



'We Can!'

Enhance Children's Activity & Nutrition

Sussex-Wantage Regional School District Offers National Institutes of Health Program to Families in Sussex County to Address Growing Epidemic

WHAT: Sussex-Wantage Regional School District is launching Ways to Enhance Children's Activity & Nutrition! (**We Can!**), an education program from the National Institutes of Health (NIH) to prevent obesity among youth. The **We Can!** Program will counsel parents and caregivers of children in Sussex County with educational materials and virtual sessions to encourage healthy eating and increase physical activity. Participation in this program is voluntary and there is no cost to attend. This is a national public education program from the National Institutes of Health (NIH) to help prevent overweight and obesity among youth. For more information and resources please visit the project's website at <http://www.sussexcountywecanprogram.com/>.

WHO: Parents and caregivers of children in Sussex County

- Kourtnie Fedele, RN, BSN, CPN - Rutgers University Doctor of Nursing Practice Student (Presenter)
- Ms. Harriet Anderson, School Nurse at the Clifton E. Lawrence School
- Ms. Deborah Fisher, Sussex County Child Health Crisis work group, North Jersey Health Collaborative
- Jennifer Salt, RD, CHES, Director of SNAP-Ed at Zufall Health Center

WHEN: There will be four 60-minute educational sessions as follows:

Session 1: October 5th from 10am-11am "Portion Distortion"

Session 2: October 12th from 10am-11am "Energy In"

Session 3: October 19th from 10am-11am "Energy Out"

Session 4: October 26th from 10am-11am "Quick and Healthy Family Meal Ideas"

- Live cooking demonstration by Jennifer Salt, RD, CHES

WHERE: Virtual sessions will take place live via Google Meets.

Please RSVP for these sessions via the project's website <http://www.sussexcountywecanprogram.com/>

BACKGROUND: Kourtnie Fedele, RN, BSN, CPN - Rutgers University Doctor of Nursing Practice student will lead these sessions as part of her Doctoral Project under the guidance of Dr. Margaret Quinn, DNP, CPNP, CNE, Specialty Director – Pediatric Nurse Practitioner Program.

INCENTIVES: Every session will allow for three winners – one winner will claim a nutrition gift bag, one winner will claim a physical activity gift bag and a third winner will receive a basket of fresh produce from Local Share.

Both attendance and survey responses are required to be submitted for the raffle. Participants will be asked to complete the *WeCan!* Parent Program Evaluation form via SurveyMonkey® prior to the start of the first educational session and again at the completion of the program. It will take 10 minutes to complete each questionnaire. The total time required, in addition to the educational sessions, will be 20 minutes.

Participants who **attend all sessions and complete both surveys** will be entered to win 1 of 3 grand prizes.

The three grand prizes will be a new set of pots and pans and two \$50 ShopRite gift cards.

For questions regarding this program please contact Kourtnie Fedele, RN, BSN, CPN or Margaret Quinn, DNP, CPNP, CNE:
E-mail: kmf220@sn.rutgers.edu (Kourtnie Fedele) or maquinn2@sn.rutgers.edu (Margaret Quinn)