

SCOUTStrong™ Healthy Unit Patch Parent Letter

Dear Parents,

This year, our unit is working on the SCOUTStrong™ Healthy Unit Patch which encourages physical activity and healthy eating habits. So, during our meetings and events, we are encouraging fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase the minutes we move.

Please support your child's learning by helping us create healthy meetings! If you are in charge of bringing a snack, consider including fruits or vegetables. Send a water bottle in place of a sugary beverage. Or, teach him an active game that he can share at his Den meetings. Cubs will receive a patch when we have achieved the goals of this new program.

We are very excited to take on this challenge! Please let me know if you have any questions or concerns.

Thank you!



My Beverage Tracker

Rethink your Drink-Reach for Water

NAME _____ DATE _____

Enter a check mark ✓ for the total number of glasses of water, milk, and sugary beverages you drank each weekend day.

	Saturday Water	Saturday Milk	Saturday Sugary Drinks	Sunday Water	Sunday Milk	Sunday Sugary drinks	Parents Signature
1							
2							
3							
4							
5							
6							
7							
8							

My favorite beverage I drank this week _____

A new beverage I tried this week _____

BLAST FROM THE PAST! – ASK A PARENT OR ELDER

Who did you interview? _____

When was this person born? _____

What did they drink when they were your age?

What was their favorite beverage when they were your age?

- **Mix half water and half juice.** This way you can enjoy the flavor with only half of the sugar.
- **First Reach for Water.** Drink 8 glasses a day. It quenches your thirst and it's good for y



Sports and Energy Drinks

SPORTS DRINKS

- Flavored beverages that usually contain sugar, minerals and electrolytes (like sodium, potassium and calcium).
- Most people don't need them! They are recommended only when you have been doing intense physical activity for an hour or longer (such as long distance running or biking, or high intensity sports like soccer, basketball or hockey).
- If you drink them when you have been doing just routine physical activity or just to satisfy your thirst, you actually increase your risk of excess weight gain.
- What are some examples?
 - Gatorade • Powerade • Accelerade • All Sport Body Quencher • Propel

You know what rocks? WATER!

ENERGY DRINKS

- Flavored beverages that typically contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein. (We don't need these nutrients from drinks; we get them from our food!)
- These drinks are not the same thing as sports drinks and are **NEVER** recommended for children or adolescents.
- Could cause you to have increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.
- What are some examples?
 - Monster • Red Bull • Power Trip • Rockstar • Full Throttle • Jolt

**Most people
don't need
them!**



**Did you
know?**

Neither sports drinks or energy drinks are a good substitute for water – water is always the best thirst quencher! Water is the best choice for hydration, even before, during and after most people's exercise routines.

Adapted from KidsHealth.org and *Sports Drinks & Energy Drinks for Children & Adolescents: Are They Appropriate?* Committee on Nutrition and the Council of Sports Medicine and Fitness. Pediatrics. 2011; 1227; 1182.



SCOUTStrong™ Healthy Unit Patch



What is SCOUTStrong™?

The SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge is a great way to help your Scouts keep fit and fueled up on healthy foods. The Challenge will help Scouts set realistic goals to encourage fitness and healthy eating habits for a lifetime. Learn more about SCOUTStrong™ at www.Scouting.org.

What is the SCOUTStrong™ Healthy Unit Patch?

Boy Scouts of America has partnered with Healthy Kids Out of School to create the Healthy Unit Patch, which encourages units to follow the BSA SCOUTStrong™ recommendations at meetings, events, and excursions. Adopt the three healthy principles below by completing the 3 - 6 - 9 challenge and earn patches for every Scout in your unit. Lead by example and Scouts will follow!



SNACK SMART

Fuel up on fruits and vegetables.



DRINK RIGHT

Choose water instead of sugar-sweetened beverages.



MOVE MORE

Boost movement and physical activity in all programs.

Earn the SCOUTStrong™ Healthy Unit Patch in 3-6-9

Serve a **fruit or vegetable** at **3** meetings

Make **water** the main beverage at **6** meetings

Include 15 minutes of **physical activity** at **9** meetings

Getting Started

Use the materials in this packet to support your effort:

- Track your progress on the SCOUTStrong™ Healthy Unit Tracking Sheet.
- Send the Template Parent Letter to share your unit's goal with parents.
- Try the activities provided in this packet with your unit to reinforce healthy behaviors and keep Scouts motivated.

Once your unit has completed the activities, you can receive **free patches** for your Scouts and a unit certificate by sending the completed tracking sheet to: HealthyKidsOutofSchool@tufts.edu or by calling (617) 636-0833.

Healthy Kids Out of School is an initiative of ChildObesity180 at Tufts University.
Regional funding provided by the Harvard Pilgrim Health Care Foundation.



SCOUTStrong™ Healthy Unit Tracking Sheet



Leader Name: _____

Unit (Troop, Pack or Den): _____

Number: _____

Email address/Phone number: _____

BSA Council/District: _____

Congratulations for taking on the **SCOUTStrong™ Healthy Unit Patch!** Use this guide to **record the dates** of the meeting, event or outing when your unit serves water, a healthy snack or performs physical activity. Good luck reaching the 3-6-9 goal!

Healthy Unit Activities

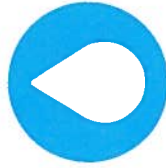


Fruit or vegetable served

GOAL: 3 Meetings

Meeting Dates

1	2	3
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Water served as the primary beverage

GOAL: 6 Meetings

1	2	3	4	5	6
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15 minutes of physical activity

GOAL: 9 Meetings

1	2	3	4	5	6	7	8	9
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Once your unit has completed all of the Healthy Unit activities, you can receive **free patches** for your Scouts and a certificate for your unit by sending the completed form to: HealthyKidsOutOfSchool@tufts.edu or calling (617) 636-0833.

Keep the momentum going by encouraging your Scouts to take the SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge and by continuing to role model healthy behaviors during your meetings.

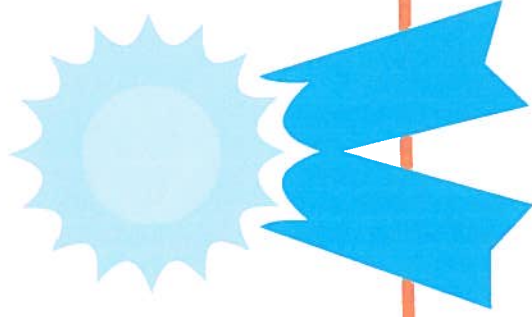
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took the **Healthy Kids Out of School** pledge
to help kids



in out-of-school time.



An initiative of **childobesity180**
reverse the trend.