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This information
has been reviewed by
university faculty.

Guide to Promoting Healthy Cooperative Extension Educational Meetings & Events



Why healthy meetings? Many choices contribute to having a successful 4-H club meeting, training, community workshop, or grower meeting.

Families look toward Cooperative Extension as a leader in the latest in research-based information. Extension staff and volunteers should include healthy lifestyle behaviors into their education and “Walk the Talk” for healthy living in Arizona. Learn how your next meeting or event can promote healthy habits such as good nutrition, physical activity and safe food.

Healthy Lifestyles



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Arizonans are faced with lifestyle choices everyday, but it is easier to start with healthy habits than change bad habits later. New guidelines help people of all ages make healthy choices.

- * Use MyPyramid.gov to find healthy foods like fruits and vegetables, whole grain foods, and low fat meat, milk and cheese for meals, snacks and breaks. Moderation and variety are key to good nutrition!
- * Include at least 30 minutes of moderate physical activity every day by adults and 60 minutes every day for children to promote good health.

Unfortunately, the 2003 Arizona Health Risk Survey reported that 56% of Arizona’s adult population is overweight or obese; almost 77% don’t eat enough fruits and vegetables and 50% don’t get enough physical activity. The Arizona Department of Health Services estimated that more than 261,000 Arizonans had diabetes in 2002. The number of overweight Arizona children is increasing each year, which puts them at risk for diabetes and other health problems in the future.

Start with Good Nutrition



Choose healthy snacks and meals. Avoid “empty calories” or high sugar drinks and snacks. If the first or second ingredient on the food label is sugar or other sweeteners

like high fructose corn syrup, choose another food or drink. Avoid highly processed foods and serve more fresh and whole foods. Always offer a healthy option for people on special diets, like diabetics or those with food allergies.

Choking Hazards








Do not give children under age 2 hard to chew or easily swallowed food like chips, hot dogs, carrot, coins, nougat or hard candy, grapes, raisins, popcorn or nuts.

Healthy Snacks	Quick Serving Ideas	Safety Tips
Whole fruit	Serve 2 or 3 types in a bowl or tray.	Wash before serving.
Sliced or cut-up fruit	Serve with non-fat vanilla yogurt, Serve as kabobs, on toothpicks or with tongs.	Keep cold till serving and put serving container on ice. Throw out food left at room temperature for more than 2 hours.
Unsweetened 100% fruit or vegetable juices	Partially freeze juice boxes or large bottle to keep cold or keep in cooler. Mix half juice and half seltzer.	Keep containers on ice. Opened large containers must be kept cold.
Unsalted pretzels, whole grain cereal, low-fat granola, whole grain crackers, mini-whole grain muffins, unbuttered or light popcorn, cornbread, low-fat fruit bread, graham crackers, or animal crackers	Serve with low-fat peanut butter or low-fat cheese spread or string cheese	Use tongs or spoons for self service.
Low-fat string cheese, low-fat non-fat yogurt, low-fat cheese cubes, individual 1% or low-fat milk containers	Serve in a bowl filled with ice or in a cooler with ice,	Keep cold till serving and or serve on ice if served for more than 1 hour.
Hard cooked eggs, ham cubes, sliced cooked turkey and ham	Arrange the food onto 2 serving trays. Serve one tray and keep the other cold in the refrigerator till needed.	Keep cold till serving and serve on ice if served for more than 1 hour.
Mini-pizza with low-fat cheese and vegetables, tortillas with salsa or low-fat bean dip, mini-meatballs	Serve only part of the hot food at one time. Keep the other hot till needed.	Keep food hot till served. Throw out food left at room temperature for more than 2 hours.
Smoothies	Non-fat milk, soymilk or yogurt mixed fresh or frozen fruit in a blender.	Keep cut-up fruit and milk/with yogurt cold until ready to blend and serve.
Chicken breasts or lean hamburgers	Grill meat ahead and keep hot in a covered container in an oven.	Cook to 165 degrees internal temperature and keep hot till served.
Cut-up vegetables with low-fat dips, hummus, or plain non-fat yogurt mixed with dehydrated vegetable dip seasoning	Serve a tray with cherry tomatoes, jicama or cucumber slices, and mini-carrots. Purchase pre-prepared vegetables to save time.	Wash whole vegetables before cutting. Keep cold till serving and serve on ice if served for more than 1 hour.
Bottled water	Partially freeze to keep cold or keep in cooler.	One gallon containers should be kept cold after opening.

For Nutrition and Recipe Ideas visit:
 UA Cooperative Extension – Bone Builders – www.bonebuilders.org/nutrition/
 Arizona Nutrition Network – www.eatwellbewell.org – under Resources
 New Pyramid and US Dietary Guidelines - www.mypyramid.gov

For more information on food safety visit:
 Fight BAC, www.fightbac.org
 UA Cooperative Extension – www.cals.arizona.edu/fcs/fcsdial.htm

Activity Ideas	Activity in Extension Settings	Safety Tips
<p>Stretching</p> 	<p>Hold a stretch for a count of 20 -30 seconds. Use large muscles and do not twist the neck.</p>	<p>Be aware of any health problems or limitations by elderly or people with disabilities. Use a slow, continuous motion rather than bouncing. Always say the activity is optional.</p>
<p>Exercise band</p> 	<p>Demonstrate exercise first and then have group try 2 or 3 exercises.</p>	<p>Ask about anyone with latex allergies. Wrap bands around palms of hand.</p>
<p>Balloon volleyball</p> 	<p>Start break with 2-3 balloons kept moving above the group.</p>	<p>Balloon volleyball can be done sitting classroom style or standing in a circle.</p>
<p>Marching in place or other exercise</p> 	<p>Use upbeat, background music and lead group in 2-3 minutes of exercise.</p>	<p>Encourage individuals to stand or sit according to their abilities. Always say the activity is optional.</p>
<p>Contemporary or Line dance</p> 	<p>Include a variety of movements like “The Swim” or “Hokey Pokey” or similar dances. Select music to fit the group.</p>	<p>Encourage individuals to stand or sit according to their abilities.</p>

For more information on games and physical activity visit:

- UA Cooperative Extension – <http://ag.arizona.edu/NSC/new/sn/publications.htm>
- Utah State University Extension - <http://extension.usu.edu/youth/index.cfm/cid.375/tid.701/>
- PE Central - <http://www.pecentral.org/>
- Kidnetic – <http://kidnetic.com> - International Food Information Council & 5 partner professional groups
- Wilderness Games - <http://www.wilderness.com/games/gamespecific.html>
- PBS Teaching Physical Activity - <http://www.pbs.org/teachersource/prek2/issues/202issue.shtm>

Healthy Meeting Checklist

How does your next meeting stack up? Will you ...?

- Plan ahead. Where will you store and serve the food?
- Arrive early to clean food serving and storage areas.
- Encourage or lead exercise or activity during the meeting breaks and lunch.
- Include structured time to move and walk around at breaks, lunch or registration.
- Borrow Exercise Bands or activity props for meeting breaks.
- Set up CD/tape player for music during gathering time and exercise breaks.
- Know your audience – how many people, what ages, what allergies or special diets.
- Offer healthy snack alternatives, like fresh fruit and vegetables, water or non-calorie drinks.
- Consider special diets, allergies, likes and dislikes when selecting food for meals and snacks.
- If the first or second ingredient on the label is sugar or high fructose corn syrup, choose another food or drink.
- Keep snacks and meals safe by keeping cold foods on ice or in the refrigerator till served.
- Keep hot food above 140° F by keeping in a crock-pot, on an electric warming tray or in an oven until serving
- Wash hands before preparing or serving food.
- Throw away perishable foods left out at room temperature for more than 1-2 hours.

What about your next workshop??

Cooperative Extension education builds on practical, research-based information. Make healthy food and physical activity choices part of your next meeting!

Brought to you by:

The University of Arizona Cooperative Extension – Healthy Lifestyles Work Group which includes the outreach programs; Walk Across Arizona, STEPS, Bone Builders, Special Action Groups, Yuma on the Move, Bone Builders Physical Activity Program, 4-H Youth Development and more. www.cals.arizona.edu/extension

References

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- MyPyramid.gov and Dietary Guidelines for Americans, Department of Health and Human Services (HHS) and Department of Agriculture (USDA), 2005,
- American Academy of Pediatrics, Diabetes Indicators Report, May 2004,
- AzDHS, 2003 Behavioral Risk Factor Surveillance Survey. 6/05

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