nutrition Assistance Program Education (SNAP-Ed), is aiming to improve these numbers by encouraging youth and families to be active at numerous sites around town. The goal of SNAP-Ed is to improve the likelihood that Vermonters who are eligible for nutrition assistance, or SNAP benefits, will make healthy food choices within a limited budget, and choose physically active lifestyles. More...



## Moving Towards Healthier Options at Vermont's State Parks

Vermont has many beautiful state parks that provide opportunities for Vermonters of all ages to enjoy the outdoors. Several parks offer opportunities to purchase snacks and other food at concession stands. This summer, concession stands in the state parks are taking steps to provide more choice for their customers. Concession stands have been offering Vermont summer favorites, such as creemees and other treats, for many years. But the Department of Forests, Parks, and Recreation is also interested in supporting Vermonters that want healthy options for themselves and their kids. Every park that has a concession stand has started to offer healthier options and alternatives for park visitors. Look out for snacks like frozen fruit bars with no added sugar, turkey jerky that is lower in sodium, apples with Vermont peanut butter, flavored seltzers, and other delicious snacks. Each park is different in the foods it offers, but concessions staff can point to options which meet healthy snack guidelines.



*Elmore State Park*

Offering healthy snack options alongside conventional favorites helps to provide a balanced environment where people can have choice and variety in the foods they eat while enjoying everything our state parks have to offer.



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