

January 2021



New Jersey Healthy Kids Initiative

Newsletter



The mission of the New Jersey Healthy Kids Initiative (NJHKI) is to improve child health through evidence-based research, education and practice in nutrition, culinary literacy and physical activity. NJHKI's vision is that New Jersey children will be the healthiest in the country.

Working in collaboration with the New Jersey Institute for Food, Nutrition, and Health (IFNH), and the Child Health Institute of New Jersey (CHINJ), two leading research institutes at Rutgers University, the NJHKI will connect with schools to pinpoint which nutrition education, culinary literacy, and physical activity policy, system, and environmental needs are currently unmet and address them.

Not really a New Year's resolution kind of person? Check out #AHA's article on ditching resolutions and instead practicing #21DaysOfGratitude #NJKidsHealth [Check it out here!](#)





NJ Healthy Kids Initiative
@NJKidsHealth

Do you struggle trying to get your [#kids](#) to eat more [#vegetables](#)? Try sneaking in more veggies into their meals with [#AHA](#)'s sneaky methods of shredding, grating, chopping, and pureeing! [#NJKidsHealth](#)



Drs. Erin Comollo and Peggy Policastro both presented NJHKI's research at the Society of Nutrition Education and Behavior (SNEB) virtual meeting, where the abstract was also published in the Journal of Nutrition Education and Behavior. Check out the abstract [here](#)

SEE MORE NJHKI
NEWS



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Journal of Nutrition Education and Behavior



www.sneb.org

In This Issue:

Effects of TV Cooking Programs on Children's Food Intake

Perspectives on Communicating With Child Care Providers

K-12 Table Share Policies, Food Waste, and Food Security

Pediatrician Practice Effects on Early Nutrition, Feeding, and Growth

WHAT FOOD FUTURE?



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NJHKI provides field trips to the IFNH, culinary nutrition and physical literacy education experiences and education for children and families, professional development, grant writing support, and more!

To find out how NJHKI can support your school's distance learning, email Dr. Erin Comollo at erin.comollo@rutgers.edu

WE ARE ON SOCIAL MEDIA!

Make sure to check us out to stay update to date with what NJHKI is up to!



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New Jersey Institute for Food,
Nutrition, and Health

The Child Health Institute
of New Jersey

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