



Community Accomplishments



- Austin's Parks and Recreation Department installed new trash cans and port-o-potties at the Odom School Park. These are the first in what the department hopes to be a series of new amenities!
- The Odom School Park team and Cunningham Elementary School committed to participate in Austin Parks Foundation's *It's My Park Day* event!
- On January 22nd, several principals came together for the GAVA Principal Meeting at Pleasant Hill Branch Library. Principals were given the opportunity to exchange ideas, strategies and best practices for increasing healthy

eating and physical activity opportunities during the school day. GAVA organizational partners met with each principal to discuss and provide information about relevant funding opportunities, GoNoodle brain breaks, CATCH, Safe Routes to School programming, Sustainable Food Center programming and health components of their Campus Improvement Plans.

- Congratulations to the GEO Team La Voz for getting their application approved by The Local Area Traffic Management Program! With this program, St. Elmo will reduce traffic issues.

February 2015		
<p>La Voz De St. Elmo Neighborhood Team Meeting Join us as we implement strategies for improving the health of the St. Elmo neighborhood!</p>	<p>TBD Sierra Ridge Learning Center</p>	<p>Ivanna Neri GAVA Program Assistant 512.998.3648 Ivanna.neri@foundcom.org</p>
<p>Cunningham Parent Wellness Team Discuss opportunities for Cunningham parents and faculty to get more involved with healthy food and activity initiatives for Cunningham students and families!</p>	<p>Wednesday, February 25 3:15 - 4:15 p.m. Cunningham Elementary 2200 Berkeley Ave.</p>	<p>Ivanna Neri GAVA Program Assistant 512.998.3648 Ivanna.neri@foundcom.org</p>
<p>School Garden Leadership Training Help foster a healthier future for the children of Central Texas by teaching youth to grow their own food! This workshop is for teachers, parents and community members.</p>	<p>Saturday, February 28 9 a.m. - 1 p.m. Sustainable Food Center 2921 E. 17th St., Bldg. C</p>	<p>Simone Benz Food Sector Manager 512.220.1146 simone@sustainablefoodcenter.org</p>

GAVA Fact of the Month...

Cookies and fruit both contain sugar, so are they really so different? Let's take a look at the nutrients in each. A typical chocolate chip cookie contains nearly 3 times more calories than an orange, significantly more fat and only 6 percent of the recommended daily amount of iron. An orange, on the other hand, is low in calories and fat and contains healthy nutrients like fiber, vitamin C, folate and many more. Cookies may taste delicious, but a piece of fruit will help fight disease, or even just a cold.

"Fruit: Love It or Leave It?" by Toby Amidor, U.S. News & World Report, January 2015

About GAVA

GO! Austin/VAMOS! Austin (GAVA) is a partnership of residents, community leaders and nonprofit agencies who are devoted to improving the health of our children and community. More importantly, we are a neighborhood united for health through improved nutrition and physical activity.

Contact Us

We want to hear from you! What goals do you have for creating a healthier 78745?
What do you want to do to make a healthy neighborhood?

For more information about GAVA, to share your ideas or these meetings, contact:

Alba Sereno, GAVA 78745 Programs Coordinator at 214-799-3767 Find us on /GO!AustinVAMOS!Austin



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Community Accomplishments

- After a long process of securing contractors, obtaining required insurance and paperwork and coordinating work dates, Onion Creek Park is well on its way to becoming a great lunch spot! Concrete was poured for picnic table pads this past month and picnic tables should be installed in the near future.
- The area zoned for future soccer fields at Houston Elementary School is now completely cleared. The last tree was relocated this past month, so the sector can begin next steps in making these fields a reality!
- On January 22nd, several principals came together for the GAVA Principal Meeting at Pleasant Hill Branch Library. Principals were given the opportunity to exchange ideas, strategies and best practices for increasing healthy eating and physical activity opportunities during the school day. GAVA organizational partners met with each principal to discuss and provide information about relevant funding opportunities, GoNoodle brain breaks, CATCH, Safe Routes to School programming, Sustainable Food Center programming and health components of their Campus Improvement Plans.

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<p>Esquina de Salud</p> <p>Get free health screenings and information on your way to work or when you're dropping off your kids!</p>	<p>Wednesday, February 18 7 - 9 a.m.</p> <p>Family Resource Center at Mendez Middle School</p>	<p>Leonor Vargas Director of the Family Resource Center 512.841.1016 Leonor.Vargas@austinisd.org</p>
<p>Physical Activity Sector Meeting</p> <p>Monthly GAVA sector meeting to discuss opportunities to increase physical activity and improve parks in Dove Springs!</p>	<p>Monday, February 23 6 p.m.</p> <p>Dove Springs Rec Center 6801 Ainez Drive</p>	<p>Ladye Anne Wofford Programs Director with Austin Park Foundation 512.477.1566 ext. 4 Ladye.Anne@austinparks.org</p>
<p>Mendez Coordinated School Health Team Meeting</p> <p>Help develop and implement access to healthy food and physical activity before, during and afterschool for Mendez students, parents, faculty, and staff!</p>	<p>Tuesday, February 24 TBD</p> <p>Family Resource Center at Mendez Middle School</p>	<p>Leonor Vargas Director of the Family Resource Center 512.841.1016 Leonor.Vargas@austinisd.org</p>
<p>School Garden Leadership Training</p> <p>Help foster a healthier future for the children of Central Texas by teaching youth to grow their own food! This workshop is for teachers, parents and community members.</p>	<p>Saturday, February 28 9 a.m. - 1 p.m.</p> <p>Sustainable Food Center 2921 E. 17th St., Bldg. C</p>	<p>Simone Benz Food Sector Manager 512.220.1146 simone@sustainablefoodcenter.org</p>

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Find us on /GO!AustinVAMOS!Austin