

Wayne County Child Nutrition & Fitness Services Directory (Birth—Third Grade)

5
4
3
2
1
0



3 years - 3rd Grade Daily Recommendations*

- 5 - servings of fruits and/or vegetables
- 4 - glasses of water
- 3 - servings of dairy
- 2 - hours or less of screen time
- 1 - hour or more of physical activity
- 0 - minimize sugared foods and drinks

Blast-off to good health!

*Please see www.mypyramid.gov for age appropriate serving sizes

5-4-3-2-1-0 Blast-off to Good Health!

This directory was compiled by the **Wayne County Child Nutrition and Fitness Coalition** formed in the Fall of 2008. **Our mission is to educate and inform Wayne County families and service providers of local resources available to improve childhood fitness and nutrition.**

Information in this directory can be found online at: www.waynefcfc.org

We hope to update this directory annually. As funds allow, printed versions for reference will be distributed to Wayne County elementary schools, preschools, daycares, hospitals, healthcare providers, libraries, and other child nutrition and fitness service providers to benefit the overall health of the young child from birth to age 9.

Coming your way soon: Please continue to look for our additional literature on the 6 (six) Blast-off to Good Health recommendations for ages 3-9; to aid in the education of families and children for a healthier and more active lifestyle.

Sincerely,

The Wayne County Child Nutrition and Fitness Coalition

Coalition members represent several organizations in Wayne County including: OSU Extension, Family and Children First Council, Dunlap Community Hospital & Growing Healthy Habits, Wooster Community Hospital, Alice Noble Ice Arena, Community Action Wayne/Medina, Wayne County Health Department, Orrville Area Boys & Girls Club, Orrville/Dalton YMCA, Wooster YMCA, Child & Family Health Services, Help Me Grow, and Wooster City Schools.

SA = Scholarships Available TBD = To Be Determined
 Price Rating: \$ = \$1-20 \$\$ = \$20-40 \$\$\$ = \$40 & up
Based on a monthly cost unless otherwise noted.

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| Alice Noble Ice Arena 851 Oldman Road Wooster, Ohio 44691 330-345-8686 www.nobleice.com www.woosterskatingacademy.com | | |
| Public Skate | 2 hour sessions | \$ & No Fee |
| Skating Lessons | Ages 3 and up | \$\$\$ |
| Hockey League | Ages 5 and up | \$\$\$ |
| Noble Kids | | \$\$ & SA |
| <i>An Afterschool program that offers ice skating and other enrichment activities as well as homework help and tutoring. Transportation available from Keane, Parkview, Melrose & Wayne Elementaries.</i> | | |
| Summer Camp | | \$\$\$ & SA |
| <i>Provides opportunities for skating, swimming and outdoor activities.</i> | | |

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| American Red Cross—Wayne County 244 West South St. Wooster, Ohio 44691 330-264-9383 www.arc-wayne.org | |
| Swim Lessons | \$\$ & SA |

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| Buckeye Council—Wayne County Boy Scouts 1583 Jentes Road Wooster, Ohio 44691 330-301-0050 tscarpin@bsaemail.org | |
| <i>Various camping and sporting opportunities available.</i> | |

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| Cleveland Clinic Wooster 1740 Cleveland Road Wooster, Ohio 44691 330-287-4500 www.clevelandclinic.org | | |
| Registered Dietitian | Individual Consult | TBD |
| Fit Youth Supervised Weight Management | Ages 7-16 | TBD & SA |

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| Dunlap Community Hospital 832 South Main Street Orrville, Ohio 44667 330-682-3010 www.dunlaphospital.org www.growinghealthyhabits.com | | |
| Registered Dietitian | Children & Families | TBD |
| Healthy Thursdays– Walking Program | Families & Schools | FREE |
| Community Weight Loss Competition | Youth & Adults | TBD |
| <i>Health Education, Obesity Awareness, and BMI Research are also available.</i> | | |

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| Fredericksburg Community Library 108 South Mill Street 330-695-2420 www.fredericksburgohio.com/library | | |
| Books on fitness and nutrition | | FREE |
| Help Me Grow Playgroup | Birth—3 years old | FREE |
| <i>Meets once a week. Lessons in nutrition are included.</i> | | |
| Annual Bike Ride in September | | \$ per person \$\$ Per Family |

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| Health Point 3727 Friendsville Road Wooster, Ohio 44691 330-202-3300 www.woosterhospital.org rdld@wchosp.org | | |
| Supervised Workouts | Ages 4-12 | \$ |
| <i>Fitness and nutrition information is also provided by a registered dietitian.</i> | | |

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| Help Me Grow 716 Beall Avenue, Suite F Wooster, Ohio 44691 330-263-8930 www.ohiohelpmegrow.org www.waynefcfc.org | | |
| Parent Education Home Based Service | Prenatal— 3 years | Free |
| Play Groups | Birth—3 years | Free |
| <i>Meet once a week in Fredericksburg, Orrville, West Salem and Wooster.</i> | | |

Heritage Trails Council Wayne County

Girl Scouts

35 North Park Mansfield, Ohio 44902

1-800-433-1290 www.girlscoutsht.org

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| Various camping and sporting opportunities. | \$ & SA |
| Day camp available in summer. | \$\$\$ & SA |

Orrville Area Boys & Girls Club

820 North Ella Street Orrville, Ohio 44667

330-683-4888 www.oabgc.org

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| Before and After School Programs | \$ Yearly |
| Various Sports Programs | \$ |
| KIDSTOP | \$ Yearly |
| <i>Designed for children who would otherwise be home alone after school.</i> | |

Orrville/Dalton YMCA

1801 Smucker Road

Orrville, Ohio 44667

330-683-2153

www.orrilledalton-ymca.org

100 N. Kurzen Road

Dalton, Ohio 44618

330-682-1033

info@zoominternet.net

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| Before and after school programs, Preschool, various sports, swimming, dance, gymnastics and Summer Camp. | \$ & SA ODJFS |
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Orrville Public Library

230 North Main Street Orrville, Ohio 44667

330-683-1065 www.orrville.lib.oh.us

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| Books on fitness and nutrition available | FREE |
| Growing Healthy Habits Kits | FREE |
| <i>These kits include exercise videos and some equipment as well as nutrition information</i> | |

Ohio State University Extension

428 West Liberty Street Wooster, Ohio 44691

330-264-8722 www.wayne.osu.edu

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| Family Nutrition Program | Families | FREE |
| <i>Classes and individual instruction to food stamp eligible families.</i> | | |
| Eat Well Play Hard Presentations | Afterschool Programs | \$ |
| Kids in Kitchen and Cooking with Kids | Available to groups | TBD |
| Cooking Classes at Wayne Co. Public Library | | FREE |

Parks and Walking Trails

Visit www.waynefcfc.org for more information on local parks and walking trails.

Rittman Recreation Center

200 Saurer Street Rittman, Ohio 44270
330-925-4653 www.rittmanrecreation.com

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| Swim Lessons | \$\$ & SA |
| Various indoor and outdoor sports | \$\$ & SA |

Schools

Ask your local school district for information on available fitness and nutrition programs

Wayne Center for the Arts

237 South Walnut Street Wooster, Ohio 44691
330-264-2787 ext. 201 www.wayneartscenter.org

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| Various types of dance lessons offered. | \$\$ & SA |
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Wayne County Health Department

203 South Walnut Street Wooster, Ohio 44691
330-264-1942 www.wayne-health.org
wicwayne@odh.ohio.gov

Nutrition counseling at initial WIC appointment with referral to physician if weight is a concern. Follow up appointment in three months. (WIC= Women, Infants and Children nutrition assistance.)

Wayne County Public Library

220 West Liberty Street Wooster, Ohio 44691
330-262-0916 www.wcpl.info

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| Children's books available on fitness and nutrition | Free |
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Wilderness Center

9877 Alabama Avenue S.W. Wilmot, Ohio 44689
877-359-5235 www.wildernesscenter.org

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| Six different hiking trails available | Free |
| Cross Country skiing available dependent on snowfall | Free |
| Family Fun Packs and trail activities available | Free |
| Naturalist led family programs year round | Free—\$ |

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|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----|
| Wooster Community Hospital 1761 Beall Avenue Wooster, Ohio 44691 330-263-8196 www.woosterhospital.org rdd@wchosp.org | | |
| Medical Nutrition Therapy | Children & Families | TBD |
| <i>Registered Dietitian provides nutrition counseling to children and their families.</i> | | |
| <i>Diabetes Education Provided by Certified Diabetes Educators.</i> | | |

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| Wooster Parks and Recreation 241 South Bever Street Wooster, Ohio 44691 330-263-5207 www.waynefcfc.org www.woosteroh.com (Department tab then recreation tab) | | |
| Organized Instructional Sports year round | Ages 4 & up | \$\$ |
| Hiking trails available at Wooster Memorial Park. | | Free |

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| Wooster Salvation Army 437 South Market Street Wooster, Ohio 44691 330-264-4704 | | |
| Classes on health and nutrition, healthy snacks | Ages 7 & up | Free |
| Various recreation at Family Life Center | Ages 7 & up | Free |

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| Wooster YMCA 680 Woodland Avenue Wooster, Ohio 44691 330-264-3131 www.woosterymca.org | |
| Before and after school programs | \$ & SA |
| Non-competitive sports, dance, gymnastics, and fitness programs. | \$ & SA |
| Fitness and nutrition education available at the Youth Wellness Center | \$ & SA |
| Workouts are monitored and progress is supervised. <i>Youth Sports Director on staff with Youth Fitness classes coming soon.</i> | \$ & SA |
| <i>Summer camps with an emphasis on exercise and activity</i> | \$ & SA |

Physical Activity Ideas

- explore a park
- roller skate
- plant a garden
- play catch
- take walks
- join a family gym
- shoot baskets
- ice skate
- visit a museum
- go swimming
- clean the house
- take the stairs
- do aerobics
- dance
- clean up the yard
- build a snowman
- go bowling
- go fishing
- play tag
- do jumping jacks
- go camping
- go hiking
- walk on the beach
- go canoeing
- go on a picnic
- act out plays
- go sledding
- build a tree house
- go horseback riding
- take karate lessons
- attend a local fair
- jump rope
- exercise at home to music
- play ping pong
- play hide and seek
- have races
- play at a playground
- have a treasure hunt
- help a friend with house or yard work
- fly kites
- wash and dry dishes by hand
- walk to the store
- walk the dog
- have a squirt gun fight
- clean out the garage
- learn a new sport
- visit a farm and pick your own fruit or vegetables
- play horseshoes
- walk in the mall
- play miniature golf
- have a water balloon fight
- have a snowball fight

Healthy Snack Ideas

- apples
- berries
- oranges
- melons
- pineapple
- pears
- dried fruit
- tangerines
- broccoli
- celery
- carrots
- cucumbers
- tomatoes
- unsweetened fruit and vegetable juices
- canned fruits in natural juices
- low fat granola bars or cereal bars
- whole grain or wheat bread
- wholegrain bagels
- unsweetened cereals
- unbuttered popcorn
- tortilla chips (baked, not fried)
- pretzels (low-salt)
- crackers (graham, cheese, wholegrain, sandwich)
- low or non-fat milk
- low or non-fat yogurt
- low or non-fat cheeses and cheese sticks
- low or non-fat cottage cheese
- chicken
- turkey
- sliced meats

- bananas
- peach
- raw trail mix
- raisins
- rice cakes
- soy nuts
- hard boiled egg
- pumpkin seeds
- sunflower seeds
- nuts
- natural peanut butter

Healthy Homemade Recipe

Homemade Peanut Butter

Prep time: about 10 minutes

Ingredients:

- 1 1/2 c. unsalted roasted peanuts
- 1 tbsp. peanut oil

Utensils:

- food processor
- bowl
- mixing spoon
- storage container
- measuring cups and spoons

Directions:

For **smooth** peanut butter:

1. Mix the peanuts with the peanut oil, and pour the mixture into the food processor.
2. Process the mixture until it's very smooth.
3. Store your smooth peanut butter in a sealed container in the fridge. It will be good for 2 weeks.

For **chunky** peanut butter:

1. Take about 1/4 cup out of your 1 1/2 cups of peanuts and set them aside.
2. Mix the rest of the peanuts with the oil, and pour the mixture into the food processor.
3. Process the mixture until it's very smooth, then stir in the peanuts that you had set aside.
4. Process a few seconds more to create the chunks in your chunky peanut butter.
5. Store your chunky peanut butter in a sealed container in the fridge. It will be good for 2 weeks.

Serves: 12

Serving size: 2 tablespoons

Nutritional analysis* (per serving):

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|------------------|---------------|
| 116 calories | 1.5 g fiber |
| 4.3 g protein | 0.4 mg iron |
| 10.25 g fat | 10 mg calcium |
| 4 g carbohydrate | 1 mg sodium |
| 0 mg cholesterol | |

*Nutritional analysis may vary depending on ingredient brands used.

This recipe and others can be found at www.kidshealth.org/kid/recipe

This publication was developed by the Wayne County Child Nutrition & Fitness Coalition as a part of the Wayne County Family and Children First Council.



Family & Children First
council
Wayne County, Ohio

To access this publication online, go to www.waynefcfc.org

If you are a non-profit organization providing child nutrition and/or fitness services in Wayne County and would like to be added to the directory, please contact The United Way Infolink at 330-263-6363.



Special thanks to Wayne County Child & Family Health Services and United Way's InfoLink for printing the initial directory. We hope to update this yearly.

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