

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

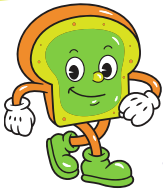
More Than A Program...It's A Promise!

NEWS LETTER

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National Nutrition Month



In a world filled with sweet treats and fast foods, eating and maintaining a healthy diet can be challenging. It almost seems as though everywhere you turn there are attention-grabbing advertisements and commercials about the latest high-calorie food offerings. As a result of this, and to promote efforts for healthy eating, March has been officially designed National Nutrition Month. The intent of this annual recognition is to encourage individuals and families to plan meals and snacks high in nutritional value and low in fats and sugars.

This year's National Nutrition Month theme is: **Celebrate a World of Flavors!** The Academy of Nutrition and Dietetics, one of the largest advocates for nutrition month encourages exploration of different cultures by way of eating healthy and balanced meals. Due to the fact changing current diets and eating habits can be challenging, the Academy of Nutrition and Dietetics recommends starting a new diet plan by simply swapping out a less nutritionally healthy snack for one with more protein and fewer calories.

There are many other actions individuals can take to set a course for a healthy diet. Some of those actions include setting personal exercise goals, increasing the amount of water consumed each day, taking mini health breaks to stand and move around, and simply reducing portion sizes when eating at home or dining out. When done correctly, healthy eating habits can positively impact mental health, increase energy levels, boost our immune systems, and even improve things like our skin and hair.

How will you engage with National Nutrition Month? For ideas and resources, check out the Academy of Nutrition and Dietetics website by clicking this link: <https://www.eatright.org/food/resources/national-nutrition-month>. This website includes everything from information on developing healthy meal plans, to promoting healthy eating habits on social media. Together, we can all begin incorporating healthy diets into our lives...*it just takes one step!*

Additional information and resources on starting a healthy diet can also be found by visiting the following websites:

- U.S. Department of Agriculture: <https://www.nutrition.gov/topics/nutrition-age/teens/parents-caregivers-and-teachers> or <https://www.myplate.gov/life-stages/families>
- Kids Health: <https://kidshealth.org/en/parents/habits.html>

Disclaimer: Sharing of this resource does not indicate an endorsement of/for this publication, its creators, or originating entity by the Government, the ARNG CYS Program and its staff, contract vendor, or Program Management Team.



Many dietitians recommend adopting healthy eating habits by encouraging kids to 'eat the rainbow' of foods – incorporating more fruits and vegetables into their diets.

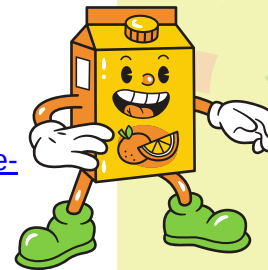


Connect with your local CYS team to learn how you can VOLUNTEER!
<https://arngcys.com/my-local-cys-program>

Do you want to stay up-to-date with the latest info? Be sure to [Subscribe HERE on our website](#)



Download the ARNG CYS APP



WWW.ARNGCYS.COM
#GUARDFAMILIES #ARNGCYS



HAPPENINGS

VA - CYS
Around the World
Virtual Camp



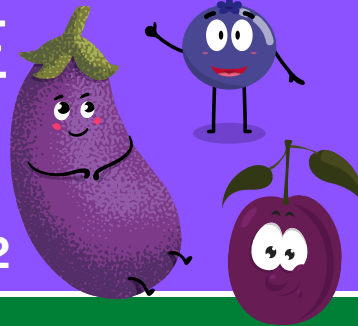
WV - CYS
Deployment
Connection
Activity,
Pillowcase
with his
favorite
picture of
Dad who was
currently
deployed



CA - CYS
"Yummy for my Tummy"
Live puppet show

PURPLE
UP for
military
kids!

April 15, 2022



SAVE
THE
DATE

TRAINING OPS

Use hashtag #NNMchat to join in the chats on the following dates for #NationalNutritionMonth

Wed, March 2 at noon CT/1 p.m. ET
Join @eatright for a Twitter chat to kick off National Nutrition Month!

Wed, March 9 at noon CT/1 p.m. ET
Host @eatrightPRO will lead a Twitter chat to celebrate RDN Day!

Wed, March 16 at noon CT/1 p.m. ET
Discuss nutrition for children and families during this Twitter chat hosted by @kidseatright

Wed, March 23 at noon CT/1 p.m. ET
Round out National Nutrition Month with a Twitter chat hosted by @foodnutrimag

<https://thesocialpresskit.com/nnm2022>

Parent Webinars - HealthyChildren.org parent webinars are designed to help parents wherever they are on the parenting journey by offering research-supported child health and safety information and immediately useable tips and suggestions.

<https://www.healthychildren.org/English/tips-tools/webinars/Pages/default.aspx>



The Youth Mental Health Project

"Virtually Speaking": Straight talk from parents, professionals, and kids about the mental health issues that matter most to you and your family.

Check out their FREE upcoming & past webinars:

<https://ymhproject.org/webinar-series-2/>
<https://ymhproject.org/past-webinars/>



Join in on **March 10th at 1 pm EST** for an in-depth conversation with Dr. Roberto Olivardia, one of the leading experts on **ADHD, eating disorders, and their effect on body image**. Addressing such things as:

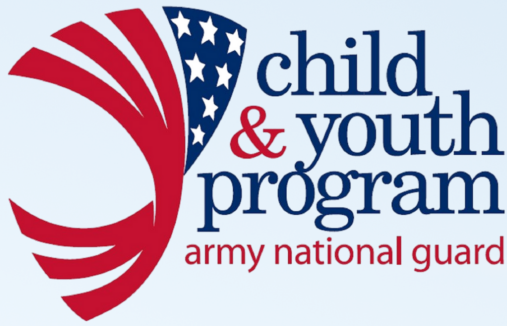
- What are eating disorders and why do they happen?
- Are people with ADHD more predisposed to eating disorders?

<https://ymhproject.org/events/adhd-eating-disorders-and-body-image-what-parents-need-to-know/>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.



Michelle



TEAM WORK

Task Multipliers

Together we accomplish more

- Drawing our diverse backgrounds we use our strengths to enhance programming
- We utilize tools such as Microsoft Teams and Canva Teams
- Regional Chats via email or phone

Elizabeth



Teambuilding

Susan

More than just coworkers...Friends

- Host weekly meetings with set agendas
- HTGS with each other and celebrate each other personally and professionally
- Share ideas and help each other



REGION ONE

WORKING TOGETHER TO SUPPORT MILITARY KIDS AROUND THE COUNTRY

CONNECTICUT

Michelle

VERMONT

Brian

NEW HAMPSHIRE

Jen

MASSACHUSETTS

Susan

Leah

MAINE

Kyra

Elizabeth

RHODE ISLAND

Holland



Leah

Holland



YOU GOT IT!



Brian

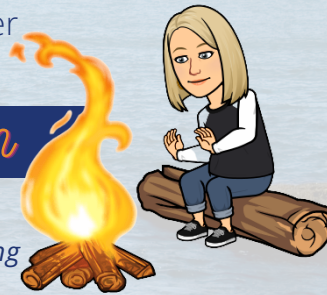
RECENT SUCCESSES

Jen

Monthly Packet Series

Created to enhance youth programming

- Incorporate elements and activities targeted to learning about STEAM, healthy lifestyles, and nature.
- FUN



Wild About Animals

Created to continue expanding education into the summer months

- Incorporate elements and activities targeted to learning about nature.

Kyra



Winter Break Kits

Mailers with built in activities

- Collaboration to create theme
- Each taking sections that inspire us and work to our strengths
- Create item purchase lists, marketing materials, and social media posts as a team