The Concept is Simple...

South County Food, Fitness & Fun (SCFFF) is a 4 month program of weekly 75 minute educational and interactive sessions designed to help you and your child make healthful lifestyle choices that can last a lifetime.

SCFFF is an innovative collaboration between Primary Care Physicians, URI faculty, a Pediatric Dietitian from Hasbro Children’s Hospital, a clinical psychologist, & physical activity instructors. Our program has seen over 120 children have fun and grow up healthy! For more information on our research, please check out our website at SCFFF.ORG!

Contributors

Stephanie Marchand, PhD, RD, LDN, CLC - Food, Fitness & Fun Program Director
Geoffrey Greene, PhD, RD, LDN · Department of Nutrition & Food Sciences · University of Rhode Island
Furong Xu, PhD · Department of Kinesiology · University of Rhode Island
Celeste Corcoran, MD · Coastal Medical · Narragansett Bay Pediatrics
Heather DiBiasio, MD · Wakefield Pediatrics, LLC
Rachel Clough · Fitness & Dance Instructor · Busy Bodies Studio, LLC

For kids ages 6-10 & caregivers.
For more information:
Call (401)789-5924
Email scfoodfitnessandfun@gmail.com
Visit our website scfff.org
Physical Activity Curriculum

We get the kids active for 45 minutes each session & strive to capture the interests of the children & show them how they can be active whether it be running, playing ball, or hula hooping. Participating in active game play will help keep their bodies healthy.

Medical Evaluation & Referral

Fax form to Coastal Medical: (401)782-1770
or
Scan and email to: scfoodfitnessandfun@gmail.com

Date: ___/___/___
Child’s name: ___________________________________________________________
Caregiver’s name: _______________________________________________________
Birth date: ___/___/___ M / F
Address: ___________________________________________________________________
Home phone: ___________________________________________________________________
Cell phone: ___________________________________________________________________
Doctor’s name: ___________________________________________________________________

Nutrition Curriculum

Parents will engage in discussions of how to break down barriers of unhealthy habits & learn healthy meal ideas & recipes for the whole family. Kids will learn nutrition facts with fun & interactive games.

Your Pediatrician

Your pediatrician will play a vital role in helping you enroll your child in the program. After reviewing your child’s medical history, your doctor can help you decide if the Food, Fitness & Fun program is the right choice for you.

Donations

SCFFF is a non-profit program funded by generous donations. Please consider making a contribution. Please make checks out to URI Foundation, Memo: SCFFF, & send to URI Foundation, 79 Upper College Rd., Kingston, RI 02881.

Busy Bodies Studio

A gem in the heart of Wakefield, Busy Bodies has been specifically designed as a child friendly environment which is optimal for learning. Our fitness instructor, Rachel Clough, has been inspiring young people to enjoy movement & play for 30 years. She is an engaging teacher & a valuable family resource.