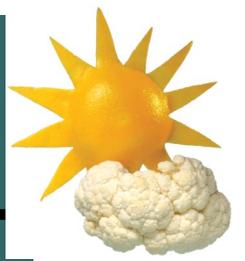


HEALTHY PALOUSE



SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

April 2010

April is

NATIONAL GARDENING MONTH

Garden! Get fresh air, exercise while working in your yard and growing your own food!

LOCAL COMMUNITY GARDENS:

[Koppel Farm](#)

[Moscow Community Garden](#)

GARDENING RESOURCES:

[National Garden Association](#)

[WSU Extension](#)

[University of Illinois Extension](#)

Safe Routes to School in Pullman

A group of Pullman parents and biking enthusiasts is working to bring Safe Routes to School (SRTS) grants to Pullman.

The mission of SRTS is to "improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school."

SRTS groups are made up of parents, schools, community leaders, government agencies and interested persons.

Projects often work to:

- **Improve safety and accessibility**
- **Reduce traffic and air pollution around schools**

The ultimate goal is promote healthy lifestyles from an early age through encouragement of walking and biking to school.



Find out more about local efforts and get involved by contacting **Scott McBeath** at scott.mcbeath@gmail.com

Food Environment Atlas

The Economic Research Service recently created an interactive map of food environment factors.

What are food environment factors?

- Number of stores and restaurants in area
- Use of food and nutrition assistance programs
- Free and reduced lunch participation
- Farmer's markets and produce stands

The food environment factors of a community influence health behaviors of the community. For example, if a convenience store is the only place to buy food within 30 miles of a town most likely people in that town won't eat as much fresh fruits and vegetables as another town with 1 or 2 supermarkets. The Food Environment Atlas is a great tool to compare health status and access to food factors between counties and states around the country. It is very easy to use and quite interesting.

Explore the atlas at:



Related Links:

[Safe Routes to School](#)

[Walk to School Day](#)

[National Gardening Association](#)

[Access to Healthy Foods](#)

[Community Gardens](#)

[Healthy Foods, Strong Community](#)

[Whitman County Department of Public Health website](#)

Upcoming Topics:

- Pullman Farm Fresh Market
- Let's Move
- Think Your Drink



Upcoming Events:

- Family Fair April 24
- Pullman Farm Fresh Market Opens May 19
- Moscow Farmer's Market Opens May 1