

Bringing people together to create a healthy community in the Fox Valley.

## April 2018 Newsletter



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Follow us today for daily tips, recipes, and healthy events near you!



**Calendar**

## AmeriCorps Update!

WOTFV is now seeking partner organizations to serve as AmeriCorps host sites! A host site is an organization where the member will be serving his or her time, providing additional people power to increase capacity and resources towards creating a culture of healthy living in the fox valley.



Please visit the [WOTFV AmeriCorps website](#) for more information, including Program Goals, Host Site RFP applications, and the application timeline.

## Wake Up with WOTFV



### Grasp Life by the Handlebars

Our next Wake Up with WOTFV event is coming up on Friday, May 11th from 7:30-9:00 AM at Bridgewood Conference Center. The event is FREE and open to the public so register today!

Hear from Michelle Bachaus from [Wisconsin Bicycle Federation](#) to learn how to use bikes for transportation and how biking and walking builds a sense of community in the Fox Valley, connecting us with our neighbors and

supporting our health.

**Wake Up with Weight of the Fox Valley- Grasp Life by the Handlebars**

[Register today!](#)

Friday, May 11, 7:30 - 9:00 am  
Bridgewood Conference Center-  
1000 Cameron Way, Neenah, WI  
54956

**Active Communities Action Team**

Friday, May 11, 9:15-11:00 am  
Bridgewood Conference Center-  
1000 Cameron Way, Neenah, WI  
54956

Open to current members or anyone interested in creating an active community.

To register, please [contact us](#)

**Worksite Wellness Action Team**

Tuesday, May 15, 7:30 - 9:00 am  
Boys & Girls Club of Menasha- 600  
Racine St, Menasha, WI 54952

Open to current members or anyone interested in worksite wellness!

To register, please [contact us](#)

**Early Care & Education Action Team**

Monday, May 21, 12:30-2:30 pm  
United Way Fox Cities-  
1455 Midway Road, Menasha, WI  
54952

Open to current members or anyone interested in Early Care & Education.

To register, please [contact us](#)

[Register Here!](#)

**Updates on Early Care & Education Action Team**

This month we're featuring an update on the WOTFV Early Care & Education (ECE) Action Team. This team recently reached out to Early Care sites with a survey to learn what programs are doing to promote healthy eating with our youngest eaters and gauge interest in working with us to expand their efforts. The focus of this team is breastfeeding-friendly early care centers and worksites, and fruit and vegetable promotion, especially locally-grown. Survey responses noted high interest in this work.

This Action Team is working to provide training and support to ECE programs that want to explore breastfeeding-friendly environments and ways to promote healthy eating at their sites. If you are interested in joining this action team or having your ECE program as a partner, please [contact us](#).



**Tip of the Month**

[Get Active at Work](#)



It is recommended that you get at least 10,000 steps a day. For

**Community Supported Agriculture**



Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. There are numerous ways

those of us who work desk jobs, that number could be hard to hit. A great way to add steps to your daily routine is to incorporate 10-15 minute walks into your work day! These walks can be incorporated into your work day. To find out how, [click here](#).

## Food Fight

### [Guacamole vs. Salsa](#)



These accompaniments are staples in Mexican and Spanish cuisine and are frequently found alongside burritos, tacos, and fajitas. While they both are made from vegetables, nutritionally they are very different. [Which one should you chose?](#)

## Community Events



Weight of the Fox Valley had a great time attending the Grand Opening Earth Day Festival at [Bubolz Nature Preserve](#). We played Earth Day Trivia with the

for you to support a healthy lifestyle through incorporating more locally-grown produce into your life this growing season.

1. Check out [Local Harvest](#) website for other CSA options in our area.
2. Check out the [Wisconsin Farmer's Market Association](#) website to find all the great farmer's markets in our area to visit on various days of the week.

Please check out one or more of these options this year to support the health of you and your family, and to support the livelihood of area farmers!

## Eat Well for Less!

With warmer weather headed our way, many people start taking out the grill. For a delicious recipe that won't ruin your summer health goals, try this [Vegetable Kabob Recipe](#).



As part of our Eat Well for Less program, all ingredients are less than \$12 to feed a family of four! Eat Well for Less are nutritious meal recipes that typically include a main dish, side dish, and beverage and follow ThedaCare nutrition guidelines. Learn more and [find recipes here](#).

## Maintain, Don't Gain Holiday Challenge



Weight of the Fox Valley is developing a Worksite Wellness Challenge for this next holiday season! Since many organizations need time to plan and promote programs, we wanted to give you the heads up that WOTFV has the perfect challenge for you! More details to come, but if you are interested and

children and had many prizes to give away!

want to stay in the loop, [contact us.](#)

### Questions?

Contact: Tierney Wittmann  
[Tierney.Wittmann@UnitedWayFoxCities.org](mailto:Tierney.Wittmann@UnitedWayFoxCities.org)

We appreciate your continued interest in creating a community that together achieves and maintains a healthy weight at every age.

If you know others that would like to receive this newsletter [please email us.](#)



[Visit our website!](#)

### Weight of the Fox Valley Sponsors:



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### Weight of the Fox Valley Leadership Team:



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