HELPING FLORIDA FAMILIES TAKE SMALL STEPS THAT LEAD TO HEALTHIER LIVES

The University of Florida Institute of Food and Agricultural Sciences Extension Family Nutrition Program (FNP) provides free nutrition education for low income SNAP eligible Floridians. SNAP (Supplemental Nutrition Assistance Program), formerly known as Food Stamps, is a federal aid program which gives low income individuals money to purchase food. FNP educates SNAP eligible Floridians using evidence based approaches, about eating healthier and being active while on a budget. Our staff teach classes ranging from 15 to 60 min to groups of all ages which are at least 51% or more SNAP eligible. We serve numerous counties throughout the state with free programs for limited resource individuals and families. In addition to education, FNP provides complementary community based environmental approaches to increase food access and encourage healthier food choices. These initiatives include: establishing school and community gardens, advising on school and community wellness committees, encouraging farmers’ markets to accept SNAP and much more. Community partnerships are also vital to the FNP program and benefit everyone involved. Local organizations provide venues, resources and connections, allowing FNP to bring nutrition and physical activity education to SNAP-eligible participants in the community. For more information or to become a community partner contact Evelyn Muniz-Rodriguez, Miami-Dade Extension Program Manager at 305 234 2159 or evelynmuniz@ufl.edu.

You're invited to a 2-Day Event!
M-DHAN Primary Care & Community Health Improvement Plan (CHIP) Summit

DAY 1
M-DHAN Primary Care Summit
Thursday, December 8, 2016
11:00 am to 4:00 pm
United Way of Miami-Dade Ryder Room
3250 SW 3rd Avenue
Miami, FL 33129

DAY 2
Community Health Improvement Plan (CHIP) Summit
Friday, December 9, 2016
9:00 am to 4:00 pm
Firefighters Memorial Building
8000 NW 21st Street
Miami, FL 33122

Click here to register!
Did you know that a recent Psychology Today study reported that 10 to 20 percent of school-aged children experience anxiety symptoms? The study confirms that in today’s increasingly competitive environment, more and more children are suffering from increased stress. Stress is a manifestation of the demands placed on us and our ability to meet those demands. These demands can come from many outside sources such as family, jobs, friends, and in many cases, school. It also can come from within, which relates to the expectations that set for our already stressed children. Stress can affect anyone who feels overwhelmed — even children. In preschoolers, separation from parents can cause anxiety. As children get older, academic and social pressures especially from trying to fit in) create stress. Children who complain about all their activities or who refuse to go to them might be overscheduled. I encourage you to talk with your child about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn’t an option, explore ways to help manage your child’s time and responsibilities to lessen the anxiety. Want to know some ideas to help your child cope with these uncomfortable, debilitating feelings? Visit www.providencehhs.com. (http://www.providencehhs.com/pediatric-home-care-key-biscayne-fl-help-children-ease-anxious-feelings/)