

# hapitimes

## Childhood Obesity: Facts & Prevention Tips

For National Childhood Obesity Month in September, we work to ensure that families have the information they need to keep kids healthy. Obesity in childhood poses immediate and future health risks and can harm the body in a variety of ways.

Children who have obesity are more likely to have high blood pressure and high cholesterol, which are risk factors for cardiovascular disease; impaired glucose tolerance, insulin resistance, and type 2 diabetes; breathing problems, such as asthma and sleep apnea; joint problems and musculoskeletal discomfort; fatty liver disease, gallstones, and gastro-esophageal reflux (i.e., heartburn). Here are tips to keep kids healthy:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.
- Reduce the availability of high-fat and high-sugar or salty snacks to help your children develop healthy eating habits. Only allow your children to eat these foods rarely, so that they truly will be treats!
- Reduce sedentary time. Although quiet time for reading and homework is fine, limit the time children watch television, play video games, or surf the web to no more than 2 hours per day.
- Ensure adequate sleep. Too little sleep is associated with obesity, partly because inadequate sleep makes us eat more and be less physically active.
- Make sure kids are moving. Children aged 6 to 17 years should do at least 60 minutes of moderate to vigorous physical activity every day. Children aged 3 through 5 years should be physically active throughout the day for growth and development.

Source: CDC.gov



HAPI meals

### Cucumber Yogurt Dip

#### Ingredients

2 cups yogurt (plain, low-fat)  
 2 cucumber (medium, peeled, seeded, and grated)  
 1/2 cup sour cream (non-fat)  
 1 tablespoon lemon juice  
 1 tablespoon dill, parsley or other herb  
 1 garlic clove (chopped)  
 1 cup tomatoes, broccoli, and carrots or other vegetables

#### Instructions

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, herb, and garlic in a serving bowl. Chill for 1 hour. Arrange vegetables on a colorful platter. Serve with cucumber dip. Enjoy!

Recipe adapted from [www.myplate.gov](http://www.myplate.gov)

wise words

"The great thing in this world is not so much where we are, but in what direction we are moving."

— OLIVER WENDELL HOLMES

## FOOD SAFETY

September is Food Safety Education Month. An easy way to ensure safety: Wash, wash, wash! Wash hands frequently and wash utensils and surfaces after each use. Also: Wash fruits and vegetables, but not meat, poultry, or eggs.

More: [www.foodsafety.gov](http://www.foodsafety.gov)

inside Rochester Highlands

**CAPREIT Fan Day.** We will celebrate residents and vendors on Thursday, September 16!

We will have breakfast in the morning to hand out to residents as they leave for work or school; in the afternoon, we will have cookies.

**Annual End of Summer BBQ and Back-to-School Event.** Join us September 3, 1 to 4 pm at the Community Center and Gazebo.

**Rent Help.** Call 211 for help for Monroe County residents with back rent if you have decreased income or increased expenses related COVID-19. Call before moratorium protection runs out. You will need: Social Security number, ID, all forms of income during COVID. These may include unemployment disbursements (print from NY portal) SS, DHS, pay stubs, etc. The leasing office can provide you with documents needed from Rochester Highlands. Just call 271-2680.

**Food for Residents:** Bread is back! Monday and Tuesday at 10:30 am, Wegmans gives day-old bread to Rochester Highlands residents. Bring your own bag.



*Wegmans*

**Resident Spotlight:** We asked: Are you excited about being able to go to school? "Yes, I'm going to start college, kinda excited, kinda nervous. It's mandatory to wear masks, but at least I'll be learning in person. Last year was hectic and hard, not to be able to talk to my teachers one-on-one." — Navaeh, 18 years old



## September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
**Registration required for all activities, please call JFS at the Rochester Highlands: <b>585.216.1887</b>	Adult programming in <b>BLUE</b> Children's programming in <b>GREEN</b>	1	2	JFS Office Closed 3 Leasing Office hosting Back to School BBQ 1:00-4:00, call 271.2680
JFS Office Closed 6	JFS Office Closed 7	JFS Office Closed 8	9 * <b>Bingo 3:00-4:00pm</b>	JFS Office Closed 10
13 🏃 <b>Exercise 12:30-1:15</b>	14 🎨 <b>Stained Glass 4:30-6:00pm</b>	15 🏃 <b>Exercise 1:30-2:15</b>	16 JFS Office Closed Leasing Office hosting Fan Day with refreshments call 271.2680	JFS Office Closed 17
20 🏃 <b>Exercise 12:30-1:15</b>	JFS Office Closed 21	JFS Office Closed 22 🏃 <b>Exercise 1:30-2:15</b> 🧘 <b>Yoga 4:30-5:15</b>	23 📦 <b>Pantry Picks 11:00am-12:00pm</b>	JFS Office Closed 24
27 🏃 <b>Exercise 12:30-1:15</b>	JFS Office Closed 28	JFS Office Closed 29 🏃 <b>Exercise 1:30-2:15</b> 🧘 <b>Yoga 4:30-5:15</b>	30	

Best wishes for a wonderful start to the new school year! We will resume programming for **children and youth** in October.

