

## NUTRITION

I would like to introduce myself as the 2008-2009 Nutrition Chair for the Ocean County PTA. My name is Noreen Kurzynowski and I have been involved in PTA for over 27 years.

My goal this year is to make parents aware of the importance of proper nutrition of children of today. There are many resources available to encourage healthy eating habits and address concerns regarding childhood obesity and effects of inadequate access to nutritious meals on low-income children.

Pat Keagan, NJPTA's Nutrition Chair has put an article in the Fall Issue of the NJP-T which outlines the ABC's of a Healthy School Year. Please take the time to read it.

The National PTA puts out numerous articles on their website and in their magazine "Our Children". You can find articles in regard to helping overweight teens, helping families make wise food choices and what you need to know about nutrition.

Also, National PTA has also designated October as "Child Health Month".

Please take advantage of all National PTA's information by going to their website [www.pta.org](http://www.pta.org).

Also check back here to the Ocean County PTA's website for addition helpful information throughout this school year.

Remember, the health of all our children is one priority of parents today. By setting a good example and providing healthy foods play a big part in improving our children's health now and in the future.

Noreen Kurzynowski  
Ocean County Council PTA  
Nutrition Chair