



Cornell University  
Cooperative Extension  
Livingston County

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# HIP HOP Jan.-Feb. News

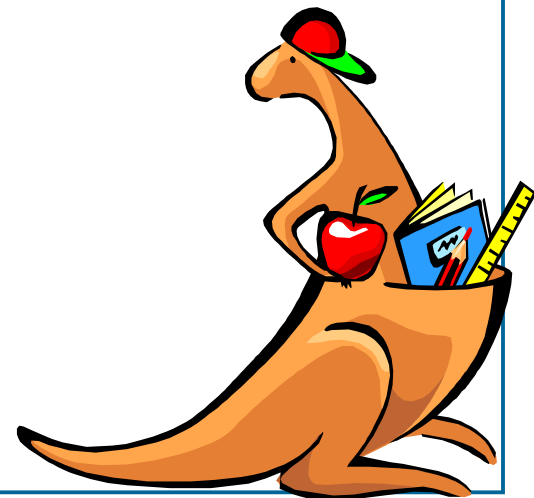
## HIP HOP To A Healthy Start

### Our Partners

- Cornell University Cooperative Extension  
[www.ccelivingstoncounty.org](http://www.ccelivingstoncounty.org)
- Livingston County Youth Bureau
- Livingston County Department of Health  
[www.livingstoncounty.us/doh.htm](http://www.livingstoncounty.us/doh.htm)
- Noyes Memorial Hospital  
[www.noyes-health.org](http://www.noyes-health.org)
- For more information, e-mail  
[jma334@cornell.edu](mailto:jma334@cornell.edu)

 <http://on.fb.me/HIPHOPLWP>

1. Start small as you begin healthy new year habits! Consciously choose smaller food portions at snacks and meals. Visualize how that looks on your plate.
2. Eat more fiber-rich fruits and veggies. Tasty, nutritious fruits and veggies balance your plate with more volume and fewer calories.
3. Slow the pace. Take more time and pay attention to each bite of food eaten. Enjoy the flavors, textures, and smells you might have missed when rushed!
4. Drink water. Water with your meal, snack, or in-between fills you up.



### Physical Activity Tips for the home...

Designate indoor and outdoor play areas where rolling, climbing, jumping, and tumbling are allowed.

Buy toys or equipment that promote physical activity.

Select fitness-oriented gifts with the recipient's skills and interests in mind.

Limit time spent watching television programs, online, texting and playing computer games.

Use physical activity rather than food as a reward (e.g. family goes in-line skating).

Include grandparents, other relatives, and friends whenever possible.

Emphasize the importance of having fun and learning; avoid a push "to win".

Get off the couch and change the channel manually -- or better yet, turn it off!

Spend as much time outdoors as possible.

From Shape Up America



Check for Local Events at [www.livingstonevents.org](http://www.livingstonevents.org) OR add your own!

Recipe From: <http://bit.ly/mealmom>

This is a website created by two moms who are registered dietitians and *The Meal Makeover Moms*. They're on a mission to help busy families eat better.

They are authors of two books that highlight their simple food philosophy that kids — even picky ones — will eat nutritious food without complaint as long as it looks and tastes great.

## Oatmeal Power Breakfast

[Print this Recipe](#) • [Email this Recipe](#)

Makes 1 Serving

### Ingredients

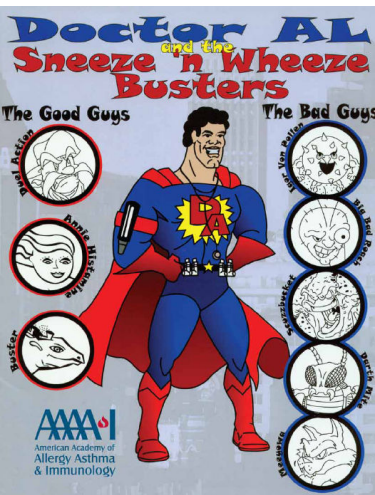
- 1/4 cup quick-cooking oats
- 1 tablespoon ground flaxseed
- 2/3 cup 1% low-fat milk
- 1/4 cup fresh or frozen blueberries
- 2 tablespoons chopped pecans or walnuts, optional
- 1 teaspoon pure maple syrup



### Directions

1. Place the oats, ground flaxseed, and milk in a large microwave-safe cereal bowl and stir to combine. If you use a small bowl, the contents may overflow when heated.
2. Place in the microwave, uncovered, and heat on high for 90 seconds (if you like your oatmeal thick, check after 90 seconds and then cook an additional 20 to 30 seconds). Remove very carefully and stir in the blueberries, nuts as desired, and top with the maple syrup.

Nutrition Information per Serving: 230 calories, 6g fat (1g saturated, 1.4g omega-3), 70mg sodium, 34g carbohydrate, 5g fiber, 10g protein, 20% calcium



## Something Fun For HIP HOP's Asthma Corner!

<http://bit.ly/aacoloring>

<http://bit.ly/starlightasthma>

Download an asthma and allergy coloring book to help children understand more about what they are dealing with.

Then check out Cuba Gooding's Lung Tour or Glen Close's medication device game, and more!

Your feedback would be appreciated, please email [jma334@cornell.edu](mailto:jma334@cornell.edu) with comments.



SEE HOW BIRDS OF PREY UP CLOSE

**"Friends with Feathers"**  
Presented by: Ron Walker

**February 20-23, 2012 (7-8pm)**  
Free and open to the public. Donations accepted.

**Monday:** Owls of New York  
**Tuesday:** Hawks of New York  
**Wednesday:** Vultures  
**Thursday:** The Spectacle of Winter Migration

*The Friends with Feathers Aviary is home to birds of prey that cannot be released into the wild (due to injury or defect) and are available for educational programs in ecology and conservation. Ron Walker, who has an extensive wildlife education background, helps nature enthusiasts of all ages understand their natural environment. For more information, visit: [www.frontier.net/~friendswithfeathers/](http://www.frontier.net/~friendswithfeathers/).*

**@ Chip Holt Nature Center, Vitale Park, Lakeville**

585-346-7327 | <http://chipholtnaturecenter.org/>  
Programming questions should be directed to Mark Wittmeyer at CCE Livingston County: 585-658-3250

Cornell University Cooperative Extension Livingston County  
 CHIP HOLT NATURE CENTER  
Cornell Cooperative Extension Livingston County provides equal employment and program opportunities. Please contact CCE Livingston County or the Chip Holt Nature Center in advance if you have any special needs.

# HIP HOP says to be well...



Plus—O sugary drinks, choosing skim milk and water, and getting a good night's sleep!



Hour of fun activity every day



Hours or Less of TV, video games, texting and computer time



Servings of Fruits and Vegetables Every Day

# HIP HOP for Families

## Let's Talk Cereal



This is one of those "1 Simple Things" that you can do for your family. You don't need to log anything, or sign a pledge, or get special shoes. All you will need to do is to make a choice each time you go to the grocery store to buy a cereal that isn't on the RED list! **If you would like to let us know you are trying this 1 Simple Thing, please let me know at [jma334@cornell.edu](mailto:jma334@cornell.edu) We would love your feedback!**

Here is the report if you would like to read it: <http://bit.ly/zTuSRm>

You don't have to sign up to read it, you can skip that!

From an article on Yahoo News about the report: more than half of the 84 brands tested contained at least 12 grams of sugar, or the equivalent of three teaspoons, per serving. That's more sugar than three Chips Ahoy! cookies. Moreover, only one out of four cereals tested met the federal government's proposed guidelines for food nutritious enough to be marketed to children.

The three worst cereals - Kellogg's Honey Smacks, Post Golden Crisp, and General Mills Wheaties Fuel - all contain about 20 grams of sugar, or five teaspoons, per serving which is more than a Hostess Twinkie. **The American Heart Association recommends that children consume less than three teaspoons of sugar per day. TOTAL!**

### 10 worst children's cereals (based on sugar by weight)

1. Kellogg's Honey Smacks (55.6% sugar)
2. Post Golden Crisps (51.9% sugar)
3. Kellogg's Froot Loops Marshmallow (48.3% sugar)
4. Quaker Oats Cap'n Crunch's OOPS! All Berries (46.9% sugar)
5. Quaker Oats Cap'n Crunch Original (44.4% sugar)
6. Quaker Oats Oh!s (44.4% sugar)
7. Kellogg's Smorz (43.3% sugar)
8. Kellogg's Apple Jacks (42.9% sugar)
9. Quaker Oats Cap'n Crunch Berries (42.3% sugar)
10. Kellogg's Froot Loops Original (41.4% sugar)



According to the EWG report, children who eat high sugar breakfasts are more frustrated at school, have a harder time working independently, and are hungrier and less attentive by the time lunch rolls around.

Shopping for healthy kids' cereals isn't as straightforward as you might think. The common brand names such as Cheerios or Chex market cereals with a wide range of sugar content. For instance, Cheerios Original contains only 3.6% sugar while Apple Cinnamon Cheerios packs in 33% sugar. Rice Chex is 7% percent sugar and Honey Nut Chex is 28% sugar. Sugared cereals are placed low on supermarket shelves - right at kid's eye level.

Front label information can be misleading. The Harvard School of Public Health explains that front of box claims such as "smart choice" or "heart healthy" don't actually guarantee you will be purchasing a nourishing product. Nutrition expert Marion Nestle offers some tips for choosing the healthiest brands by doing some detective work using the nutritional information on the back of the box:

- Choose cereals with a short ingredients list (added vitamins and minerals are okay).
- Choose cereals that are high in fiber (at least 5 grams per serving).
- Choose cereals with no or few added sugars.

Nestle says that cereals meeting this criteria are usually placed high on shelves where they are harder to find and to reach. But, not only are they healthier, she points out they are usually cheaper.

The EWG report points out that despite all the unhealthy choices marketed to kids, cereal can be part of a nutritious children's breakfast. Although most of the EWG's recommended brands are organic and non-GMO, options that can be harder to find and more expensive, the organization does suggest a number of common brands that meet the federal government's nutrition guidelines.

### Cereals that meet the government's nutrition guidelines—but remember to read the labels to find the healthiest choices:

1. Kellogg's Mini-Wheats Unfrosted Bite-Size cereal
2. Kellogg's Mini-Wheats Frosted Big Big cereal
3. Kellogg's Mini-Wheats Frosted Bite-Size cereal
4. Kellogg's Mini-Wheats Frosted Little Bite cereal
5. General Mills Cheerios Original
6. General Mills Kix Original
7. Post Shredded Wheat
8. Post Grape-Nuts Flakes
9. Quaker Oats Oatmeal Squares Cinnamon
10. Post Honey Bunches of Oats with Vanilla Bunches



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Hello-

We hope you are having a great school year.

This time I am including some Valentine's Cards I found online for your use.

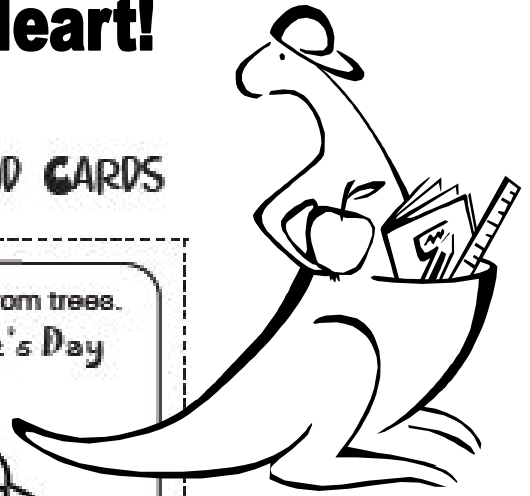
If you do a display, **please let me know** and I will visit to photograph the display/your students for your publications, and ours!

If you have any questions, please let me know. Thanks for all you do.

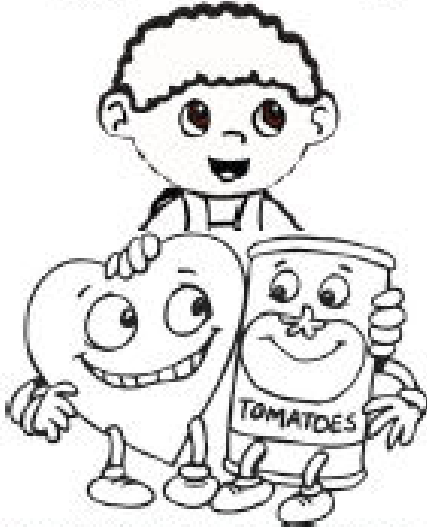
Jean Angililli  
[jma334@cornell.edu](mailto:jma334@cornell.edu)

# HIP HOP Wishes You a Healthy Heart!

## FUN HEALTHY VALENTINE'S CARDS- HEALTHY FOOD CARDS



Your heart loves vegetables!  
Happy Valentine's Day



Pyramid Games- [www.chefsolus.com](http://www.chefsolus.com)

Healthy foods come from trees.  
Happy Valentine's Day



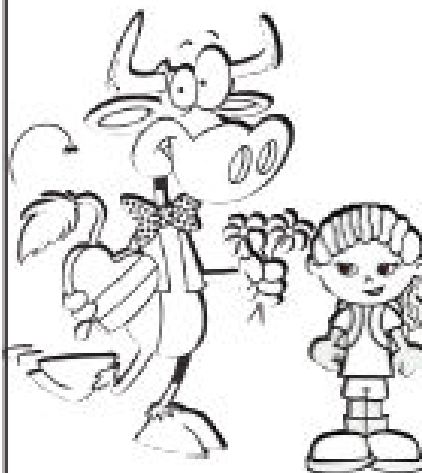
Pyramid Games- [www.chefsolus.com](http://www.chefsolus.com)

Your heart loves plant foods like  
fruits, vegetables and beans!  
Happy Valentine's Day



Pyramid Games- [www.chefsolus.com](http://www.chefsolus.com)

Your bones love milk foods!  
Happy Valentine's Day



Pyramid Games- [www.chefsolus.com](http://www.chefsolus.com)

Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and weekly healthy food trackers, fitness activity goal sheets and school lunch and snack ideas and more!

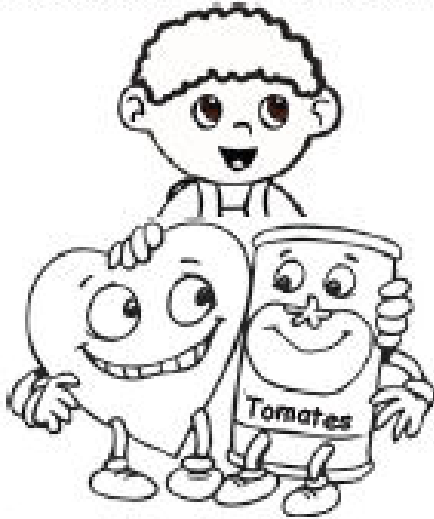
# HIP HOP Wishes You a Healthy Heart!

## CARTAS SALUDABLES DE VALENTÍN- COMIDA



¡A tu corazón le encantan los vegetales!

Feliz Día de San Valentín



Juegos del Piramide - [es.chefsolus.com](http://es.chefsolus.com)

Hay alimentos saludables que vienen de los árboles.

Feliz Día de San Valentín



Juegos del Piramide - [es.chefsolus.com](http://es.chefsolus.com)

¡A tu corazón le encantan los alimentos de plantas como las frutas, vegetales y frijoles!

Feliz Día de San Valentín



Juegos del Piramide - [es.chefsolus.com](http://es.chefsolus.com)

¡A tu corazón le encantan los vegetales!

Feliz Día de San Valentín



Juegos del Piramide - [es.chefsolus.com](http://es.chefsolus.com)



# HIP HOP's Wellness Websites

The following local and national links can help parents and community members find things that will help them.

## Local Websites:

- Cornell University Cooperative Extension [www.ccelivingstoncounty.org](http://www.ccelivingstoncounty.org)
- Livingston County Youth Bureau : [www.co.livingston.state.ny.us/youth.htm](http://www.co.livingston.state.ny.us/youth.htm)
- Livingston County Department of Health [www.livingstoncounty.us/doh.htm](http://www.livingstoncounty.us/doh.htm)
- Noyes Memorial Hospital [www.noyes-health.org](http://www.noyes-health.org)
- Genesee Valley Health Partnership <http://bit.ly/GVHPconnectedcommunity>

## Samples of Free Recreation:

Avon: <http://bit.ly/AvonParks>

Caledonia Historic Walking Tour: <http://bit.ly/WalkingTour>

Conesus: <http://bit.ly/ConesusPark>

Dansville: <http://bit.ly/DansvilleParks>

Geneseo: <http://bit.ly/GeneseoParks>

Leicester: Starr Park

Lima: <http://bit.ly/LimaParks>

Livonia: <http://bit.ly/LivoniaParks>

Mount Morris: <http://bit.ly/MtMorrisNYPark>

Nunda: Kiwanis Park

Springwater: Legion Park

York, Leicester, Nunda and Everyone Check out the Greenways! <http://bit.ly/Greenways>

Genesee Valley Conservancy: <http://bit.ly/genvalconserv>

Livingston County Outdoor Club: <http://bit.ly/livoutdoorclub>

**Local Libraries:** [www.owwl.org](http://www.owwl.org)

**Arts:** <http://bit.ly/livartscenter>

**Family Activities:** Chip Holt Nature Center in Lakeville: <http://bit.ly/ChipHolt>

**HIP HOP on Facebook:** <http://on.fb.me/HIPHOPLWP>

## National Websites

**General Kids Health:** <http://bit.ly/kidshealthsite>

## Nutrition and Physical Activity:

Fruits and Veggies More Matters: <http://bit.ly/fruitveggiemore>

My Plate with new dietary recommendations: [bit.ly/qePyUL](http://bit.ly/qePyUL)

Inclusive Recreation: <http://bit.ly/inclusive>

Let's Move: <http://1.usa.gov/familiesmove>

## Fiscal/Money Wellness and Help:

Are you eligible for benefits? <http://bit.ly/mybenefits>

Free food distribution information: <http://bit.ly/LCfoodhelp>

True consumer financial help: <http://bit.ly/LCmoneyhelp>