

NEWS RELEASE

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For Immediate Release
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Over 900 Students Participate in SWNPHD TOUCAN Program

Southwest Nebraska Public Health Department (SWNPHD) brought their TOUCAN program to 909 students for K-3rd grades in southwest Nebraska elementary schools this winter and spring. “TOUCAN is Teaching Our yoUth Choices: Activities and Nutrition”, explains Helena T. Janousek, TOUCAN coordinator at SWNPHD. “Our goal is to reduce childhood obesity by providing education to children at a young age. We use stories, puppets, and activities specific for each grade to help students learn about MyPlate, food groups, calories, and staying active.”



This is the seventh year for the TOUCAN program. “We started with McCook Elementary School our first year and have expanded to six schools,” explains Janousek. “We also coordinate Nebraska Kids Fitness Day at McCook for all 4th grade students in the health district. TOUCAN is a great introduction that builds each year on making healthy choices.”

Elementary schools participating in the 2013-2014 school year include: Chase County, Hitchcock County, McCook, Medicine Valley, Perkins County, and Wauneta/Palisade. TOUCAN was taught during physical education classes.

“I was very pleased with the outstanding PE teachers that we worked with at each school,” shared Janousek. “We appreciate their teamwork that allows us to bring TOUCAN to their gym. Students were great with their enthusiasm and energy to learn.”

Each student received a bag to take home containing a dog tag, pencil, coloring book, and MyPlate information to share with their parents.

SWNPHD serves the counties of Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins, and Red Willow. For additional information, please contact Janousek at email: respice@swhealth.ne.gov or call 308-345-4223. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s. You can also follow us on Facebook & Twitter or our website at www.swhealth.ne.gov.

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