



# New Jersey Healthy Kids Initiative

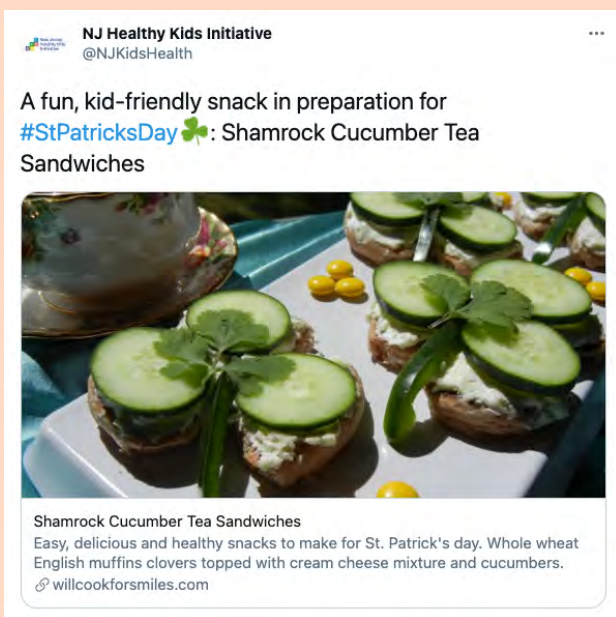


Newsletter



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.**

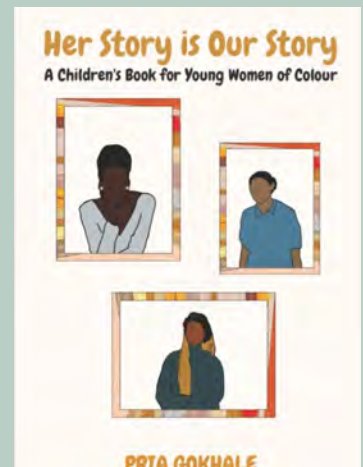
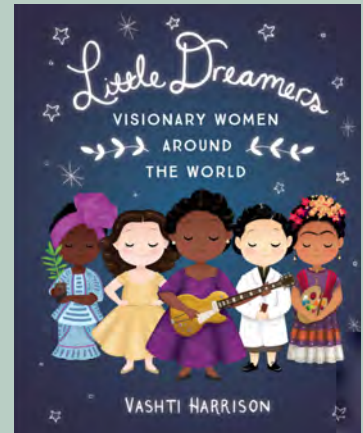
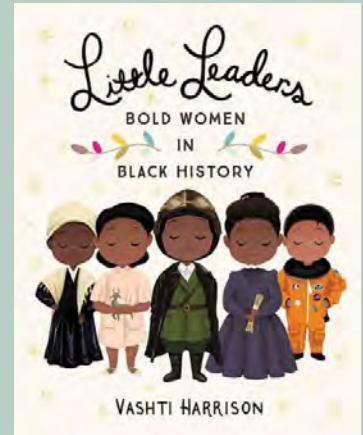


Looking for some fun and healthy St. Patrick Day food ideas? Check this [recipe](#) out!

March is Women's History Month! Learn more through this [kid-friendly article](#) on the importance of this month! And check out our recommended books!



NJHKI  
Recommended  
Reads



March is also National Nutrition Month! There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds & tastes! Learn more about [#NationalNutritionMonth](#)

[Click here](#)

# HELP RUTGERS HELP THE WORLD

RUTGERS GIVING DAY  
3.24.21

Help Rutgers help  
the world by joining  
in to support NJHKI  
on #RUGivingDay

[DONATE  
NOW](#)



Dr. Policastro, Dr. Comollo, and MPH student Abigail David,  
led a webinar at the American School Health Association on  
Food Literacy. Check out the recording below!

[WATCH THE  
VIDEO HERE](#)



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

[WWW.NJHKI.RUTGERS.EDU](http://WWW.NJHKI.RUTGERS.EDU)