



## Healthy Behaviors Conference

### Healthy Behaviors Conference Newsletter

Dear Friends,

According to the American Heart Association, 1 in 3 American kids and teens are overweight or obese. In a school of 600 students, that is 198 youth that are more likely to have high blood pressure, low self-esteem, and high cholesterol. Be a part of the 2011 Healthy Behaviors Conference and be a part of the movement to end this epidemic.

Take advantage of the Early Bird Registration special we are offering through the end of August. You will have the opportunity to experience keynote speakers, workshop sessions, networking events, and meet with exhibitors that will support the important work you are a part of to support our youth, families, and communities.

-Healthy Behaviors Conference Leadership Team

#### **RFP DEADLINE TO PRESENT- SEPTEMBER 16, 2011**

We are currently accepting workshop proposals for the 2011 Healthy Behaviors Conference for innovative, relevant and cutting-edge topics to support out-of-school time professionals in their efforts to make our youth, families, and community the healthiest possible.

All proposals must be submitted by 5pm PST on September 16, 2011.

Click [here](#) for more information.

Click [here](#) to submit a proposal.

#### **REGISTER TO ATTEND**

**REGISTER EARLY AND SAVE!**

##### **Phase II: Early Bird Registration**

July 1, 2011- August 31, 2011

**\$285 per person**

##### **Phase III: Standard Registration**

September 1, 2011- November 25, 2011

**\$325 per person**

**For more detailed information on registration, please click [here](#) to visit our website.**

### PARK AND RECREATION MONTH

Looking to extend your physical activity commitment?



The Presidential Active Lifestyle Award, or "PALA" can be earned by taking part in 60 minutes of

physical activity for kids (30 minutes for adults), five days a week for six weeks.

Get started on this new commitment during July, Park and Recreation month!

Click [here](#) to learn more.

### GROWING HEALTHY CHILDREN

See how afterschool programs are changing the lives of their children, families, and communities. Join us at the Healthy Behaviors Conference to learn more on how to fight childhood obesity in our communities.



### KID FRIENDLY HEALTHY RECIPES



*Please note that registration fees must be paid by the last day of each promotional offer to secure the special rates.*



### FAST FACTS

**Foods with omega-3 fatty acid (mainly vegetables and fish) help keep the brain healthy. People eat 1/3 less vegetables and 2/3 less fish than they did 50 years ago.**(BBC News)

**The closer a food is to its natural state, the healthier it is for you: An apple is better than apple sauce which is better than bottled apple juice which is better than apple pie.** (Bright Hub)

**When grocery shopping, one of the ways to avoid food with added sugar is to shop the perimeter of the store.** (Medicine Net)

### THINGS TO DO IN SAN DIEGO



Take advantage of the special hotel rates being offered 3 days pre and 3 days post the conference to enjoy San Diego.

Click [here](#) to see a list of things to do while in San Diego.

## Pudding Heads



### Ingredients

Vanilla Pudding or Yogurt  
Cereal  
Grapes  
Blueberries  
Orange Slices  
Kiwi  
Any other fruit for decoration

### Directions

Spoon vanilla pudding or yogurt into small serving bowl  
Use decorations to create fun faces.



## Fruit Pops

### Ingredients

2 cups fresh blueberries, raspberries, strawberries and sliced bananas  
2 cups plain or vanilla yogurt  
1/4 cup sugar (optional)  
8 small paper cups  
8 popsicle sticks

### Directions

Place the mixed berries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.

Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil.  
Poke a popsicle stick through the center of the foil on each cup.  
Place the cups in the freezer for at least 5 hours.

To serve, remove foil and peel off the paper cup.

*Recipes provided by [myrecipes](http://myrecipes.com) and [allrecipes.com](http://allrecipes.com)*

## HEALTH RELATED GRANTS

### Obesity Prevention Grant Program

**Application Deadline: August 15, 2011; November 15, 2011**

The Aetna Foundation will fund community-based projects that will investigate or disseminate new practices; or evaluate programs designed to improve health and health care.

For more information, click [here](#).

### Health and Wellness Grants

**Application Deadline: October 1, 2011**

The Rite Aid Foundation offers grants to programs that focus on health and wellness in communities where Rite Aids operate.

For more information, click [here](#).

**CVS Caremark Community Grants**

**Application Deadline: October 31, 2011**

CVS Caremark is devoted to supporting organizations that enrich the lives of children with disabilities through inclusive programs.

For more information, click [here](#).

**Saucony Run for Good Grants**

**Application Deadline: December 13, 2011**

The Saucony Run for Good Foundation grants are available to community non-profit organizations that initiate and support running programs for kids.

For more information, click [here](#).

**Baseball Tomorrow Fund**

**Application Deadline: Rolling**

Major League Baseball offers grants to organizations that promote youth participation in baseball and softball.

For more information, click [here](#).

**BNSF Foundation Educational Grants**

**Application Deadline: Rolling**

The Burlington Northern Santa Fe Foundation provides support to educational institutions and health and human services which have 501 (c) (3) tax exemption status.

For more information click [here](#).

**Children & Youth Grants**

**Application Deadline: Rolling**

The May and Stanley Smith Charitable Trust funds 501(c)(3) organization provide services to disadvantaged children and youth.

For more information, click [here](#).

**Community Support Grants**

**Application Deadline: Rolling**

The Coca-Cola Foundation provides grants to a wide variety of 501(c)(3) organizations that focus on children, education, and/or health.

For more information, click [here](#).

**Costco Wholesale Grants**

**Application Deadline: Rolling**

Costco Wholesale offers funding for 501(c)(3) organizations that focus on children, education, and/or health.

For more information, click [here](#).

**Sarah Lee Foundation- Food Related Program Grants****Application Deadline: Rolling**

The Sara Lee Foundation places funding priority on grants to non-profits that create collaborative and innovative initiatives focused on fighting hunger. Significant consideration is given to programs that focus on food recovery, increased access to fresh produce, and protein, meal programs when schools are not in session and hunger awareness.

For more information click [here](#)

**Albertsons- In Your Community****Application Deadline: Rolling**

Albertsons is offering grants that focus on hunger relief, dietary health, and nutrition education.

For more information, click [here](#)

**Champ- A Champion Fur Kids Grant****Application Deadline: Rolling**

Build-A- Bear Workshop will be accepting children's health and wellness grant requests from March until October.

For more information, click [here](#)

**Pepsi Refresh Project Grants****Application Deadline: Rolling**

Pepsi is giving away millions each month to fund refreshing ideas that change the world, one community at a time. The grant is open to legal residents of the United States ages 13 and older.

For more information, click [here](#)

**For more information on grant opportunities, click [here](#) to visit the BOOST Collaborative website.**

We look forward to seeing you December 7-9, 2011 in San Diego, California. Stay updated by visiting our website, [www.healthybehaviorsconference.org](http://www.healthybehaviorsconference.org).



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