

# WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

SEPTEMBER 2016



## La Semilla Mobile Market Grand Opening

The celebration of the mobile market grand opening was fun and exciting. Even more than that, when the mobile

market will bring produce to areas with little to no fresh fruits and vegetable availability... it is a game changer! Congratulations to the whole La Semilla team for their accomplishment in making the mobile market a possibility. The market has a set schedule and will be in all of the outlying Doña Ana communities at least once a month. The market sells fresh local produce, farm fresh eggs and even homemade tortillas. Make plans to visit the next time they are



in your area and stop by to congratulate the La Semilla gang the next time you are at the Las Cruces Farmers Market.

For more information on where the mobile market will be go to: [fb@lasemillafoodcenter.org](mailto:fb@lasemillafoodcenter.org) or call 575-882-2393



Contact La Semilla to volunteer on the mobile market.

## Upcoming Events

Sept. 7th  
School Health Advisory  
Committee  
4:00-5:30 pm

Sept. 17th  
Downtown Plaza  
Dedication  
Starts @ 2:00 pm

Sept. 20th  
Safe Routes to School  
Meeting @ City of  
Las Cruces City Hall  
9:00-10:30 am

Sept. 30th  
Southwest Institute for  
Health Disparities Research:  
2016 Conference  
Cross-Border Opportunities  
for Health Promotion  
Over the Life Span at  
New Mexico  
State University.  
This conference is FREE  
and open to the public. .

[http://  
swihdr.research.nmsu.edu/  
webform/2016-conference-  
registration#](http://swihdr.research.nmsu.edu/webform/2016-conference-registration#)

Food System

Lead: Aaron Sharratt  
[aaron@lasemillafoodcenter.org](mailto:aaron@lasemillafoodcenter.org)  
Director of Development & Administration



Go to [https://  
www.facebook.com/  
HKLasCruces](https://www.facebook.com/HKLasCruces)





The Play Healthy Park Prescription Program was created in partnership with New Mexico Department of Health, City of Las Cruces Parks and Recreation, NMSU Students Interns and Healthy Kids Las Cruces.

The Play Healthy Park Prescription Program is designed to give healthcare professionals and families tools to increase children's physical activity where they live, learn and play. This is part of an international movement to get citizens outside in local parks and public spaces to promote individual and community health. Our team rated 15 parks in the Las Cruces area for access, safety, amenities, and possible activities. Park Prescriptions aids in the treatment and prevention of health conditions such as depression, obesity, attention disorders, diabetes and other conditions that can be improved by spending time outdoors.

We are happy to be piloting the program with the Doña Ana County Public Health Office WIC nutritionists and Full Bloom Pediatrics. Providers are often searching for a viable referral to send parents and children that could benefit from outdoor play to. It is our hope that Play Healthy Rx can eventually be part of a systematic change. If you are interested in how to obtain a Play Healthy Park Rx booklet please contact Aimee Bennett at 575-528-6017 or [aimee.bennett@state.nm.us](mailto:aimee.bennett@state.nm.us)

Community & Families

Lead: Phil Catanach

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City of Las Cruces Parks and Recreation

Youth Programs Director

## WHAT'S HAPPENING IN EDUCATION SETTING?

**The Las Cruces Public Schools** Nutrition Program is sending a copy of CHOP CHOP magazine to every third grade student in the district. It is a magazine designed to inspire kids to cook and eat real food and get excited about good nutrition.

**LCPS has started food fundraising trainings** for this school year to teach all booster clubs, parents and school staff who sell food in the name of the school district about the Smart Snacks in Schools legislation governing what food can be sold in schools.

**Now using our locally grown produce** in schools funding from the NM legislature to purchase local melons from a farmer in Las Cruces to serve during school meals. Several of our schools will get to eat locally grown melons as the farm cannot support all our schools' needs.

Education Setting

Lead: Barbara Berger

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LCPS Health & Nutrition Specialist

## WORK SESSION ON COMMUNITY SCHOOLS

Las Cruces City Council comments were in support of Community Schools. Councillor Pedroza and Councilor Gandara volunteered to take the lead on this effort. Maria Flores from Las Cruces Public Schools (LCPS) committed to going back to the school district to discuss redoing the Memorandum of Understanding (MOU) between the City of Las Cruces (City) and LCPS to open the gyms, and the City of Las Cruces would work with them on managing/maintaining the gyms after school hours. A work session between the City and LCPS is being organized to discuss it further.



## Plaza Dedication

Join us Saturday, September 17, 2016 for the Plaza Dedication and Community Fiesta.

The festivities kick off at 12 noon with a parade on Main Street through the Farmers and Crafts Market.

The Plaza Dedication is at 2 pm.

We'll wrap up in the evening with a "Movies in the Park" presentation by the Parks and Recreation Department.

There will be music, dancing, and activities for the kids. Bring your picnic cooler or enjoy food from local food trucks.

For more information go to:

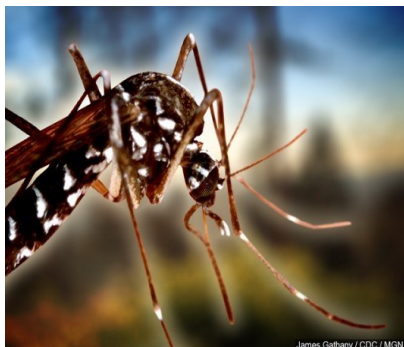
[www.las-cruces.org](http://www.las-cruces.org)

Community &  
Regional Planning

Lead: Andy Hume

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Downtown Coordinator, Las Cruces  
Community Development



**To avoid Zika and other viruses like West Nile Virus, which are spread by mosquitos, take the following steps:**

- Look around your home and remove any standing water that may be found in flower pots, bird baths, old tires, bottle caps or other small containers, and then scrub out the containers to remove any mosquito eggs. The small squiggly creatures you may see in the standing water are mosquito larvae that will turn into adult mosquitoes in a few days.
  - Wear long-sleeved shirts and long pants.
  - Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
  - Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- Use [Environmental Protection Agency](http://www.epa.gov) (EPA)-registered insect repellents. When used as directed, EPA-registered insect repellents are proven safe and effective, even for children and pregnant or breast-feeding women.

For more information about Zika virus, visit <https://nmhealth.org/about/erd/ideb/zdp/zika/> and <http://www.cdc.gov/zika/pregnancy/index.html>.

Healthcare Setting

Lead: Dr. Danielle Nixon

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Pediatrician at Full Bloom Pediatrics