

HIP HOP to an Old Fashioned Summer



A collaboration of:
Cornell Cooperative Extension
Livingston County
Department of Health

Livingston County Youth Bureau
Noyes Memorial Hospital

Materials available:

www.ccelivingstoncounty.org

www.gvhp.org

Prizes!

Thank you for wanting to HIP HOP to an Old Fashioned Summer!
**What do you need to do to be entered to win
PRIZES?**

1. Finish the Old Fashioned Fun Calendar Check Off List and mail it in to be entered into the **prize drawing!**
Due by August 10, 2011 for the **prize drawing.**
2. Go on a HIP HOP Scavenger Hunt in your community, and if you would like, go to other towns and villages too. Get a special HIP HOP Champion signed certificate mailed to you and be entered in the **prize drawing.**
Due by August 10, 2011 for the **prize drawing.**

Prizes will be posted on our websites!

Other things you could do:

1. Write a letter to your newspaper editors about your HIP HOP activities.
2. Host an educational program for your community, worksite, organization or church? Find out how the media messages you get make you feel a certain way? Take a nutrition class? Let us know. <http://bit.ly/KYHprograms>
3. Pictures—we would love pictures of you and your family HIP HOP-ping around to put on our websites.

Contact for the programs and sending photos, or if you have general questions: jma334@cornell.edu or call 658-3250

Cornell Cooperative Extension of Livingston County offers equal employment and program opportunities.
Please contact the Cornell Cooperative Extension of Livingston County office if you have any special needs.

Child's Name:

Age:

Address/Town/State/Zip Code:

Phone/Email Contact:

____ Okay to list child as HIP HOP Champion (first name, last initial, town) on website?
(Check if okay)



HIP HOP July 2011 Calendar

✓ Check off these items as you do them. You don't have to do them exactly on the day it says, but try to do one a day! When you check off 20 activities, you can send this to or drop it off at: **Cornell Cooperative Extension, c/o HIP HOP Summer, 158 Main Street, Mt. Morris, NY 14510 or call (585) 658-3250**

** To register for the cooking classes on Thursdays, call (585) 658-3250 or email ee96@cornell.edu. Parents must come with children. All classes will be held at Cornell Cooperative Extension in Mt. Morris.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>* For children who have activity or food restrictions substitute their modifications!</i>					1 Tell a friend about HIP HOP	2 Go fishing with a parent or trusted adult
3 Get a good night's sleep. How many hours did you get? _____	4 Help a neighbor. What did you do? _____ _____	5 Text Free Tuesday, try out Chip Holt Nature Center in Lakeville. What did you do?	6 Help shop for groceries. Pick out a new fruit or veggie to try: _____	7 HIP HOP Kids Cooking Class – Healthy Snacks 6:00-7:30pm ** Registration required.	8 Get a library card	9 National Hop To A Park Day! Find a park in your town or nearby!
10 Remember to wear sunscreen!	11 Rootin' Tootin' Fruitin' Monday What did you have? _____	12 Camp under a table on a rainy day	13 Pick up litter or find and walk on your closest Greenway! Circle the one you did.	14 HIP HOP Kids Cooking Class – Quick Meals 6:00-7:30pm ** Registration required.	15 Visit a farmer's market or roadside stand. What town was it in? _____	16 Try out a Hula Hoop! How many times can you get it around? _____
17 Gather up your friends and play kickball. What was the score? _____	18 Go to the Chamber of Commerce in Geneseo to get a Hike & Bike Guide. Try out one of the trails!	19 TV Free Tuesday instead pull some weeds and eat some produce at the Community Garden in Mt. Morris 658-4466	20 Look at cool bugs. What did you find? _____ _____	21 HIP HOP Kids Cooking Class – Healthy Snacks 6:00-7:30pm ** Registration required. Summer Rec HIP HOP Day!	22 Go to a free program at your library	23 Go for a walk or a swim or a bike ride . Circle the one you did. Wear safety gear!
24 Parents Day – enjoy a picnic with your parents today!	25 Help make dinner. What did you make? _____	26 Go to Chip Holt Nature Center in Lakeville instead! What did you do? _____	27 Wacky Veggie Wednesday What did you have? _____	28 HIP HOP Kids Cooking Class – Quick Meals 6:00-7:30pm ** Registration required.	29 Water is the best!! How many glasses did you have today? _____	30 Write a letter to HIP HOP and send it in with this calendar.
31 Find some friends and play hide and seek	Don't forget to send in or drop off your completed calendar by August 10th to be entered in a drawing for prizes!					

Name:
Age:
Address:

Town:
Phone/email contact:

Okay to list child as a HIP HOP Champion
(first name, last initial, town) on website?



**HIP HOP to an Old
Fashioned Summer**

Where's HIP HOP Scavenger Hunt!

You can do this in your own community or if you would like to learn more about other towns in our county, you can HIP HOP around!

1. Count how many statues/fountains you found in your town or village:

2. How many steps does it take for you to walk around your school:

3. Play at a school or local playground—name your favorite thing to play there:

4. Interview someone about games they played outside when they were a kid. What was their favorite game? _____

5. Find a historical site in your community:

6. Find a farm or garden and draw a picture of something you see there. You can have help and use the back if you need to!

7. How many fire trucks does your community have? _____

8. Other than a grocery store, where could you buy fruits and vegetables?

(location of a roadside stand or farmer's market)

9. Who is your mayor or supervisor? _____

10. Take out a book at your closest library that is about moving/play/exercise or about healthy foods/fruits/vegetables. What book was it? _____

When done, you can send this or drop it off to: Cornell Cooperative Extension 158 Main Street, Mount Morris, NY 14510 or email the form to jma334@cornell.edu to be entered in a drawing to win prizes! Deadline: August 10, 2011.



**Healthy InPut
Healthy OutPut**

HIP HOP Says Feel Better With:



Hour or more
of Fun Play
with the Kids



Hours or Less of TV,
video games, and
computer time



Servings of
Fruits and
Vegetables
Every Day

**Plus—O sugary drinks, choosing
skim milk and water, and getting a
good night's sleep!**

Extras! Extras! Links, Websites and Programs!

4 Websites that HIP HOP likes:

www.kidshealth.org/kid
www.presidentschallenge.org/home_kids.aspx
www.fruitsandveggiesmorematters.org
www.owwl.org

More Great Links—Parks and More!

*Avon: <http://bit.ly/AvonParks>
 *Caledonia Historic Walking Tour: <http://bit.ly/WalkingTour>
 *Conesus: <http://bit.ly/ConesusPark>
 *Dansville: <http://bit.ly/DansvilleParks>
 *Geneseo: <http://bit.ly/GeneseoParks>
 *Leicester: Starr Park
 *Lima: <http://bit.ly/LimaParks>
 *Livonia: <http://bit.ly/LivoniaParks>
 *Mount Morris: <http://bit.ly/MtMorrisNYPark>
 *Nunda: Kiwanis Park
 *Springwater: Legion Park
 *York, Leicester, Nunda and Everyone Check out the Greenways! <http://bit.ly/Greenways>
 *Rattlesnake Hill: <http://bit.ly/DECOssian>
 *Conesus Inlet: <http://bit.ly/DECConesus>
 *Inclusive Recreation: <http://bit.ly/inclusive>
 *More local activities can be found at the Livingston County Tourism website: <http://bit.ly/LCTourism>
 *Looking for something to do? Try the Chip Holt Nature Center in Lakeville for free family programs: <http://bit.ly/ChipHolt>
 *Good old fashioned games (Capture the Flag, HORSE and more) can be found on: <http://bit.ly/GoOutside>

Farmers Markets

*Avon Farmers Market
 Tops Friendly Market, 270 East Main St.
 Wednesday 3pm - 6pm
 July 13 - October 26
 *Dansville Farmers Market
 Airport Hanger parking lot, 50 Maple Ave.
 Friday 12 Noon - 4pm
 June 17 - October 14
 *Geneseo Farmers Market
 Center St., intersection of Center/Main Sts.
 Thursday 4pm - 7pm
 June 9 - October 20
 *Lima Presbyterian Church Farmers Market Rts. 15A and 5 & 20, Lima
 Tuesday 3pm - 6pm
 June 14 - October 25
 *Mount Morris Village Farmers Market
 Grizzly's parking lot, 30 East State St.
 Tuesday 12pm - 4pm
 May 31 - October 18

* = Market Participates in the WIC/Senior Farmers Market Nutrition Program (FMNP)

*Also there is a Community Garden in Mt. Morris—check it out!
 Call 658-4466 for more information.
 Volunteers always welcomed!*

For children enrolled in participating recreation sites Thursday, July 21 is HIP HOP-ping Across Livingston County Day!

Need Internet Access? We hope you can visit your local library!



Who is HIP HOP?

- ☺ HIP HOP supports childhood wellness in Livingston County—he wants all children to have a good start for a healthier future!
- ☺ He is a friend of the Cornell Cooperative Extension, Livingston County Departments of Health and Youth Bureau, and Noyes Memorial Hospital.
- ☺ HIP HOP stands for **H**ealthy **In**Put (things like fruits and vegetables) and **H**ealthy **O**utPut (play every day).
- ☺ You can find out more about HIP HOP at www.ccelivingstoncounty.org or www.gvhp.org

HIP HOP says to be well...



Hour or more
of Fun Physical
Activity/Play



Servings of
Fruits and
Vegetables Every
Day



Hours or Less of TV,
video games, and
computer time

Plus—0 sugary drinks, choosing
skim milk and water, and getting a
good night's sleep!

Want to get involved with HIP HOP? e-mail
jma334@cornell.edu