



WHAT'S HAPPENING

Healthy Kids Las Cruces Monthly Newsletter

November 2015



Food System Setting

Lead: Aaron Sharratt
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Director of Development & Administration

Las Cruces Celebrates Food Day Downtown

National movement toward a greener diet

On Saturday, October 17th, Las Cruces celebrated Food Day – the national celebration that inspires Americans to eat healthy and create healthier communities through the way we eat and grow food. In conjunction with the Las Cruces Farmers' and Crafts Market and Project Mainstreet, La Semilla Food Center hosted this community event that celebrates good food, healthy living, and growing good things in the Mesilla Valley.



"Food Day is an opportunity to celebrate real food and the growing movement to fix the food system. People will get a chance to see cooking demos prepared with food from the farmers' market, learn more about healthy food and lifestyles from area organizations, and participate in free activities like gardening and planting," Krysten Aguilar of La Semilla Food Center said.

In addition, residents learned more about urban agriculture in Las Cruces – the growing and processing of food in and around the city. Growing urban agriculture in Las Cruces has the potential to be enormously beneficial. There are numerous documented health, economic, social, and environment benefits to growing food in cities.

For more information contact Krysten Aguilar, La Semilla Food Center (575) 639-0493 krysten@lasemillafoodcenter.org

Upcoming Events

Nov. 6-
Las Cruces High vs. Mayfield
at Aggie Memorial Stadium
@ 6:00 pm

Nov. 7 & 8th-
Renaissance Fair
Young Park Open 10 am-
5pm Saturday Nov 4th and
10 am-4 pm Sunday Nov.
8th \$6 Admission for Adults
Children under 12 Free

Nov. 11-
Veteran's Day



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for all your talents,
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and partnerships.

Go to <https://www.facebook.com/HKLasCruces>



A NEW Way to Find YOUR Way Around Las Cruces

New Wayfinding Signs have been installed on Triviz, La Llorona and the Outfall Channel. The wayfinding signs are part of the signage system to increase the cities connectivity between outer and inner loops including local parks, safe routes, open school yards and multi-use trails. So in short the signs will help users get from one place to the next. They are very user friendly and easy to read. Next time your out for a walk make sure to keep your eyes out for these new additions.

Do you have a Las Cruces Prescription Trails Booklet? Want one?

Send Gil Padilla a e-mail at

Gilbert.padilla@state.nm.us

Communities and Families Setting

Lead: Mark Johnston mjohnston@las-cruces.org
City of Las Cruces Parks and Recreation Director



Education Setting

Lead: Barbara Berger
bberger@lcps.k12.nm.us
LCPS Health & Nutrition Special-



The Las Cruces Public School District is launching a staff wellness interest survey to get input on our new staff wellness program that was part of our HEAL grant funding from Paso del Norte Health Foundation.



The Three Sisters
Corn * Beans * Squash

The students are having a tasting lesson in November on The Three Sisters—corn, beans and squash. These three plants are an example of companion planting, seeds that can be planted in one hole and grow plants that help each other out.

Community & Regional Planning Setting

Lead: Andy Hume ahume@las-cruces.org
Senior Planner-City of Las Cruces Community Development

The Downtown Plaza Construction Project is on schedule and on budget! The plaza will be available for rent for music events/weddings etc. Remember the Main Street Downtown is a great place to hold your next event. Complete the Permit Application, which you can find online at the City of Las Cruces website. Then submit it to Andy Hume, Downtown Coordinator. Or call (575) 528-3022.

A workday at East Picacho Elementary to put in new heavy duty raised garden beds on

Saturday, November 21 from 8am to 1:30pm.

Volunteers Welcome

Holiday Safety Tips



Healthcare Setting

Lead: Dr. Danielle Nixon
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Pediatrician at Full Bloom Pediatrics

In 2012, 3,270 children 19 and under were seen in emergency rooms for injuries caused by nonelectric holiday decorations, like broken ornaments. In 2012, an estimated 192,000 children were treated in an emergency room for a toy-related injury. And in the same year, an estimated 136,314 children ages 19 and under were injured due to a fire or burn.

Top Tips and Information from Safe Kids NM

- Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard. Make sure your tree has plenty of water by checking it regularly.
- Keep holiday candles at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep.
- Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions to make sure the gift is just right
- Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.
- Kids love to reach, so to prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.
- Kids are curious and will want to play with the ornaments on the tree, so you might as well prepare. Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young

NMSU DACC Students Participate in Urban Agriculture

NMSU-DACC students Jasmine Franzoy and Alyssa Berrington are working with La Semilla, Food Center to promote urban agriculture in the heart of Las Cruces.

For six hours a week they plant, prune, encourage growth and harvest food in 58 large pots throughout the Las Cruces downtown mall. They care for vegetables, herbs, fruit and flowers. Franzoy and Berrington also have created a map of the area, encourage local businesses to adopt a pot, solicit donations and create signage.

The goal of the project is to show people how easy it is to grow their own vegetables and fruit. According to academic studies, people who grow their own food eat healthier.

La Semilla is building a food system, raising awareness and creating food programs for communities in Southern New Mexico and El Paso, Texas. Krysten Aguilar from La Semilla supervises the two community college students and says the students help is invaluable.

This collaboration is part of a health class at DACC that matches students to non-profits for "service learning" opportunities taught by Associate Professor Amy Collins. Assistant Professor Becky Corran says there is a need for community engagement for the non-profits and the students.

For more information contact Amy Collins at [575-528-7068](tel:575-528-7068) or Becky Corran at [575-528-7033](tel:575-528-7033)
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