



Quarterly Newsletter

January 2017

GetUp Rolls Out New Message!

GetUp Montgomery County is always working to promote healthy lifestyles. To better align with the national message, GetUp has decided to make a change. Instead of our current message, 5-2-1-Almost None, GetUp will now adopt the message and use 5-2-1-0.

The significant change is the 0 sugary beverages. Sugary beverages have no nutritional value and serve as empty calories. Making the change from 'Almost None' to '0 sugary beverages' shows the importance of making a healthy habit by drinking more water.

(Continued at top right)

We will be distributing new and updated materials for the GetUp program. If you would like to request something, please send an email to getupmc@phdmc.org. We hope you will continue to support us in continuing to promote healthy lifestyles!



The new GetUp healthy lifestyle prescription

HEALTHY CHILD CARE

This will be the fourth year GetUp Montgomery County has given the opportunity for any preschool or child care center to be awarded for healthy habits in their center. The Healthy Child Care Award is a completely free and voluntary assessment about a center's nutrition, physical activity, and screen time. Upon completion, each participating center will receive one-on-one feedback, FREE resources, and opportunities to receive Step Up to Quality professional development hours and approved points in the SUTQ domains. If the assessment meets or exceeds our scoring criteria, the center will be awarded and recognized at the Readiness Summit.

The assessment will be available January 3 - February 10, 2017 and can be found here:

<https://www.surveymonkey.com/r/2017HCCA>

Our GetUp staff now offers Ohio Healthy Program - a project of recognition to child care centers that are trained in the curriculum, and submit an OHP approved menu, a new healthy policy, and a new healthy family engagement activity. For more information, contact the GetUp Program Manager.



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