



Kathleen A. Donovan
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

Fall 2011

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Featured Resource

MyPlate.gov

Last June the US Department of Agriculture unveiled the federal government's new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. The new graphic is a visual reminder that reinforces the messages in the 2010 Dietary Guidelines for Americans. One of the select messages released with the Guidelines was to make half your plate fruits and vegetables.



The USDA suggests that MyPlate can be used in education programs along with MyPyramid. Both contain the same information on what and how much to eat. The difference is in the way that information is represented, not in the information itself.

Check the MyPlate website, www.choosemyplate.gov/, for new materials as they become available.

MyPlate

Good food choices are always in season. Bring the new MyPlate icon to life in your classes with this DVD, new to the Resource Center!

MyPlate: Dietary Guidelines for Elementary Students

Kitchen segments show students how their favorite meals can be nutritious and delicious. Between the how-to segments, real kids are interviewed about their favorite nutritious foods. A three-page black and white review sheet is available. Intended for grades 1-6.

DVD, 23 min.

Request: AV DVD N06

Fire Prevention Week, October 9-15

The intention of Fire Prevention Week is to raise awareness of the danger of fire and how to prevent it. Three important actions that we can all take are to install and test smoke detectors, to practice home escape and to hunt for house dangers. A variety of video resources are available for your classroom. Check the video catalog for more selections.

Donald's Fire Survival Plan

Donald and his nephew explain fire survival techniques including exit drills in the home and stop, drop and roll. Best for grades 3-6.

VHS, 11 min.

Request: AV IC08

Sparky's Greatest Escapes

Three stories explain fire escape plans for a single-family home, an apartment building and a high rise. All three develop a fire-escape plan. Among the ideas emphasized are the need for two plans, practicing the plan, designating a meeting place and never returning to a burning building. A blank floor plan for students to draw their own escape plan is available.

VHS, 14 min.

Request: AV IC43

The Smoke Detectives

The Smoke Detectives teach a friendly vampire the rules of fire safety. Topics include fire hazards, the importance of smoke detectors, EDITH (Exit Drills In The Home) and other fire safety skills. Appropriate for students in grades K-6.

VHS, 25 min.

Request: AV IC18

Austin's Story: Messages from a Teenage Burn Survivor

Austin Bailiff is a teen who is severely burned after experimenting with fire and gasoline. Austin endured months of surgeries, skin grafts and therapy and missed out on playing football, wrestling and his 8th grade graduation. Warning: Contains images that might be disturbing to a younger audience. Use with grades 8-12.

DVD, 5 min.

Request: AV DVD IC02



Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895

www.bergenhealth.org • 201-634-2709

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

Liven Up Your Meals with Vegetables and Fruit - A one-page colorful flyer that combines the MyPlate icon with practical suggestions for increasing the vegetables and fruits in meals. Add them to your classroom lessons in the higher grades or distribute them to parents and staff.

Smokeless Tobacco: InfoToGo - A two-sided colorful bookmark that highlights the dangers of smokeless tobacco. Includes types of smokeless tobacco, street names and methods of use.

Get Wise to Portion Size - This brochure featuring teens emphasizes the importance of controlling portion size for a healthy diet. Pictures are used to emphasize standard serving sizes.

Preventing Teen Cough Medicine Abuse - Primarily for parents, but appropriate for any adult working with teens. Explains what cough medicine abuse is and tips for preventing this and other types of drug abuse.

Be Safe, Be Seen This Halloween! - A one-page black and white flyer for students with tips on Halloween safety. Topics include streets, treats and costumes. Cute tips for keeping Halloween fun and safe.

Escape Maze - A black and white activity sheet that emphasizes the importance of planning two escape routes in the event of fire. Safety tips for a home fire drill are included in both English and Spanish.

Fire Safety Tips for Your Home - A one-page flyer to send home with students on fire safety. Topics include smoke alarms, residential fire sprinklers, escape planning and fire safety walkthrough. Produced by the U.S. Fire Administration.

Name: _____

School/

Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
327 E. Ridgewood Avenue ■ Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068. ATTN: Resource Center

Handouts

Indicate the quantity of each that you would like:

_____ Liven Up Your Meals with Vegetables and Fruit (limit 150)

_____ Smokeless Tobacco (limit 100)

_____ Get Wise to Portion Size (limit 50)

_____ Preventing Teen Cough Medicine Abuse (limit 50)

_____ Be Safe, Be Seen This Halloween! (no limit)

_____ Escape Maze (no limit)

_____ Fire Safety Tips for Your Home (no limit)

Videos

Indicate your first choice for a date or call (201-634-2709) to ask about scheduling these visuals:

_____ MyPlate: Dietary Guidelines for Elementary Students (AV DVD N06)

_____ Donald's Fire Survival Plan (AV IC08)

_____ Sparky's Greatest Escapes (AV IC43)

_____ The Smoke Detectives (AV IC18)

_____ Austin's Story: Messages from a Teenage Burn Survivor (AV DVD IC02)

Video Borrowing Policy

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days
Courier delivery is available for school personnel.