

Consortium Connection

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“Healthy Environment, Healthy Lifestyles, Healthy Community”



Spend a Day at the Market

It's November and that means Thanksgiving and the holiday season are right around the corner. It also means that local Farmers' Markets are opening to provide the community with local, fresh produce to enjoy during this season. Miami now has over seven local Farmers' Markets which are working to "Make Healthy Happen" by making fresh, healthy and local food a reality for everyone. Each of the markets listed below offers, or will offer the Double Value Coupon Program (DVCP).



This initiative allows consumers to double the value of federal Supplemental Nutrition Assistance Program (formerly food stamps) dollars at participating markets. In other words SNAP customers get twice as much fresh produce. The goal of the Double Value Coupon Program is to provide access to produce for at-risk consumers. The DVCP program is designed to feed the nation's hungry and to nourish vulnerable families, providing children with better nutrition, improved self-esteem, piece of mind, and food security. We encourage everyone to come to the Farmers' Market nearest you and shop for produce for yourself and your family.

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- Katie Powell
Food Equity Coordinator, Public Ally
Catalyst Miami
Health and the Built Environment Committee

Miami-Dade County Farmers' Markets

Homestead Harvest Market at Verde Gardens

12690 SW 280 Street,
Homestead, 33032
Fridays from 4:00PM – 8:00PM

Upper Eastside Farmers' Market

NE 79th St and Biscayne Blvd.
Saturdays from 9:00 PM – 2:00 PM
Bus routes 3, 16, 33, 79, 93 and L

Roots in the City

Overtown
3rd Ave and 16th Street
Fridays from 9:00AM – 5:00PM

Brownsville Farmers' Market

Jesse Trice Community Health Center, right off the Brownsville Metrorail stop
NW 27th Ave and 56th St
Fridays from 11:00AM – 3:00PM
Opening December, 2011!

War on Poverty

Nathan B. Young Elementary
14120 N.W. 24th Avenue,
Opa-Locka, Florida 33054
Wednesdays from 2:00PM – 4:00PM
Coming Soon!

City of North Miami Farmers' Market

MOCA Plaza
770 NE 125 Street, North Miami, Florida, 33161
Thursdays from 1:00PM – 6:00PM
Opening December 1, 2011!



Bike, Park, & Ride in North Miami

One of the ways the City of North Miami is advancing healthy lifestyle changes is by encouraging “active” transportation choices. If almost 28% of trips are less than one mile, why not ride your bike? To facilitate this choice, the City has embarked on a program to create a system of bicycle routes and parking racks. More than 60 bicycle racks have been installed in all public facilities, such as parks and the library; at private businesses and multi-family homes; and at transit stops. The City has also adopted a Bicycle Route master plan to designate certain roadways as

bicycle routes. One bicycle path has been completed linking a beautiful City road to an environmental preserve and to the FIU Biscayne Bay campus. On the other side of town, a roadway is being widened to accommodate new bicycle paths and should be complete by early 2012. In October of this year, the City finalized the installation of shared-use lane striping, called “sharrows,” along 2 miles of its major downtown roadway, from I-95 to Biscayne Bay; Miami-Dade County has installed sharrows on a major north-south route through the City on NE 16th Ave, and have committed to stripe Griffing Blvd

as well. Also, City of North Miami mayor Andre D. Pierre has sponsored (and participated in) a monthly bicycle ride called “Get into Gear,” to get the word out on the benefits of bicycling.

- John O'Brien
Transportation Manager
City of North Miami
Health & the Built Environment Committee





What's New with Physical Education and Employee Wellness

Since receiving the Communities Putting Prevention to Work Grant in March 2010, Miami-Dade County Public Schools (M-DCPS) has been empowered to make great strides in providing opportunities for students in high school physical education, expanding the curriculum in elementary physical education to include 200 elementary schools implementing Sports, Play and Active Recreation for Kids (S.P.A.R.K.), in addition to the 40 elementary schools funded through the Health Foundation of South Florida, and implemented a District Wellness Center enabling those with extended work hours to exercise before work, during lunch time, and after work.

The senior high school 7th period day, originally through Adult Education, was developed as an innovative way to increase the number of senior high school students taking physical education beyond the one credit already completed from high school graduation. The program started

out slow, as this was a new concept, but began to pick up steam as the school year progressed. However, after the July 2011, Legislative session, Adult Education was no longer allowed to offer elective classes. Therefore, for the 2011-2012 school year, the 7th period physical education classes are now offered as hourly through the day school program. As a new concept this once again began slowly, but if more time was available, this too would pick up steam.

S.P.A.R.K., an evidence based physical education program was implemented to ensure that students were physically active most of the physical education class. This was a critical program to implement as class sizes in physical education increased, more students were inactive waiting a turn. S.P.A.R.K., along with the funds that schools received to purchase supplemental physical education equipment, had once again made a difference in the quality of physical education programs delivered to our students.

The District Employee Wellness

Center, the third spoke in our funding wheel, has made it possible for district level administrators to engage in a minimum of 30 minutes of daily physical activity as required by the Physical Activity Guidelines for Americans. This was a missing link, as district administrators work from 8:00AM to 4:30PM daily, making it difficult to go to a gym, get home, cook dinner, spend time with the family and prepare for the next day. By having a District Employee Wellness Center, employees can work out before work from 6:30AM – 7:45AM; during lunch hours from 11:30AM – 1:30PM; and after work from 4:30PM – 7:30PM. The program has been a HUGE success!

The CPPW funding has made a huge impact on M-DCPS Physical Education and Employee Wellness!

*- Dr. Jayne D. Greenberg, District Director
Mr. Louis Lazo, Curriculum Support Specialist
Physical Education and Health Literacy
Children Issues Committee*



Upcoming Events

Come out for Play Family Fun Day

Presented by Miami-Dade Parks and Recreation and the Department of Children & Families. Go out and enjoy a day of fun with games, relays, face-painting and much, much more!

Where: Amelia Earhart Park

401 East 65 Street, Hialeah, FL (Soccer Complex)

When: Saturday, December 3, 2011

Time: 9:00AM - 1:00PM

For additional information please call: (305) 365-6706

City of Doral Play Day

Major Juan Carlos Bermudez and the Doral City Council invite you to enjoy outdoor games, music, arts and crafts, face painters and much more! Event is free to the public!

Where: Doral Meadow Park

11555 NW 58 Street, Miami, FL 331666

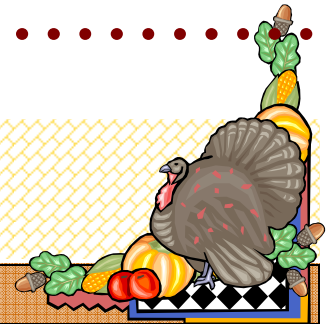
When: Saturday, November 19, 2011

Time: 11:00AM - 2:00PM

For additional information please visit www.cityofdoral.com

Healthy Eating Tips for Thanksgiving¹

- Eat a healthy breakfast and lunch
- Watch your portion size
- Limit high fat items
- Drink plenty of water



Healthy Thanksgiving Recipe Substitution Tips²

Recipe Calls for:	Substitution:
1 whole egg	2 egg whites
Sour cream	Low fat plain yogurt or low fat sour cream
Milk	Skim milk or 1% milk
Ice cream	Frozen yogurt
Heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
Whipped cream	Chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
Cheese	Low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
Butter	Light butter
Cream of mushroom	Fat-free cream of mushroom

1. <http://www.myhealthnewsdaily.com/five-tips-avoiding-overindulging-thanksgiving-0786/>

2. <http://www.healthcastle.com/holiday-eating-healthy-thanksgiving.shtml>

For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org