

# POE in the Know

The Nutrition & Physical Activity Newsletter from the Poe Center for Health Education

## Healthy Summer Fun

Long summer days mean extra time outside playing, exploring and being active, which also means prolonged exposure in the heat and sun. Ensure you can enjoy the summer with these tips for staying safe in the sun.

**Time it right:** Beat the heat by spending time outside when temperatures are lower in the mornings and evenings.

**Protect your skin:** Apply sunscreen with SPF 15 or higher 30 minutes before going outside. Reapply after swimming or sweating. Wear loose fitting, lightweight clothes with a hat and sunglasses.

**Hydrate:** Drink 16+ ounces of water 1-2 hours before outdoor activity and drink 6-12 ounces of water every 10-15 minutes. Replace lost fluid with 16-24 ounces of fluid after activity. Urine should be clear or pale yellow.

**Pool Time:** Everyone needs to learn how to swim. Children should be supervised by an adult who is CPR certified.

**Keep bugs away:** To protect from ticks, fleas and mosquitoes: avoid scented soaps, perfumes or hairsprays. Apply appropriate insect repellants. Wear clothing treated with permethrin, which repels insects. Avoid insect habitats, such as standing water, flower gardens, and wooded areas. *(continued on page 2)*



## FREE SUMMER PROGRAMS

### Healthy Habits Camp 2015

Healthy Habits Camp is a fun-filled week of health education activities, games, crafts, and playtime. Breakfast and lunch are provided at no cost.

**Who:** Rising 1<sup>st</sup> – 5<sup>th</sup> graders who qualify

**When:** June 15 – 19 (or) July 13 -17  
8:30 a.m. – 4:00 p.m.

**Where:** Poe Center for Health Education  
224 Sunnybrook Rd., Raleigh, NC

**How:** Required applications are available at [poehealth.org](http://poehealth.org) and must be submitted to the Poe Center.

### FREE Summer Lunches *food that's IN when school is out*

In partnership with Wake County Public School System's Summer Food Service Program, the Poe Center provides free lunches during the summer months.

**Who:** Youth ages 18 and under

**When:** Wednesdays, June 17 – August 5  
11 a.m. – Noon

**Where:** Poe Center for Health Education  
224 Sunnybrook Rd., Raleigh, NC

Weekly themes with fun activities: yoga, gardening, exercise, local mascot appearances, water games and more.

Go to [poehealth.org](http://poehealth.org) for more details.



# In the Garden

Located in PlayWELL Park at the Poe Center, the Poe & Grow Garden is designed to help visitors learn to grow fresh produce. A variety of edible plants are available for taste testing.

## Bell Peppers: Easy, Yummy and In Season

To get your garden started this season, consider planting bell peppers. Bell peppers can be easily grown in containers and are great for cooking. Follow these simple directions for planting success:

- Purchase bell pepper transplants.
- Choose a two-gallon or larger container that is 14 to 16 inches deep. Confirm that the container has drainage holes, or drill several holes spaced around the bottom of the container.
- Fill the container with a mixture of two-thirds potting soil and one-third compost. Mix in a time-release fertilizer for vegetables, following application instructions on the package. Water the soil to dampen and allow to drain.
- Plant one or two pepper plants per container.
- Insert a three-foot stake into the soil next to the plant. Loosely tie the plant to the stake with cotton twine, retying as the plant grows.
- Place the container in a sunny location, providing six to eight hours of sunlight daily.
- Check the soil daily for moisture, and water the bell pepper plants as needed to keep the soil moist.
- Harvest bell peppers when they are fully formed or allow them to ripen on the plant. Bell peppers sweeten as they ripen and change color. The final color depends on the variety planted.



Source: [homeguides.sfgate.com](http://homeguides.sfgate.com)

# Crunchy Vegetable Wraps

Yield: 4 servings

Serving size: 1/2 tortilla each

## Ingredients

- 4 tablespoons low-fat cream cheese, (whipped)
- 2 flour tortillas
- 1/2 teaspoon ranch seasoning mix
- 1/4 cup broccoli (washed and chopped)
- 1/4 cup carrot (peeled and grated)
- 1/4 cup zucchini (washed and cut into small strips)
- 1/4 cup summer squash (yellow, washed and cut into small strips)
- 1/2 tomato (diced)
- 2 tablespoons green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)

## Instructions

In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables. Steam broccoli in microwave for one minute with one tablespoon of water. Spread cream cheese on to flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. Chill for 1-2 hours before serving (The wrap will hold its shape better). With a sharp knife, slice into circles and serve.

Cost per recipe: \$1.33; per serving: \$0.33

Source: [snap.nal.usda.gov/snap/cookbooks/kidscookbook.pdf](http://snap.nal.usda.gov/snap/cookbooks/kidscookbook.pdf)

## TEACHER TIPS:

### Healthy Snacking in the Classroom

With growing kids, hunger can strike at any time, which is why it is important to understand the ins and outs of healthy snacking in the classroom. Share these suggestions with your students' families or keep these items in your classroom. Satisfy their appetites without sacrificing nutrition.

- Choose fresh foods that are high in vitamins and minerals, such as fruits and vegetables.
- Choose whole grain food filled with fiber and nutrients. They are satisfying and delicious.
- Low-fat dairy snacks, such as yogurt or string cheese, are good sources of calcium, which helps keep teeth and bones strong.
- Avoid processed foods with added sugar.

## Healthy Summer Fun

*(continued from page 1)*

**Head to toe check:** Once inside, shower immediately, check for ticks (pets too), and wash clothing. Seek medical advice if rash, fever, body aches, fatigue, headache, stiff neck or disorientation occurs within one-three weeks after an insect bite.

**Learn More:** The Poe Center offers programs on summer safety, including "Summertime Safety" and "Safe Fun in the Hot Sun." Save money when you book two or more programs. Go to [poehealth.org](http://poehealth.org) or call **(866) 402-4799** for details.



Active Routes to School is a NC Safe Routes to School Project supported by the NC Department of Transportation and the NC Division of Public Health. Through this project,

coordinators across North Carolina are working to make it easier for elementary and middle school students to safely walk and bike to school and be physically active at school. Project coordinators work with partners in their communities to increase:

- Awareness of the importance of having safe routes to school.
- The number of programs that encourage walking and biking to or at school.
- The number of trainings on how to implement Safe Routes to School.
- The number of policies that support walking and biking to and at school, such as early arrival and departure for walkers and bikers.
- The number of safety features near schools, such as sidewalks, cross walks and bike lanes.

The Poe Center is partnering with Active Routes to School by providing nutrition education during “bike rodeo” events, held in Clayton and Rocky Mount, which encourage bicycle safety. Additionally, the Poe Center is collaborating with Active Routes to host a “Bike and Walk to School” event at Powhatan Elementary in Johnston County. Poe Center is proud to support Active Routes to School with promoting policy change and nutrition and physical activity education across the state of North Carolina.

## Staff Spotlight: Meet Stephanie Sobol, Health Educator



If you schedule one of the Poe Center’s many nutrition and physical activity programs, you likely will meet Stephanie Sobol and benefit from her many years of delivering health education. Stephanie earned her B.S. in School and Community Health and her Masters of Arts in Health Education from East Carolina University. She joins the Poe team with over 20 years of experience as a health educator. Her career in higher education includes teaching at East Carolina University and NC State University, designing and leading campus wellness initiatives, individual and small group wellness coaching, research and assessment, committee leadership and mentoring young professionals. Stephanie has presented at local, state and national conferences on a variety of wellness topics and creative initiatives, as well as peer professional development. For the past seven years, she has been an active volunteer in the public schools helping children learn and develop. Her primary interests include fitness, nutrition, healthy sleep and stress reduction.

Stephanie is a Maryland native and has called Raleigh home since 1996. She enjoys spending time with her husband, two children and four legged pooch doing anything. Some of her favorite interests are exercising, cooking, interior design, volunteering in the schools and spending time with family and friends.

### Cooking Matters: New Programs for Adults

Through a partnership with the Inter-Faith Food Shuttle, the Poe Center is now offering Share Our Strength’s “Cooking Matters Program.” “Cooking Matters for Adults” engages adults in a series of participatory cooking classes designed to empower them to get the most nutrition out of limited budgets.

Poe Center staff will offer a luncheon and a dinner series of “Cooking Matters for Adults” starting this spring. Each series will be held at Hammond Hills Community Center in Fort Bragg, **(910) 436-4066**. Go to **[poehealth.org](http://poehealth.org)** for dates and details.





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### ATTN. TEACHERS

Great information inside for students and their families.  
**Please Share!**

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### PLAN YOUR FIELD TRIP TODAY!

Come to the Poe Center, or we can bring the Poe Center to you. "Poe on the Go" brings any of our programs directly to your school or organization.

### FREE\* Nutrition & Physical Activity Programs

\*For schools with 50% or greater free/reduced lunch

#### Additional Topics:

Poe offers over 80 programs on a wide range of health topics.

#### Book TWO to Save!

Details at poehealth.org.

## Message from our Executive Director

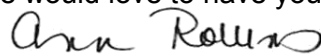
As spring has sprung, the Poe Center staff is actively planning summer activities and developing new initiatives for children and families across North Carolina.

As is our tradition, Poe will host Healthy Habits Camp this summer. Over 65 rising first through fifth graders are projected to attend the free camp, which features a week of fun-filled and engaging nutrition and physical activity education. Our partnership with Wake County Public School System's Summer Food Service Program will provide free lunches to youth during Wonderful Wednesdays at the Poe Center's WakeMed PlayWELL Park.

New partnerships with local and state agencies will allow us to offer cooking classes to adults and provide physical education activities, with an emphasis on walking and biking to school, in several communities.

This summer, we will also launch our "I Will Move More" social media campaign with dynamic ads and messages in eight counties. Look for us on Facebook, billboards, radio, and television.

We are excited to continue having our Poe Health Educators provide our hands-on programming at the Poe Center and in schools, community centers, and events all over North Carolina. Follow us online to find where we will be next. We would love to have you come play with us this summer.

 Ann Rollins, Executive Director

Book a Field Trip! Contact Kate Mascho: (866) 402-4799, [K.Mascho@poehealth.org](mailto:K.Mascho@poehealth.org).