



Southwest Nebraska Public Health Department (SWNPHD) brought its TOUCAN program to students at Chase County Elementary School March 12, during Jodie Schuller's physical education classes for grades K-3.

"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," she said.

This is the second year for the TOUCAN program at Chase County Elementary School.

"We enjoyed working with Jody and her students in our high energy program," states 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."

Each student received a bag to take home containing a bookmark, pencil, stickers, TOUCAN pin and MyPlate information to share with their parents.

SWNPHD serves the counties of Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow.