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## Tips To Eating More Color

- Add a variety of vegetables to soups, lasagnas, salads, stir fry's or any other favorite dishes.
- Combine your favorite fruits for a refreshing and delicious fruit salad or smoothie.
- Try a new fruit and vegetable each week.
- Add fruits to pancakes, oatmeal, yogurt and baked goods.
- Keep your fruit and vegetables handy and in sight. This will help you remember to eat more fruits and vegetables.

## Program Highlights

### Communities Putting Prevention to Work grant

Congratulations to Wood County for being one of 44 communities across the nation selected to receive a Communities Putting Prevention to Work (CPPW) grant to improve nutrition and physical activity and address chronic disease in our county.

Priorities of the CPPW grant are to increase physical activity, improve nutrition and decrease obesity.

Some CPPW grant activities being developed include: physical activity programs for after school programs and in childcare settings; farm to school programs to bring crops grown in the area to local schools; community gardens to show children how valuable crops are and to increase the appeal of healthy foods; media counter marketing campaigns aimed to both decrease screen time and increase physical activity; competitive pricing of healthier choices; and increased labeling of nutritional information on menus. Watch for more information on how to become involved in these exciting initiatives.

### Community garden

Marshfield's Growing Together Community Gardens is pleased to announce that all of the plots are full for the 2010 growing season. If you are interested in a plot for 2011 or would like to learn about square foot gardening and the proper technique on how to grow your own healthy organic vegetables, contact Amber Engen at 715-221-8420.

The first educational event on Wednesday, June 9, was a success. Teri Gear, horticulture assistant for the Wood County UW Extension, presented on general gardening and composting. She shared tips on planting a garden and on how to pull and dispose of weeds.



The Growing Together Community Gardens Committee invites you, your family and friends to join us for the next educational event on August 18 at 6:30 p.m. at Good Shepherd Lutheran Church. Teri Gear will talk about gardening and harvesting your crops.

### Healthy Lifestyles Marshfield Area Coalition Website

Check out the new and improved Healthy Lifestyles Marshfield Area Coalition website! A lot of updates and new information have been added. Visit

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



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## CALENDAR OF EVENTS

### August

- 12 Toolkit Group meeting  
11 a.m. - noon  
Central City Credit Union
- 13 Community Garden meeting,  
9-10:30 a.m. Center for  
Community Outreach
- 18 Educational Event:  
Gardening and Harvesting  
Information; 6:30 p.m.;  
Good Shepherd Lutheran  
Church; presenter: Teri Gear



To contact Marshfield Clinic  
Center for Community  
Outreach, e-mail  
cco@marshfieldclinic.org or  
call 715-221-8400.

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## Upcoming Events

### Marshfield Start! Heart Walk

The American Heart Association invites you to participate in the 2010-11 Heart Walk on Saturday, September 18, at Wildwood Park in the Upper Pond Pavilion. Warm-up starts at 8 a.m. and the walk ends at 11 a.m. Come be part of the mission in motion to **CREATE HOPE, INSPIRE CHANGE & CELEBRATE SUCCESS**. The purpose of the walk is to raise awareness of heart disease and stroke among your family members and friends and share with them your support of American Heart Association.

### September is fruit and vegetable Month

Eat your fruits and vegetables.

You've likely heard this statement since childhood. Research shows why it is good advice:

Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.

Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health.

Most fruits and vegetables are naturally low in fat and calories and are filling.

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## Committee updates

If any of the following committees are of interest to you, please feel to attend the next meeting. For more information or to become involved, call Amber Engen at 715-221-8420.

**Healthy Lifestyles Community Committee:** the committee marked walking paths throughout the city to encourage people to walk. The paths, which are painted with red apples and range from .8 to 3.5 miles, have been adopted by various organizations and families in the Marshfield area. Marshfield Apple Walking Path pocket maps have been developed and include information about each path. The maps also recognize the volunteers who painted and adopted the paths. The pocket maps are being distributed to community members and organizations. If you are interested in a copy, contact Amber Engen at 715-221-8420.

**Community Garden Committee:** the committee is working on constructing a fence at Good Shepherd Lutheran Church to protect the gardens. Great news broke at our last meeting; funds will be available from the Communities Putting Prevention to Work grant from the Centers for Disease Control and Prevention for more community gardens.

**Toolkit User Group:** businesses will help distribute the Marshfield Area Apple Walking Path pocket maps. The next meeting is August 12 at 11 a.m. at Central City Credit Union.

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