

FYI

From: Partnership for a Healthier America [mailto:ideas@healthieramerica.org]
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Subject: Childhood Obesity Summit Wrap-Up--News from Partnership for a Healthier America

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In This Issue

[What's Coming Up?](#)

[Facts You Need to Know](#)

[Real Change Nationwide](#)

[The Great American Dinner Challenge Winners](#)

[Recipe Corner](#)

[Exercise Corner](#)

What's Coming Up

Bi-monthly e-newsletter

December 6, 2011



Back row, left to right - Sam Kass (Assistant White House Chef), Kim Mrkva (judge), Haile Thomas (host of Kids Can Cook!), Tom Colicchio, Holly Smith, Laura Castillo (judge), Antonio Ferro (judge), Maria Hines. Front row, left to right: Ming Tsai, Austin Jackson (judge), Jeshua Ferro (judge).

Building a Healthier Future Summit Wrap-Up

Ending childhood obesity is no easy task, but it can be done and PHA is committed to making it happen. Our first-ever summit on childhood obesity was a great success. First Lady Michelle Obama keynoted the sold-out event, held Nov. 29th and 30th in Washington, DC. Her remarks closed out the two-day conference



Our mid-December issue will feature healthy gift giving ideas. You won't want to miss the toys that will fit your budget and will help keep your kids fit over the winter.

Facts You Need to Know

Do you know what the new federal guidelines are for a healthy children's meal?

MyPlate federal guidance:

- one to two servings of fruit and vegetables,
- a whole grain serving,
- a lean protein serving,
- and a low fat dairy (or dairy substitute) serving.

Together these foods must have a nutrient composition equal to or less than 600 calories,

which brought together the nation's leading experts on childhood obesity with major corporations and businesses. Their goal? To develop new commitments aimed at ending the childhood obesity epidemic. [Click here](#) to read the First Lady's full remarks.

Six major corporations and groups working with children announced new commitments aimed at ending the childhood obesity epidemic: YMCA, New Horizon Academy, The Links Incorporated, Hyatt Hotels, Kaiser Permanente, and The Fresh Grocer. Scroll down to read the full article.

And who won the [Great American Family Dinner Challenge](#)? We've got all the news, plus amazing recipes from the top chefs who competed.

Real Change Nationwide

At the Summit, major new commitments were made by leading businesses and groups that will benefit children and families nationwide. From daycare to after school programs, health providers and grocery stores to hotels, one of these new initiatives is bound to make a difference in your life! Let's look at what's happening across the board.

Hyatt Hotels is enhancing the nutritional profile of its children's and full menus across all of its dining offerings - from poolside dining to catering to restaurants - for its 24 million guests annually by adding healthier options.

Kaiser Permanente will institute new guidelines in all 29 of its hospitals that offer maternal and child health services to help make breastfeeding a priority for each child born in one of their hospitals.

The Fresh Grocer, a Philadelphia-area grocer, will build five grocery stores in or around areas where people lack access to healthy, affordable foods. Fresh Grocer's five new stores will be located in the mid-Atlantic and serve approximately 795,000 people and create approximately 1,000 jobs.

The **YMCA of USA** is committed to establishing minimums for physical activity, maximums for screen time, and keeping food and beverages healthy for the 700,000 children in its out of school programs.

New Horizon Academy, a childcare company based in Minnesota, committed to provide a healthy environment in its 67 centers serving 7,500 children in Minnesota and Idaho.

The Links Incorporated committed to involving its chapters with childhood obesity intervention programs and to assist PHA with monitoring, including community assessments and reporting.

See the **PHA News** section to read more about these new commitments.

30 percent of total calories from fat, 10 percent total calories from saturated fat, 600 mg of sodium, and no more than 10 grams added sugar.

PHA News

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Hyatt Hotels, Kaiser Permanente Headline New Commitments Announced at PHA Summit. [Read more here.](#)

YMCA, New Horizon and The Links Commit to Building a Healthier Future at PHA Summit. [Click here](#) to read the full details.

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The Great American Dinner Challenge

Four James Beard award-winning chefs squared off in two teams to win the hearts and palettes of two families. Their challenge? To make a 30 minute dinner that's healthy and delicious, costs only \$10.00, and feeds a family of four! Chef Tom Colicchio and Chef Maria Hines of Tilth in Seattle teamed up against Chefs Holly Smith of Cafe Juanita in Kirkland, Washington, and Ming Tsai of Blue Ginger in Wellesley, Massachusetts. Their judges? The toughest critics you can imagine--two real families who won contests from *Parents* and *Ser Padres* magazines: 6-year-old Austin Jackson and his mom, Kim Mrkva from Toledo, Ohio, and Antonio Ferro, Laura Castillo and their 6-year-old daughter, Jeshua Ferro from Silver Spring, Maryland.

Chefs Colicchio and Hines served the families a main course of beef and vegetable stir fry with brown rice, accompanied by a shredded carrot, apple, and raisin salad with buttermilk dressing. And for dessert, buttermilk panna cotta with orange segments.

Chefs Smith and Tsai served the families braised chicken thighs with herb and vegetable quinoa, along with a frisée and avocado salad. And for dessert, non-fat greek yogurt parfait with warm cinnamon apples and cashews.

The winner? Chefs Colicchio and Hines. Find out how to make it yourself in our Recipe Corner. And find recipes from Chefs Smith and Tsai in our our mid-December issue.

Recipe Corner

A Chef Dinner You Can Make at Home for \$10.00!

Recipes from Chefs Tom Colicchio and Maria Hines

Beef Stir Fry, yields 6. You'll need: 1 ½ pounds beef round, sliced thin; 1 cup broccoli florets, blanched; 1 cup snow peas; 1 cup button mushrooms, sliced thin; hot sesame oil; regular sesame oil; ¼ cup soy sauce; 1 tablespoon oyster sauce; 1 tablespoon fresh lime; ½ cup green onion, sliced thin; ½ cup peanuts; 1 cup onion, sliced thin; 1 tablespoon garlic, minced; ½ cup cilantro, chopped; 3 cups brown rice.

To make, heat hot sesame oil and regular sesame oil in a pan, then saute all the ingredients together except for the rice. Cook rice in water (3 cups rice and 3 ¼ cups water). Serve beef stir fry over rice.



Shredded Carrot, Apple & Raisin Salad with Buttermilk Dressing

You'll need: 1 bag whole carrots, peeled and shredded; ½ cup raisins, soaked in hot water; 2 apples, peeled and shredded; ½ cup buttermilk; 2 tablespoons cider vinegar; salt and pepper.

To make: peel carrots and apples and shred with a box grater. Soak raisins in a small amount of hot water and set aside. Slowly whisk the buttermilk into the cider vinegar and season with salt and pepper. Right before serving, remove the raisins from the water and add to the shredded carrots and apples. Toss with the vinaigrette, season with salt and pepper and serve.

Panna Cotta with Orange Segments: You'll need 1 packet of sugar free orange Jello; ½ cup water; 1 ½ cups buttermilk; and orange segments. Boil water, pour into bowl with Jello packet, whisk for 2 minutes or until completely dissolved. Add buttermilk and stir until combined. Pour into container and let set uncovered in the refrigerator for 30-45 minutes until set. Serve with orange segments.

Exercise Corner



Got Snow?

If you've got snow, you've got instant exercise and instant fun! Get outside and build a snowman--it's a great workout for the whole family.

No snow? Your kids can still get into the wintery spirit--have them put mittens on their feet and "skate" around the kitchen floor. Or have them grab a scarf and toss it in the air and catch it on different body parts. Another fun one--your kids can pretend to be animals who play in the snow--walk like a polar bear, a penguin, and a seal.

** activity tips from National Association for Sport and Physical Education*

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