



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

The BOOST Collaborative and Center for Collaborative Solutions (CCS) invite you to the 2nd annual Healthy Behaviors Conference, December 7-9, 2011 in sunny San Diego, California.

The conference will feature cutting edge workshop sessions and keynote speakers, networking opportunities, and a resource fair to support your efforts to promote healthy lifestyles for youth in our communities. We look forward to seeing you in December to change lives, and save lives.

-Healthy Behaviors Conference Leadership Team

CALL FOR PRESENTERS

We are currently accepting workshop proposals for the 2011 Healthy Behaviors Conference for innovative, relevant and cutting-edge topics to support out-of-school time professionals in their efforts to make our youth, families, and community the healthiest possible.

All proposals must be submitted by 5pm PST on September 16, 2011.

Click [here](#) for more information.

Click [here](#) to submit a proposal.

2010 HEALTHY BEHAVIORS CONFERENCE PHOTOS

Thank you to those that were in

REGISTER TO ATTEND

REGISTER EARLY AND SAVE!

Phase I: Super Early Bird Registration

May 17, 2011-June 30, 2011

\$250 per person

Phase II: Early Bird Registration

July 1, 2011- August 31, 2011

\$285 per person

Phase III: Standard Registration

September 1, 2011- November 25, 2011

\$325 per person

For more detailed information on registration, please click [here](#) to visit our website.

attendance for the 2010 Healthy Behaviors Conference in San Diego, CA

Click [here](#) to see photos from the 2010 conference.

HOTEL ACCOMMODATIONS



The Bahia Hotel is the host hotel for the 2011

Healthy Behaviors Conference.

Special Conference Rate of \$129 per night

We are offering special hotel rates to conference attendees 3 days pre and post the scheduled conference dates to enjoy your stay in sunny San Diego.

For more information or to reserve a room, click [here](#).

CLICK HERE TO
REGISTER

Please note that registration fees must be paid by the last day of each promotional offer to secure the special rates.



FAST FACTS

Only 2 in 10 Americans are getting the recommended amount of physical activity. (HealthyPeople.gov)

Obese children are more prone to low self-esteem, negative body image, and depression. (American Heart Association)

The average teen eats fast food twice a week. (William J. Clinton Foundation)

UNDERSTANDING FOOD LABELS



The Fooducate mobile application allows you to scan a barcode of a food or beverage item and then analyzes the contents of the item to help you compare products and make the healthiest decision possible.

Click [here](#) to learn more about the application.

KID FRIENDLY HEALTHY RECIPES

Nut Butter-Fly



Ingredients

Peanut Butter
1 carrot
1 apple

Directions

Cut apple slices in quarters to create different shaped wings.
Add peanut butter between two slices of apples.

Egg Heads



Ingredients

Hard boiled egg
Any type of round cracker
Baby Carrots
Plum tomatoes
alfalfa sprouts
Any garnishes on hand to create your custom face

Recipes provided by Family Fun. For a complete list of recipes click [here](#).

HEALTH RELATED GRANTS

Adolph Coors Foundation Youth & Education Grants

Application Deadline: July 1, 2011

Grants are available for non-profit organizations in the areas of health, human services, education, youth, and community.

For more information, click [here](#)

Tony Hawk Foundation-Skatepark Grant

Application: July 1, 2011

The primary mission of the Tony Hawk Foundation is to promote high quality, public skate parks in low-income areas throughout the United States.

For more information, click [here](#)

CVS Caremark Community Grants

Application Deadline: October 31, 2011

CVS Caremark is devoted to supporting organizations that enrich the lives of children with disabilities through inclusive programs.

For more information, click [here](#)

Sarah Lee Foundation- Food Related Program Grants**Application Deadline: Rolling**

The Sara Lee Foundation places funding priority on grants to non-profits that create collaborative and innovative initiatives focused on fighting hunger. Significant consideration is given to programs that focus on food recovery, increased access to fresh produce, and protein, meal programs when schools are not in session and hunger awareness.

For more information click [here](#)

Albertsons- In Your Community**Application Deadline: Rolling**

Albertsons is accepting grants that focus on hunger relief, dietary health, and nutrition education.

For more information, click [here](#)

Champ- A Champion Fur Kids Grant**Application Deadline: Rolling**

Build-A- Bear Workshop will be accepting children's health and wellness grant requests from March until October.

For more information, click [here](#)

Pepsi Refresh Project Grants**Application Deadline: Rolling**

Pepsi is giving away millions each month to fund refreshing ideas that change the world, one community at a time. The grant is open to legal residents of the United States ages 13 and older.

For more information, click [here](#)

For more information on grant opportunities, click [here](#) to visit the BOOST Collaborative website.

We look forward to seeing you December 7-9, 2011 in San Diego, California. Stay updated by visiting our website, www.healthybehaviorsconference.org.





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