

February 2021



# New Jersey Healthy Kids Initiative



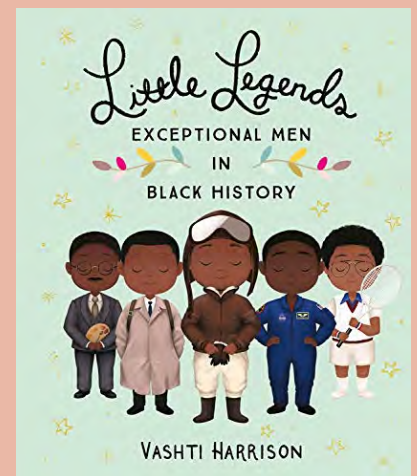
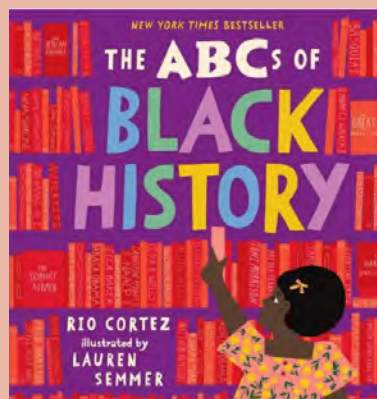
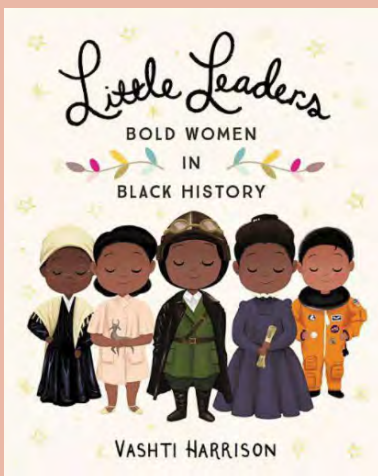
Newsletter



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.

**The NJHKI Team strongly supports access to healthy foods and physical activity for ALL children, particularly those in the black community who have been disproportionately affected by healthy inequities.**

NJHKI  
RECOMMENDED  
READS



**#OurHearts**  
are physically active together

**February is American Heart Month**

When we take care of our hearts as part of our self-care, we set an example for others. **Share how you're caring for your heart.**

NIH  
National Heart, Lung, and Blood Institute

THE HEART TRUTH

Take action to protect yourself against #HeartDisease. Join @TheHeartTruth this #HeartMonth #OurHearts. [Check it out here!](#)

 **Upcoming Webinar:**  
*Food Literacy: Equipping Students to Live Empowered, Healthy Lives*

**FEBRUARY 25TH AT 12:00PM EST**

Food Literacy is the understanding that our food choices impact our health, the environment, and our economy. Food Literacy and Food Justice can be used as an experiential, multi-component approach to nutrition education that can improve learner knowledge, attitudes, and skills to create positive behavior change.



Join Drs. Comollo & Policastro on their webinar with the American School Health Association on Food Literacy this Thursday, February 25th at 12pm EST!

**REGISTER**  
**HERE**



## Support NJHKI!

[CLICK TO GIVE](#)

Are you on our  
email list?

Do you want to be updated on all  
things NJHKI?

[Join our  
mailing list!](#)



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](mailto: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!



**RUTGERS**

New Jersey Institute for Food,  
Nutrition, and Health

The Child Health Institute  
of New Jersey

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