



Kathleen A. Donovan  
County Executive

## Bergen County Health Promotion Resource Center

# The Health Resource Letter

### Winter 2012

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#### **Featured Resource**

### ***Food Allergy and Anaphylaxis: An NASN Toolkit***

The National Association of School Nurses (NASN) has worked on a joint grant from the Centers for Disease Control with the Food Allergy and Anaphylaxis Network and the National School Boards Association on food allergy management in the school setting. As a result, they have recently posted the NASN Online Food Allergy Tool Kit.

The tool kit includes algorithms to enhance the approach to planning and care, checklists, forms and resources. The tool kit can be accessed at:

<http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis>

If you prefer, request a packet of sample materials. The packet will include two algorithms, a sample checklist for district policies, a fact sheet about parents, the NASN Guidelines for Health Personnel Roles and NJ Department of Education's Guidelines.

### ***Food Allergies***

Food allergies can be a very serious condition. This DVD can be used in classroom lessons or with smaller groups of students who are allergic. A Bergen County school nurse commented: "Excellent for the target age. Simple and to the point!"

#### ***Alexander, the Elephant Who Couldn't Eat Peanuts***

Alexander the Elephant can't eat peanuts because he's allergic to them. He talks to his mother about what it's like to feel different from his friends and to be afraid of eating something he shouldn't eat. A 2005 production, recommended for ages 2 to 7.  
DVD, 9 1/2 min. Request: AV DVD MCH03

### ***National Nutrition Month***

The theme for March 2012 is "Get Your Plate in Shape." Use these resources to bring nutrition education and healthy lifestyle decisions to your classroom!

#### ***The Food Groupie Adventures***

The food groupies come to life to help youngsters learn to eat from all the food groups. For each group, other foods in the group and the functions of that group are highlighted. Intended for students in preK to grade 1.  
VHS, 15 min. Request: AV N34

#### ***Max's Magical Delivery: Fit for Kids***

Josh, Nick, Elena and Ashlyn are playing video games when Max the Deliveryman shows up with a giant mysterious crate. Soon they're on a wild ride on the Foodmobile. Steps for healthy living include both healthy eating and increasing physical fitness. Best for ages 5 to 9.  
DVD, 28 min. Request: AV DVD N05

#### ***Obesity: Not Me!***

With a young host as narrator, viewers are helped to recognize the three things that cause obesity: eating too much, eating foods high in sugar and fat, and not being active enough. Uses the Food Guide Pyramid as a guide; remember the USDA says to use MyPlate and the Pyramid together! Developed for students in grades 3 - 5.  
VHS and DVD, 19 min. Request: AV N43

#### ***Snack Smarts***

Ricardo and Lynette take a trip to the grocery store to find snacks for a school project. Viewers will learn how to choose foods and drinks to help them get enough water, fiber, calcium and other nutrients. Best for grades 6-12. Comment from a Bergen County nurse: "...relevant, upbeat and provides practical 'healthful' information."  
VHS, 18 min. Request: AV N44



**Health Promotion Resource Center**  
**Bergen County Department of Health Services**  
327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895  
[www.bergenhealth.org](http://www.bergenhealth.org) • 201-634-2709

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

**Stop Smoking: Stress Busters** - The purpose of this brochure is to help smokers quit, but the messages are helpful for all of us who have stress. Appropriate to distribute to staff and/or parents. English and Spanish are both included.

**Underage Drinking. Myths vs Facts** - A full-color brochure intended for tweens and teens. Includes common myths about alcohol along with the facts. Includes sources for more information.

**One Drink Can Be Too Many** - A colorful brochure produced by AAA on the effect even one drink can have on driving.

**Putting the Fast in Breakfast - 3 Quick and Easy Solutions** - A one-page full color flyer with ideas for quick, easy and healthy breakfasts. Can't we all use a few more ideas for including this important meal in our daily diets!

**Hygiene** - A one-page black and white word search to use with lessons on personal hygiene. Words include antiperspirant, bath, laundry, shower, mouthwash and more.

**Choose MyPlate** - A black and white coloring sheet featuring the new MyPlate graphic. Let students color in their own meals or create ones that reflect the graphic.

**Secret Message!** This black and white activity sheet can be used for National Children's Dental Health Month or for a lesson about dental health any time. Eliminating words reveals a message about oral health.

Name: \_\_\_\_\_  
 School/  
 Organization: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ email: \_\_\_\_\_

**Mail your completed form to:**

Health Promotion Resource Center / Bergen County Department of Health Services  
 327 E. Ridgewood Avenue ■ Paramus, NJ 07652-4895

**The Department of Health Services is scheduled to move to Hackensack in early 2012. DO NOT mail requests after January 15 without calling first. Email addresses and phone numbers are not expected to change. The fax number will be automatically forwarded.**

**Forms may also be faxed to 201-986-1068. ATTN: Resource Center**

**Handouts**

Indicate the quantity of each that you would like:

- \_\_\_\_\_ Stop Smoking: Stress Busters (limit 100)
- \_\_\_\_\_ Underage Drinking (limit 100)
- \_\_\_\_\_ One Drink Can Be Too Many (limit 50)
- \_\_\_\_\_ Putting the Fast in Breakfast (limit 150)
- \_\_\_\_\_ Hygiene (limit 200)
- \_\_\_\_\_ Choose MyPlate (limit 200)
- \_\_\_\_\_ Secret Message! (limit 200)

**Featured Resource**

- \_\_\_\_\_ Sample packet from the NASN Tool Kit for Food Allergy and Anaphylaxis (Check to receive a single copy.)

**Videos**

Indicate your first choice for a date or call (201-634-2709) to ask about scheduling these visuals:

- \_\_\_\_\_ Alexander, the Elephant Who Couldn't Eat Peanuts (AV DVD MCH03)
- \_\_\_\_\_ The Food Groupie Adventures (AV N34)
- \_\_\_\_\_ Max's Magical Delivery: Fit for Kids (AV DVD N05)
- \_\_\_\_\_ Obesity: Not Me! (AV N43)
- Check the format you prefer:  
 \_\_\_\_\_ VHS \_\_\_\_\_ DVD
- \_\_\_\_\_ Snack Smarts (AV N44)

**Video Borrowing Policy**

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days  
 Courier delivery is available for school personnel.