

# HEALTHY KIDS/HEALTHY WEIGHT

Welcome to the “Bismarck Healthy Kids/Healthy Weight Initiative”.

The purpose of this project is to provide identified families with resource materials relating to physical activity and food/nutrition services/programs in the Bismarck-Mandan community. Families invited to participate have children between ages 8-16 who are identified by their physician. The goal of this initiative is to positively impact children’s weight and health.

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# ACTIVITY RECOMMENDATIONS

- Physical activity is good for all people.
- Physical activity need not be strenuous to be beneficial.
- Physical activity includes play, sports, dance and all other forms of movement.

## How Much Is Enough?

- Children need at least 60 minutes a day of age appropriate physical activity.
- School-based physical education has been shown to be effective, but playing and social support from family has been positively related to why children want to be active.



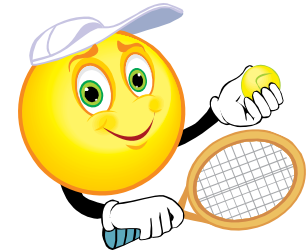
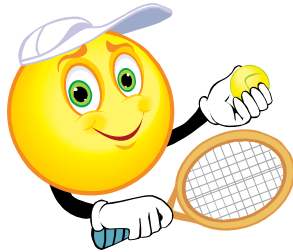
**PLACES TO PLAY**

**&**

**BE ACTIVE**

**IN**

**BISMARCK-MANDAN**



## Bismarck Parks and Recreation District

400 East Front Ave, Bismarck

701-222-6455

[www.bisparks.org](http://www.bisparks.org)

Contact: Paula Redmann

[predmann@bisparks.org](mailto:predmann@bisparks.org)

\*Call or go online for complete information on dates and fees for all spring, summer, fall and winter programs/activities. Information on Bismarck parks, playgrounds and trail maps is also available.

Bismarck Community Bowl

Bismarck State College

Open from 6:30 a.m. – 10 p.m. for public use during the spring and summer when no other events are scheduled. (open walking and running)

Four Seasons Center at the Pebble Creek Golf Course

2525 North 19<sup>th</sup> Street, Bismarck

701-223-3600

Facilities include indoor driving range, batting cage, indoor soccer, and golf lessons.



## Ice Arenas

VFW Sports Center

1200 North Washington St., Bismarck, 701-222-6588 or 701-221-6815

Schaumberg Ice Arena

221 Reno Ave, Bismarck, 701-221-6813

Public skating, figure skating, curling and ice hockey are available for all ages at both locations.

## Outdoor Swimming Pools

Elks Aquatic Center, corner of Washington and Main Street, Bismarck, 701-222-6558

Hillside Pool, within Lions Park, Bismarck, 701-222-6419 or 701-222-6559

Wachter Aquatic Center, 205 Reno Ave, Bismarck, 701-222-6529 or 701-222-6614

Public swimming, swimming lessons and lap swim are available for all ages at all three locations.

## World War Memorial Building (WWMB)

215 North 6<sup>th</sup> Street, Bismarck, 701-222-6454

General services for youth include 3 gymnasiums, archery ranges/programs, racquetball courts, walking group, summer basketball leagues, wheelchair basketball, Hakkoryu Karate, and fencing. Exercise equipment is also available for youth ages 13 and over.



## Youth Sports/Athletics/Programs

- Activity Centers – children’s activities including games, arts and crafts, music, skits, field trips and special events for grades 6 and under
- Archery – available at the World War Memorial Building for ages 8 and over
- American Legion Baseball – available for age 16 and older
- Babe Ruth Baseball – available for youth ages 13-16
- Bismarck Youth Baseball – available for children ages 6-12
- Cross Country Skiing – ski rentals available for all ages at Riverwood Golf Course
- Curling Leagues – available for all ages at the VFW Sports Center ([www.capitalcurlingclub.org](http://www.capitalcurlingclub.org))
- Disc Golf – fun for the whole family. An 18-hole disc golf course is located within Lions Park at East Boulevard Ave and 19<sup>th</sup> Street and a 24-hole disc golf course with **free** disc rentals is located within General Sibley Park on South Washington Street
- Elementary Track Meets – available for grades 5 & 6 at the Bismarck Community Bowl
- Fencing – available for 12 and older at the World War Memorial Building
- Figure Skating – available for all ages, [www.bismarckfigureskatingclub.org](http://www.bismarckfigureskatingclub.org)
- Flag Football – available for youth in grades 3-6 at the McQuade softball complex



## Youth Sports/Athletics/Programs

- Girls Fastpitch Softball – available for girls age 8 and over
- Golf and Golf Lessons – available for all ages at
  - Pebble Creek, 2525 N 19<sup>th</sup> St, 701-223-3600 or 701-221-3384
  - Riverwood, 725 Riverwood Drive, 701-222-6462 or 701-250-7677
  - Tom O’Leary, 1200 N Washington St., 701-222-6531 or 701-221-2738
- Hakkoryu Jitsu Karate – available for ages 10 and older at the World War Memorial Building
- Hershey’s National Track & Field Program – available for ages 9-14
- Meet It or Beat It Bowling – program for all ages designed for the improvement of the individual bowler’s game at Midway Lanes
- Open Gym Program – opportunity for all ages to use a neighborhood gymnasium in a supervised, free play situation
- Outdoor Skating – hockey and pleasure rinks are available at Jaycee Centennial Park, Lions Park, Municipal Ball Park, North Central Park, Tatley-Eagles Park, VFW Family Recreational Park, Grimsrud School, Hughes Middle School and Murphy School
- Recreational Trails – located throughout the community, see trail map for details



## Youth Sports/Athletics/Programs

- Skate Parks – **free**—skateboards, in-line skates and bicycles are allowed at the 3 skate parks (Lions Park, Sons of Norway Park and Century Recreation Complex)
- Snow Sledding – **free**—available on weekends for all ages at the Tom O’Leary Sledding Facility
- Soccer – programs available grades K-9 at Cottonwood park and Horizon Middle School
- Summer Basketball Leagues – available for grades 4-9 at the World War Memorial Building
- Tennis – lessons and leagues available through Capital Racquet and Fitness Center
- Triple Star Day Camp – age appropriate activities for ages 10 and over at the Schaumberg Arena
- Volleyball – available for grades 4 and over at the WWMB and Sertoma Sand Volleyball Courts
- Wheelchair Basketball – available for physically challenged youth at the WWMB





### Bismarck Gymnastic Academy

3200 North 10<sup>th</sup> St

701-258-8956

[www.bismarckgymnastics.com](http://www.bismarckgymnastics.com)

Gymnasts work on developing strength, agility, speed, flexibility, balance, coordination, and self respect. Available for all youth age 2 and older.

### Bismarck Horse Club & Walt Neuens Memorial Horse Park

Riverwood Drive

Contact: Kim Riepl

701-391-7916

Facility includes 3 arenas, 50-stall stable, and trails for pleasure riding.

### BMFL Cheerleading

Contact: Jenn Weisenburger

701-214-1053 or 701-258-2190

[coachjenn@bis.midco.net](mailto:coachjenn@bis.midco.net)

Non-profit organization that will teach girls in grades 4-6 the basic fundamentals of cheerleading.



## Boy Scouts

701-223-7204

An opportunity for boys ages 7-20 to build leadership through outdoor activities. The program includes a variety of activities that incorporate physical fitness such as hiking and other outdoor activities.

## Girl Scouts – Dakota Horizons

[www.GS@dakotahorizons.com](mailto:www.GS@dakotahorizons.com)

Provides girls ages 5-17 with opportunities for fun, adventure and learning among self-awareness and commitment to their community and environment. The program includes events in dance, self defense, carpentry, travel, health and fitness, sports and camps.

## Midget Football League

Contact: Kurt Ohneel, 701-223-9441

Phil Schmid, 701-224-1242

Lance Olson, 701-222-3144

[www.bismarckmidgetfootball.com](http://www.bismarckmidgetfootball.com)

A full contact tackle football league designed for youth in grades 5 and 6.

## ND Cycling Federation

[www.ndcycling.com](http://www.ndcycling.com)

Beginning Mountain Biking, Group rides and special events are available.



## Mandan Parks and Recreation

701-667-3260

[www.mandanparks.com](http://www.mandanparks.com)

Contact: Dave Frueh

\*Call or go online for complete information on dates and fees for all spring, summer, fall and winter programs/activities. Information on Mandan parks, playgrounds and trail maps is also available.

Mandan Pepsi All Seasons Arena

905 8<sup>th</sup> Ave NW, Mandan

701-667-3260

Contact: Kelly Helbling

[kjhelbling@nd.gov](mailto:kjhelbling@nd.gov)

Ice hockey, roller hockey and ice skating are available for all ages. Call or visit [mandanparks.com](http://mandanparks.com) for more information.

Youth Sports/Athletics/Programs

A variety programs are available for all ages including baseball, basketball, cross country, golf, gymnastics, hockey, ice skating, lap swim, open gym, soccer, swimming lessons, Tae Kwon Do, tennis, track, and volleyball.



## Fitness Centers

### Anytime Fitness

2945N 11<sup>th</sup> St., Bismarck, 701-258-7740

141 Ivy Ave, Bismarck, 701-258-6532

408 1<sup>st</sup> St NW, Mandan, 701-663-8209

[www.anytimefitness.com](http://www.anytimefitness.com)

Open 24 hours a day.

Fees: Family membership \$60-75/month

Weight and cardio equipment is available for youth ages 13 and older to use when accompanied by an adult.

### Capital Racquet and Fitness Center

3200 N 10<sup>th</sup> St., Bismarck

701-221-6855

Open Monday-Thursday 6 a.m. – 11 p.m. Friday 6 a.m. – 10 a.m.

Saturday 7 a.m. – 8 p.m. Sunday 10 a.m. – 8 p.m.

Fees: Student rates start at \$40/month, Family rates start at \$65/month.

Activities available for all youth include racquetball, wallyball, tennis, aerobics and group fitness, indoor walking, special events and personal training. Also available for youth ages 14 and over is a weight room and cardio area.



### Centergy Nutrition & Fitness

1501 S Mapleton Ave Suite D, Bismarck

701-751-2351

[www.mycoachcathy.com](http://www.mycoachcathy.com)

Contact: Cathy Deics

[cathy@mycoachcathy.com](mailto:cathy@mycoachcathy.com)

Call or email for details on youth program involving fitness and nutrition.

### Crossfit of Bismarck

1830 E Century Ave, Bismarck

701-751-3210

[www.crossfitbismarck.com](http://www.crossfitbismarck.com)

Contact: Brian or Amy

Hours may vary – see website for details

Fees: Individual membership \$80/month, Family membership \$120/month, Personal Training \$35/hour

Basic to high intensity individual or group workouts involving functional exercises and free weights are available to youth age 8 and older.



### Curves for Women

545 S 7<sup>th</sup> St., Bismarck, 701-355-0750

507 Burlington St. SE, Mandan, 701-667-1326

Open Monday, Tuesday, & Thursday 5:30 a.m. – 7:30 p.m.

Wednesday 5:30 a.m. – 7 p.m. Friday 5:30 a.m. – 6:30 p.m. Saturday 8 a.m. – 1 p.m.

Fees: Individual membership \$34/month, plus \$10 for each additional person under 18  
30 minute custom workouts with a fitness technician are available for youth 13 and older.

### Gold's Gym

517 South 5<sup>th</sup> St, Bismarck

701-258-GOLD

[www.goldsgym.com/bismarcknd](http://www.goldsgym.com/bismarcknd)

Open Monday – Friday from 4:30 a.m. – 11 p.m. Saturday and Sunday 7 a.m. – 7 p.m.

Fees: Family memberships starting at \$55/month

Weight and cardio machines, walking track, and group classes available for youth ages 12 and older when accompanied by an adult.



## Healthways Fitness Center

1033 Basin Ave, Bismarck

701-258-8553

Open 8 a.m. – 4 p.m.

Fees: 8-12 years old \$79/month, over 12 years old \$149/month

Healthways is an athlete based organization focused on preparing youth for their sports. Individual or group programs are available for youth to help become stronger in their sport.

## Mandan Community Center- Mandan Parks and Recreation

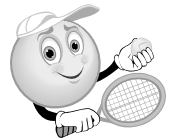
205 2<sup>nd</sup> Ave NW, Mandan

701-667-3260

Contact: Dave Frueh

[www.mandanparks.com](http://www.mandanparks.com)

Fitness center with cardio and weight equipment is available to youth 14 and over. Lap swim and swimming lessons are also available in the indoor pool. Visit the website for a complete listing of hours, fees and other programs available.



### Medcenter One Women's Health Center

1100 College Dr., Bismarck

701-323-6376

[www.medcenterone.com](http://www.medcenterone.com)

Women's Health Center

Open Monday – Thursday 5:30 a.m. – 9 p.m. Friday 5:30 a.m. – 7 p.m.

Saturday 7 a.m. – 12 p.m. Sunday 12 p.m. – 4 p.m.

Fees: Student membership \$28/month

Weight and cardio room and group classes available for girls ages 12 and older.

### Optimum Fitness

408 E Bowen Ave., Bismarck

701-258-1033

[www.optimumfitnessbismarck.com](http://www.optimumfitnessbismarck.com)

Open 24 hours a day.

Fees: Individual youth membership \$20-25/month, family membership rates vary

Weight and cardio machines are available to youth ages 8 and older when accompanied by an adult.





## St. Alexius Human Performance Center

310 N 9<sup>th</sup> St., Bismarck

701-530-8100

Contact: Wayde Schulz

[www.st.alexius.org](http://www.st.alexius.org)

Open Monday – Thursday 5 a.m. – 9 p.m. Friday 5 a.m. – 8 p.m.

Saturday 7 a.m. – 12 p.m. Sunday 1 p.m. – 5 p.m.

Youth Fitness Program provides the opportunity for youth age 11 and older to use aerobic and weight training equipment. Professional staff are available for equipment/techniques instruction.

Fees: 3 month single membership \$45, 6 month single membership \$85, annual single membership \$162.

The Acceleration program is Bismarck's leading authority for speed, agility and sports performance development for athletes of all ages and sports. Training includes treadmill training, resistive cords, plyometrics, cord sessions and strength training. Hockey Acceleration and other Sport Specific Programs are also available. A variety of packages are available. Prices vary. Call or go online for details.



## YMCA

1608 N Washington St, Bismarck

701-255-1525

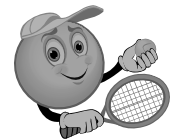
Contact: Bill Bauman

[www.bismarckymca.org](http://www.bismarckymca.org)

Youth and family health and fitness programs and recreation opportunities available for ages 10 and over. Facilities include 2 pools, 3 gymnasiums, 3 running tracks, a large wellness center with strength and cardio equipment, and 3 group fitness studios.

Programs include:

- Healthy Start is a 4 week health and fitness program for ages 10 and over that teaches healthy lifestyle emphasizing strengthening and cardiovascular workouts.
- Youth Sports Programs are available for ages 3-18. Sports include basketball, flag football, volleyball, soccer, baseball and swimming.
- Group Fitness Programs for ages 13 and over include Cycling, Yoga, Pilates, Step, and Muscle Work.
- **Commitment to Health** is a free Activate Bismarck-Mandan program open to Health Kids/Healthy Weight families. Eligibility is based on physician referral. This 4 week Activity/Movement Assessment and Training program meets bi-weekly. Youth and Parents. Sessions focus on flexibility, strength and lifetime fitness.



## Dance

### Just For Kix

[www.justforkix.com](http://www.justforkix.com)

A variety of classes are offered at 2 locations in Bismarck for ages 3 and older.

North Bismarck – Trinity Lutheran Church, 3<sup>rd</sup> St & Ave B

To register call Michele at 701-222-3451 or email at [bismarcknorth\\_nd@justforkix.com](mailto:bismarcknorth_nd@justforkix.com)

South Washington—House of Prayer Lutheran— South Washington

To register call Jenn at 701-214-1053 or email at [bismarcksouth\\_nd@justforkix.com](mailto:bismarcksouth_nd@justforkix.com)

### Let's Dance Studio

809 W Interstate Ave, Suite A, Bismarck

701-222-1052

[www.letsdancestudio.com](http://www.letsdancestudio.com)

Classes are offered to ages 18 months and older and include Pre-Dance, Jazz, Hip Hop, Tumbling, Dance Team, Ballet, Tap and Ballroom. For more information or to register for classes call or go online.

### Northern Plains Dance

1125 E Main Ave, Bismarck

701-530-0986

Contacts: Hollis Mackintosh, Director or Karly Schaub, Education Coordinator

[www.northernplainsdance.org](http://www.northernplainsdance.org)

A wide variety of classes are offered to all ages including Ballet, Hip Hop, Tap, Jazz, Ballroom, Yoga, and Pilates. Each year 3 major productions also take place.

Call or go online for complete information on class schedules.



## Martial Arts

Alliance Tae Kwon Do Center  
2900 E Broadway Ave, Suite 6, Bismarck  
701-224-8454  
Call for details on youth classes.

ATA Black Belt Academy  
801 W Interstate Ave, Bismarck  
701-224-1663  
Contact: Wayne  
[www.ataonline.com](http://www.ataonline.com)  
Karate For Kids is available for ages 8-13 and an adult program is available for ages 13 and older. Call or go online for more information.

Ehrmantraut's Academy of Martial Arts  
1021 S Washington St., Bismarck, 701-258-7305  
1608 N Washington St., Bismarck (YMCA), 701-225-1525  
[www.ndtkd.com](http://www.ndtkd.com)  
Classes are available for all ages including Tae Kwon Do, Kum Do-Art of Sword, and Hapkido-Dynamic Korean Self Defense. Call or go online for complete listing of classes, times and fees.



<b>Indoor Walking Facilities</b>	<b>Hours open to walkers</b>	<b>Membership and/or Fee</b>	<b>Length of track/ walking area</b>
Kirkwood Mall 600 South 6th Street Bismarck	M-F 7:30 am-9 pm Sat 7:30 am-7 pm Sun 11 am-6 pm	No	1 lap = 1 mile
Gateway Mall 2700 State Street Bismarck	M-F 7 am-9 pm Sat 7:30 am-6 pm Sun 11 am-5 pm	No	3 laps = 1 mile (not including Medical Mall and theater addition)
Missouri Valley Family YMCA 1608 North Washington Bismarck	M-F 5 am-11 pm Sat 6 am-7 pm Sun 9 am-7pm	Yes, membership or one day fee (adults \$8, ages 13-18 \$5, ages 12 & under \$3)	13 laps = 1 mile
Capital Racquet and Fitness Center 3200 North 10th Street Bismarck	M-F 6 am-11 pm Sat 6 am-8 pm Sun 10 am-8 pm	Yes, membership or \$3/visit or purchase a walking punch card at reduced fee	9 laps = 1 mile
Mandan Community Center 205 2nd Ave NW Mandan	M-F 6 am-5:30 pm (weekend hours vary)	Yes, membership or walkers pay \$5/month or \$25/calendar year	15 laps = 1 mile
St. Alexius Human Performance Center 310 North 9th Street Bismarck	M-The 5 am-9 pm F 5 am-8 pm Sat 7 am-12 pm Sun 1 pm-5 pm	Yes, membership or	16 laps = 1 mile

\* Also consider your own church or school—think about using hallways, gyms and steps.

# BASIC DIETARY RECOMMENDATIONS

- All foods count for calories and nutrition!
- Choose a variety of foods from all food groups throughout the day.
- “Break the Fast”. Kids need food before leaving the house in the morning.
- Kids generally need food between meals. Fruits and vegetables are nature’s first fast food.
- Drink more water! Water was the original soft drink. Today, pop and other high sugar beverages have replaced water. A 12-ounce can of pop has about 155 calories, is high in sugar and provides no nutrition for our bodies.
- Family meals support health for kids.



**PLACES TO  
LEARN ABOUT  
FOOD**



**&  
NUTRITION  
IN**



**BISMARCK-MANDAN**

## Bismarck-Burleigh Public Health – Nutrition Services

500 E. Front Ave, Bismarck

701-222-6525

Contact: Wanda Agnew, LRD

wagnew@nd.gov

Food **DOT** Com – **D**iscussion **O**pportunity for **T**weens with BBPH Dietitian. Sessions focus on food needs, availability, choices and preparation.

One to one family food and nutrition discussion – Topics may include growing your own food, food purchasing and preparation, family meals and individualized weight loss programs.

## Centergy Nutrition & Fitness

1501 S Mapleton Ave Suite D, Bismarck

701-751-2351

[www.mycoachcathy.com](http://www.mycoachcathy.com)

Contact: Cathy Deics

[cathy@mycoachcathy.com](mailto:cathy@mycoachcathy.com)

Call or email for details on youth program involving fitness and nutrition.





## Food Stamp Program

701-328-2328

[www.fns.usda.gov/fsp/](http://www.fns.usda.gov/fsp/)

The Food Stamp Program helps low-income people and families buy the food they need for good health. Food Stamp Nutrition Education Materials that focus on making healthy choices within a limited budget and choosing active lifestyles are also available.

## Medcenter One

701-323-6713

Contact: Kelly Fischer, LRD

Individual dietitian consultations are available.

## Mid Dakota Clinic

701-530-6021

Contact: Rachel Ohlheiser, LRD

**My Weigh Too** – This 10 week program focuses on an overall assessment of healthy lifestyle. This program incorporates the whole family. A meal plan is developed and each week during a 30 minute session topics such as serving sizes, meal preparation, dining out, snacks, exercise and goals are discussed. Fee: \$249

Individual dietitian consultations are also available.



## NDSU Extension

Burleigh County Extension Office  
3715 E Bismarck Expressway

Bismarck, ND 58501

Phone: (701)221-6865

Fax: (701)221-6845

Email: [NDSU.Burleigh.Extension@ndsu.edu](mailto:NDSU.Burleigh.Extension@ndsu.edu)

### **FNP (Family Nutrition Program)**

One-to-one visits about food and nutrition are available with a Licensed Registered Dietitian. Topics of discussion may include food shopping, food budgeting, cooking skills, fruits and vegetables, whole grains, thrifty meals and recipe books, and how to use your food stamp dollar.

### **Burleigh County 4-H**

4-H provides fun-filled, research-based, hands-on experiences, for youth ages 5 – 19, under the direction of caring adults. Youth learn valuable “life skills” while engaged in a variety of activities from cooking to outdoor activities (shooting sports, camping, bicycling, skateboarding, etc.) to gardening to learning how to become a savvy consumer. 4-H is a fun way for youth to develop skills and hobbies to enjoy for many years. 4-H is delivered to youth through a variety of methods. Youth can join an existing club, start their own club with other families, engage in school enrichment activities, participate in a variety of special educational day camps offered through the Extension office, attend summer camp, participate in after school activities or attend special community-based events.

4-H falls under the umbrella of the NDSU Extension Service.



**Fruits and Veggies** – Whether it’s fresh, frozen or canned, eating a variety of fruits and vegetables is an important part of being healthy. Grow your own fruits and vegetables in the Bismarck Community Garden. Buy fresh seasonal produce from local growers at a Farmers Market. Choose a variety of fruits and vegetables year round from the grocers in our community.

**Bismarck Community Gardens** – Located just west of the Municipal Ballpark, the Community Gardens provide a place for families to put in their garden and reap a wonderful harvest while enjoying the outdoors. Contact Kent Morrow at 255-1344 for more information on how to rent a plot.

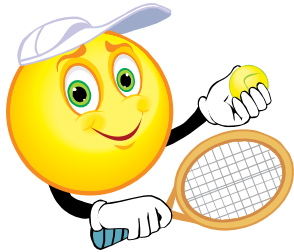
**Capital Farmers Market** – Purchase all types of garden produce from local growers from July to October. Farmers Markets take place at the K-Mart parking lot on Sundays from Noon till sell out and Tuesday, Thursday, Saturday from 8 a. m. till sell out and at Macs (S 26<sup>th</sup> St & Bismarck Expressway) on Monday, Wednesday, and Friday from 3 p.m. till sell out. Contact Cindy Rott at 701-327-7150 or dcrott@bektel.com for more information.

**Mandan Farmers Market**— Fresh produce and more!. Mondays and Wednesdays from 11 a.m. until 2 p.m. (or sell-out) and Saturdays from 8 a.m. to 1 p.m. (or sell-out). Parking lot area west of the Mandan Public Library (across the street from Central Market and Barney’s Tesoro).

**Grocery Stores** – Bismarck-Mandan is fortunate to have such a wide variety of fresh produce in its grocery stores. The first section in every grocery store is fresh fruits and vegetables. Remember if fruits and vegetables aren’t in your home it’s hard to get the recommended number of servings every day. So find what’s on sale and load up your cart.



# IDEA HELPERS FOR PLAY & FOOD



## WEBSITES

### Action for Healthy Kids

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

- A National nonprofit organization working to improve children's nutrition and increase physical activity
- Click on State by State Action to learn what's happening in North Dakota

### Activate Bismarck-Mandan (ABM)

[www.weactivate.com](http://www.weactivate.com)

- Ideas on how to be active in the Bismarck-Mandan Community
- Healthy Family Home Starter Kit

### American Heart Association

[www.americanheart.org](http://www.americanheart.org)

- Tips for raising heart-healthy, active children
- Information for parents and kids
- Link to [whatmovesu.com](http://whatmovesu.com)

### A Close Look at MyPyramid for Kids

[www.teamnutrition.usda.gov/resources/mpk\\_close.pdf](http://www.teamnutrition.usda.gov/resources/mpk_close.pdf)

- A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol

## BAM! Body And Mind

[www.bam.gov](http://www.bam.gov)

- Provided by the Department of Health and Human Services – Centers for Disease Control and Prevention (CDC)
- Designed for youth ages 9-13 with games and information on health issues including food, nutrition and physical activity

## Bismarck-Burleigh Public Health

[www.bismarck.org](http://www.bismarck.org)

Click on departments – Public Health

Documents

Nutrition Education Materials

- Information on nutrition topics including family meals, fiber/whole grains, fruits & veggies, snacks and beverages as well as information on growth in children, gardening and screen time

## Bismarck Parks & Recreation District

[www.bisparks.org](http://www.bisparks.org)

- Information on youth programs, facilities, events, parks and trails

### Building a Healthy North Dakota

[www.healthynd.org](http://www.healthynd.org)

- Information on family meals, being active together, spending time together, and practicing positive parenting

### Center for Science in the Public Interest

[www.smart-mouth.org](http://www.smart-mouth.org)

- Information on nutrition topics including articles on balancing calories in and out, eating out, and fat facts
- Recipes – learn how to make great meals and snacks

### Eat Smart. Play Hard.

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

- USDA site that provides information and materials to help motivate children and their families for healthy eating and physical activity

### Expanded Food & Nutrition Education Program – EFNEP

[www.csrees.usda.gov/nea/food/efnep/resources.html](http://www.csrees.usda.gov/nea/food/efnep/resources.html)

- Click on Nutrition & Health Sites for Youth
- Variety of links available to youth and parents relating to food and nutrition

### Fruits & Veggies More Matters

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

- Nutrition information, diet and exercise, meal planning, shopping and cooking, and ways to get kids involved

### Keep Kids Healthy

[www.keepkidshealthy.com/welcome/treatmentguides/exercise.html](http://www.keepkidshealthy.com/welcome/treatmentguides/exercise.html)

- Fitness and exercise guide for kids, summer safety, and parenting tips

### Kids & Nutrition

[www.ext.nodak.edu/food/kidsnutrition/](http://www.ext.nodak.edu/food/kidsnutrition/)

- Dozens of links provide fun, educational activities and information for children, teenagers, parents/caregivers and teachers

### Mandan Parenting Resource Center

[www.co.morton.nd.us](http://www.co.morton.nd.us)

- Click on County Departments, NDSU Extension, Parenting Resource Center
- Newsletters with parenting tips and information for resources and support groups
- Contact Kathleen Schmaltz at 701-667-3342 or [prc@ndsu.edu](mailto:prc@ndsu.edu) for more information



### Midwest Dairy Council

[www.midwestdairy.com](http://www.midwestdairy.com)

- Provides a variety of topics related to dairy and nutrition and health
- Educational handouts, nutrition news highlights and recipes

### National Association for Sport and Physical Activity

[www.aahperd.org/naspe/template.cfm?template=pr\\_100703.html](http://www.aahperd.org/naspe/template.cfm?template=pr_100703.html)

- Guidelines for parents to monitor physical activity levels of their children

### NDSU Agriculture & University Extension

[www.ag.ndsu.edu](http://www.ag.ndsu.edu)

- Educational materials and information on food, food safety, nutrition and fitness

### Northarvest Bean Growers

[www.northarvestbean.org](http://www.northarvestbean.org)

- Consumer information about beans including how to prepare them, recipes, nutrition information, photographs and late breaking news

### Nutrient Rich Foods Coalition

[www.nutrientrichfoods.org](http://www.nutrientrichfoods.org)

- Provides fast and reliable information to help you eat the nutrient-rich way
- Tools and tips including navigating the grocery store, recipes and meal ideas and a tour of MyPyramid

## Nutrition for Kids

[www.kidsgethealthy.org](http://www.kidsgethealthy.org)

- A “Get Healthy” approach to achieving weight goals
- Information on childhood obesity, ideas for meal planning, kid-friendly recipes, helpful tips and hints for eating well and staying physically active and fact sheets

## Shape Up America! Healthy Weight for Life

[www.shapeup.org](http://www.shapeup.org) Click on Childhood Obesity

- Information about healthy weight management through better nutrition and increased physical activity
- Parent’s guide and Fitness Tips for Family Fitness Fun

## USDA MyPyramid

[www.mypyramid.gov](http://www.mypyramid.gov)

- The new food guide pyramid – MyPyramid–Steps to a Healthier You
- Learn about the food groups, menu planning, tips and resources on healthy eating, educational materials and activities designed specifically for children ages 6-11

## US Department of Health and Human Services

[www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_adolescents.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm)

- Facts on “Overweight in Adolescents & Children”, statistics, causes of overweight, and suggestions on healthy eating and physical activity

United States Department of Agriculture – Food & Nutrition Information Center

[www.nal.usda.gov/fnic/pubs\\_and\\_db.html](http://www.nal.usda.gov/fnic/pubs_and_db.html)

- USDA's resource guide for parents on child nutrition and health

We Can! Ways to Enhance Children's Activity and Nutrition

[www.wecan.nhlbi.nih.gov](http://www.wecan.nhlbi.nih.gov)

- Tools and tips for parents to help their children make healthy food choices and increase their physical activity

Whole Grains Council

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

- Resources on whole grains
- Fact sheets including definition of whole grains, health benefits, government recommendations and easy ways to enjoy whole grains
- Information on finding whole grain products and recipes

WIN Weight-control Information Network

[www.win.niddk.nih.gov/publications/index.htm](http://www.win.niddk.nih.gov/publications/index.htm)

- An information service of the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK)
- Links to fact sheets on "Helping Your Overweight Child", "Teenagers Guide to Better Health" and "Helping Your Child: Tips for Parents"

## Exercise

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3 Establish a routine.** Set aside time each day as activity time— walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

**HAVE FUN!**

# **DANGER—TOO MUCH SCREEN TIME BAD FOR KIDS!**

**So what is the problem now?**

**In our society, everyone sits too much. Screen time refers to TV, video games, computer time and DVD movie time. Health professionals encourage parents to get their kids movin' and monitor screen time.**

## **GUIDELINES:**

- 1. Limit your child's screen time to 2 hours or less each day.**
- 2. TV is not a good dinner guest. Shut the TV off. Enjoy family meals whenever possible and connect through conversation.**
- 3. Keep TVs or computers out of your child's bedroom. TV and web cruising' should be monitored by an adult.. Bedrooms are for sleepin'.**
- 4. Encourage all children to be active 3 or more hours everyday —with, at least, 60 minutes of very busy activity everyday!**



**A child's job is to play. Is your child employed?**

**FAMILIES THAT PLAY TOGETHER**

**..... GET FIT TOGETHER!**

**Bismarck-Burleigh Public Health  
500 East Front Ave. , Box 500  
701-355-1540 wagner@nd.gov**

## Eat Right

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

## HAPPY EATING—HEALTHY SNACKS

Snacks are a necessary part of a child's daily food plan. Children need snacks to help them get all the fuel needed for growth. A variety of healthy snacks helps a child learn to make good food choices and live a balanced life in the future. The best snacks are a variety of foods and beverages that are rich in nutrients.

### Food ideas:

- Whole grain breads and crackers, dry cereal, pretzels, low-fat popcorn.
- Fruit and Veggies are the ORIGINAL Fast Foods! Offer canned or fresh. Baby carrots, applesauce or dried fruit. More Matters and Color Counts.
- String cheese, cheese curds, yogurt.
- Peanut butter, peanuts, lean meat sandwiches, hard cooked eggs or jerky.



### Beverage ideas:

- Water—Children need low calorie, no sugar beverages.
- Milk—Children need calcium each day for strong bones—serve skim or low-fat after age 2.
- Juice—Children only need 1/2 cup each day.

Plan snacks that include two food groups. By offering two food groups, you offer more nutrition and fill them up so they can make it to the next meal.

- IDEAS: fruit and yogurt, crackers and cheese, celery and peanut butter, cereal and milk, trail mix and juice.

Let your child choose and help make the snacks.

- Buy healthy snack choices and let your child decide what they will eat and how much.
- Allow your child to help prepare the snacks they like. They will enjoy experimenting with the food and spending extra time with you.

Bismarck-Burleigh Public Health  
500 East Front Ave. , Box 500  
Bismarck, ND 58504  
701-355-1540 wagnew@nd.gov

# Family Meals Matter

## At the Family Table

Life is busy. Sometimes, too busy to share a story from the day or to eat together. But we have one place we can slow things down and capture the time, relaxation and connection that each of us needs — **at the family table.**

## Why Family Meals Matter

Think about the time we can spend together at the family table and the experiences we can share.

At the family table, we can:

- Share stories
- Lend a listening ear
- Play games
- Try new foods
- Laugh out loud
- Teach manners
- Savor tastes and smells

Regular family meals are linked to positive benefits for individuals and families. Family meals provide an opportunity for shared communication, reduced risky behaviors and healthier eating.

## Prioritizing Family Meals

Make regular family meals a priority. Not every meal has to be a sit-down dinner extravaganza. Simplify your menus, and focus on making meals **frequent, fun and family-centered.**

Research suggests more than half of families with children in the U.S. share a meal five or more times a week. That's good! Prioritize, make family meals **frequent.** Make **fun** a part of the recipe for a happy mealtime. Mealtime is not a disciplinary occasion. Instead, focus on being together in a positive way. A **family-centered** mealtime means limiting the distractions, especially the TV or computer, and engaging each family member during a meal.

## HOW TO GET STARTED!

Plan menus.

Buy foods you'll need.

Use simple recipes.

Involve kids in cooking & setting the table.



**Think of the family table as  
a recipe for success!**

Source: NDSU Extension,  
Julie Garden Robinson, Ph.D., LRD- Food and Nutrition Specialist  
[www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)



## Stretch Your Food Dollars

We've all noticed the increasing prices at grocery stores and the gas pump, during the past year. Sometimes we may find that we have more month than money.

Here's a "grocery list" of cost-saving ideas that may help. Check (✓) the following ideas you use or plan to use.

**Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot.

**Compare prices of different forms of fruits and vegetables.** Consider fresh, canned, dried and frozen items.

**Avoid shopping when you're hungry or tired.** Almost everything looks tasty when you're hungry. If you're tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.

**Avoid using a credit card for food purchases unless you pay off the balance each month.** Think about the cost of adding credit card interest rates onto the food cost.

**Shop in one or two grocery stores.** Consider your gas if you drive to several stores for special deals.

**Be familiar with the grocery store layout.** Shop the aisles that include items on your list.

**For quick shopping trips, shop the outside aisles of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter.

**Consider buying store brands.** Most are similar in quality to name brands, but lower in price.

**Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point.

**Compare prices using "unit pricing" or a calculator.** The unit price (for example, cents per ounce) helps you know quickly which package is the better "deal." It usually is found on the front edge of grocery store shelves. Always ask yourself if you can use the "better deal" in a reasonable time.

**Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

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