

Physical Activity and Nutrition News



Happy Spring!

This spring feels particularly hard earned. Fortunately, there are several activities coming up that will get us outside. Here are just a few suggestions:

- May is National Bike Month which features an ever-expanding diversity of events in communities nationwide, including:
 - Bike to School Day: May 9
 - Bike to Work Week: May 14-18
 - Bike to Work Day: May 18.
- Saturday, May 19. Kids to Parks Day is a national day of outdoor play that connects kids and families with their local, state, and national parks. There are several ways to participate. Find an event near you or consider hosting an event in your favorite park. Before you go, download these family resources to take with you.
- **Vermont State Parks** open May. Many open Memorial Day weekend, but this schedule has the opening date for each park.
- May is also when the outdoor **Farmer's Markets** open. Find the Market closest to you on the Northeast Organic Farming Association of Vermont website.

Free Summer Meals for Youth

~Jennifer Woolard, BS

During the school year, thousands of Vermont children have access to free or reduced-price school meals, which provides a steady source of food and nutrition. When school ends, so does this important resource. The Vermont

Summer meal programs help fill this gap by providing free meals and snacks to all children 18 and under. Plus, summer meals are often paired with enrichment activities that keep kids active while they are receiving essential nutrition for their developing brains. Funded by the USDA, the Summer Food Service Program will operate this year in communities across Vermont and there is NO paperwork or registration to participate. Meals are open and free to all people 18 and under and many sites offer breakfast and lunch. A complete list of sites will be available by the end of the school year. Call Vermont 2-1-1 (toll free from anywhere in VT), text "FOOD" to 877-877 or visit Hunger Free Vermont's [website](#) for more information.



Burlington School District

Placemaking: Creating Public Spaces That Support Health and Wellbeing

~ Suzanne Kelley, MSW

Creating places where making the healthy choice the easy choice is one way to support people to eat healthy, be physically active, and refrain from tobacco use. However, making infrastructure investments in a community, such as improving access to parks or changing road patterns to enhance walkability or bikability can be costly, and municipal leaders and residents may be unsure if those investments will be worth it. What if ideas could be tested prior to investing? And what if the whole community could be engaged in the planning, implementation, and evaluation of that trial? That is what Placemaking is about. [More...](#)



Curb bulb out and enhanced crosswalk

Spring Worksite Wellness Activities

~ Ashwinee Kulkarni, MPH

The warm weather has finally arrived! Spring is a great time to get started with a worksite wellness program or re-energize an existing one. Check out the Health Department's Worksite Wellness Page for tips and resources on how to get started or to get new ideas. We also have new section with resources specific to several different occupations. Here are five worksite wellness activities that you can try this summer to promote



healthy eating and an active lifestyle:

- Partner with a local farm or food hub to have Community Supported Agriculture shares (CSAs) delivered on-site.
- Promote walking meetings or walking groups.
- Plant a worksite garden.
- Support active commuting to work.
- Don't forget about sun safety.

[More....](#)

Unraveling the Mystery of the Farmer's Market

~Rebecca O'Reilly, MS, RD

As the weather begins to warm and the landscape begins to green, our thoughts inevitably turn toward spring and summer and taking in all that these seasons have to offer. For me (and I don't think I'm alone here), food is among the greatest assets that warm weather brings. Fresh produce is available, the grill is fired up, and I am more than happy to set aside my arsenal of warm winter favorites to embrace the cool flavors of summer. Along with great flavor, comes opportunity for great nutrition. Fruits and vegetables that are picked fresh not only taste better, but they pack more key nutrients than those that have been trucked from thousands of miles away. Community farmer's markets are a great place to support local growers while taking advantage of fresh, flavorful, nutritious fruits and vegetables.



For many of the consumers we see in our daily work, farmer's markets are a new concept and shopping at one may not be entirely comfortable prospect. Do you remember the last time you tried out a new market? Every time I'm in an unfamiliar shopping environment, I am so overwhelmed by finding what I need and learning the norms of the new space, I forget to buy half of the items on my list (once again, I don't think I'm alone here). The good news is, we can help make the new experience more enjoyable for individuals and families. Here are some helpful tips and resources for successfully navigating the farmer's market and getting the most out of a tight food budget. [More...](#)



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