

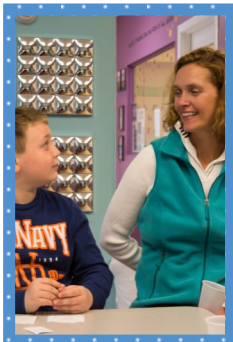
The Concept is Simple...

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

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Food, Fitness & Fun Program Director

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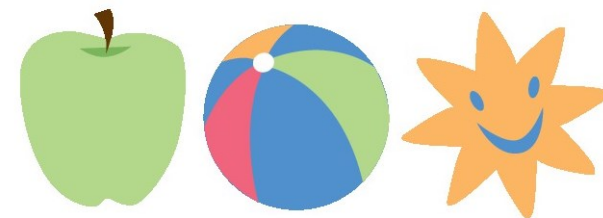
Heather DiBasio, MD ·
Wakefield Pediatrics, LLC

Rachel Clough · Fitness & Dance Instructor ·
Busy Bodies Studio, LLC



SOUTH COUNTY FOOD FITNESS

+ FUN



For kids ages 6-10 & caregivers.

For more information:

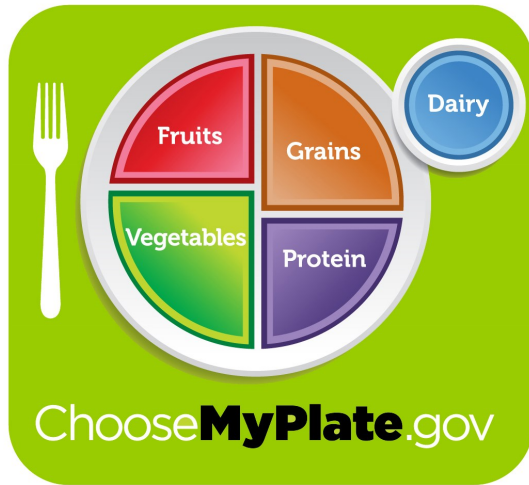
Call (401)789-5924

Email scfoodfitnessandfun@gmail.com

Visit our website scfff.org

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.



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: _____

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.**



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.

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.