



Southwest Nebraska Public Health Department (SWNPHD) brought their TOUCAN program to students at Perkins County Elementary School on Wednesday, Jan. 8, during Mr. Shawn Cole's physical education classes for kindergarten through third grades.

"TOUCAN is Teaching Our yoUth Choices: Activities and Nutrition," explains Helena T. Janousek, TOUCAN coordinator at SWNPHD. "Our goal is to reduce childhood obesity by providing education to children at a young age. We use stories, puppets, and activities specific for each grade to help students learn about MyPlate, food groups, calories, and staying active."

This is the second year for the TOUCAN program at Perkins County Elementary School.

"We enjoyed working with Shawn and his students in our high energy program," states Janousek. "We also coordinate Nebraska Kids Fitness Day at McCook for all fourth grade students in the health district. TOUCAN is a great introduction that builds each year on making healthy choices."

Each student received a bag to take home containing an activity book, pencil, and MyPlate information to share with their family.