



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

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Did you know...?

- Locally grown produce is often cheaper, fresher, has more vitamins and minerals and tastes better than food shipped from other states or countries.
- Most farmer's markets accept WIC Farmer's Market Nutrition Program vouchers. To find out if you are eligible, please call the Portage County WIC office at (330) 297-9422.
- All seniors can get the Seniors Farmers Market Nutrition Program vouchers. Please call Sally Kelly with the Portage County Senior Center at (330) 297-3456 for more information.
- Buying locally grown produce keeps your money in the community.

Local Markets in Portage County

There are about 10 seasonal markets throughout Portage County. Find one near you!

- www.localharvest.org
- www.foodroutes.org
- www.ams.usda.gov/farmersmarkets
- Farmer's Market Hotline: 1-800-384-8704

Information provided by www.usda.gov and
www.foodroutes.org

Questions or Comments? Contact Us!

449 S. Meridian Street
Ravenna, Ohio 44266
Phone: (330) 296-9919
Email: pchd@portageco.com
<http://www.co.portage.oh.us/healthdepartment.htm>

March is Nutrition Month

In Portage County, 40% of children are overweight and 22% are considered obese. Through a state grant, PCHD supports free programs to help local children and families develop healthy eating habits.

- **K.I.D.S.** (Kids Interested in Diet and Sport) **Camp** is a weight management program for children. Children are taught how to choose and make healthy foods, learn healthy eating habits and participate in fun physical activity.
- Registration begins May 1, 2010. Program begins in September.
- Cost: **FREE**
- Parking: **FREE**
- Location: Nixson Hall Room 102
KSU Main Campus
Kent, OH 44242

To register or learn more about the program, contact Jodi Luidhardt at (330) 672-2063.

- **FLIGHT Program** – offered by Kent State University and PCHD to children and their families living in Portage County. FLIGHT offers family focused nutrition lessons and physical activity sessions with a Registered Dietitian and Registered Nurse. Nutrition education sessions are focused on:
 - Using the food guide pyramid
 - Making healthy food choices
 - Reading food labels
 - Practicing portion sizes.
- Cost: **FREE**
- Age: Preschool to age 18 and families
- Location: 449 S. Meridian St.
Ravenna, OH 44266
First Floor (Across from WIC)

To register or learn more about the program, contact the Nursing Services Clinic at (330) 298-4490.