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**FLORIDA DEPARTMENT OF HEALTH IN
NASSAU COUNTY CELEBRATES EVERY KID HEALTHY WEEK**



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Yulee—The University of Florida, Nassau County Extension Service will be providing a nutrition and movement program for second grade students as a YUM (Youth Understanding MyPlate) lesson at Southside Elementary School on April 26th from 8am until 12pm. The program will focus on the power of protein. It will also incorporate the “Florida Harvest of the Month” webpage vegetable of the month which is bell peppers.

Every Kid Healthy is a campaign to ensure that every child is well nourished, physically active, healthy and ready to learn. Every Kid Healthy Week is an annual observance created in 2013 to celebrate school wellness achievements. It is observed the last week of April each year. Youth Understanding MyPlate (YUM) is a six lesson curriculum designed to teach children the messages of MyPlate through experiential activities that encourage healthy eating choices.

For more information on this event contact Meg McAlpine, Family and Consumer Sciences (FCS) Agent III, UF/IFAS, Nassau County Extension Service, (904) 530-6359.



*FDOH Nassau WIC staff with 5210
Bookmarks for Every Kid Healthy Week*

In addition to the special event at Southside Elementary, the Florida Department of Health WIC program is promoting healthy eating and physical activity to parents with young children who participate in the WIC program. To encourage reading along with the 5210 message for healthy choices for children, special bookmarks will be given to families during Every Kid Healthy Week.

For more information on this event please contact Tiffanie Newman-Kennedy at (904) 530-6873.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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