

Nutrition/Fitness

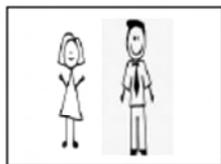


TABLE OF CONTENTS

- | | |
|---|---|
| <p>1. <u>Medical</u>
Pages 3-4</p> <p>2. <u>Nutritionist and Dieticians</u>
Page 5</p> <p>3. <u>Dental</u>
Page 6</p> <p>4. <u>Financial Information and Assistance</u>
Pages 7-9</p> <p>5. <u>Recreational Programs</u>
Pages 10-11</p> <p>6. <u>Weight Loss Camps</u>
Page 12</p> <p>7. <u>Fitness Activities</u>
Page 13-14</p> <p>8. <u>Cooking Classes</u>
Page 15</p> <p>9. <u>Local Farmers Markets</u>
Page 16</p> | <p>10. <u>Hiking/Walking Trails</u>
Page 17</p> <p>11. <u>Reading Nutrition Labels</u>
Page 18</p> <p>12. <u>Books</u>
Page 19-20</p> <p>13. <u>WIC Information</u>
Page 21</p> <p>14. <u>Online Resources/Websites</u>
Page 22</p> <p>15. <u>Housing/Shelters</u>
Page 23</p> <p>16. <u>Clothing Resources</u>
Page 24</p> <p>17. <u>Helpful Phone Numbers</u>
Page 25</p> <p>18. <u>Personal/Family Emergency Help</u>
Page 26</p> |
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**** IF YOU DO NOT HAVE ACCESS TO THE INTERNET, PLEASE VISIT YOUR LOCAL LIBRARY ****

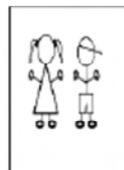
Key:



Parents/Guardians



Teens/Young Adults



Young Children



Family



MEDICAL

Glens Falls Hospital

100 Park Street
Glens Falls, NY 12801
(518) 926-1000

Malta Medical Arts

2388 Rt 9
Mechanicville, NY 12118
(518) 289-2020
Monday through Friday 7am-9pm
Saturday 7am-7pm
Sunday 7am-5pm

Saratoga Care Family Health Center

61 Rowland Street, Suite 208, Ballston Spa
(888) 242-1418 or 885-6721
A Saratoga Care Coordinator will help you obtain health insurance for you and your family.

Saratoga County Public Health

31 Woodlawn Avenue
Saratoga Spring, NY 12866
(518) 584-7460

They offer well child/immunization clinics for children who live in Saratoga County and are not covered by medical insurance. You must bring your immunization records. Please call to make an appointment and to find the clinic closest to you.

The Physically Handicapped Children's Program provides information, referrals, and financial assistance to children with special health care needs. PHCP also offers other services such as the diagnosis & Evaluation Program, Orthodontic Program, and Out of State Care. Call for more information.

Wilton Medical Arts

3040 Rt 50 Saratoga Springs, NY 12866
(518) 580-2273
Monday through Friday 7am-9pm
Saturday 9am-9pm
Sunday 9am-5pm

MEDICAL

Clifton Park Family Practice Group

1 Tallow Wood Drive
Clifton Park, NY 12065
(518) 373-4500



Clifton Park Pediatric Center

963 Route 146
Clifton Park, NY 12065
(518) 688-0295

Mechanicville Family Health Center

202 S. Central Avenue
Mechanicville, NY 12118
(518) 664-6125

Saratoga Family Health

119 Lawrence Street (inside Wesley Health Care Center)
Saratoga Springs, NY 12866
(518) 584-7361

They offer services in Family Practice, Nutrition, Phlebotomy (Monday –Friday 8am-12pm), and Podiatry.

Stillwater Family Health Center

111 North Hudson Avenue
Stillwater, NY 12170
(518) 664-3242



NUTRITIONIST AND COUNSELING



Nutrition Counseling

Saratoga Hospital
211 Church Street
Saratoga Springs, NY 12866
(518) 886-5121

*Available by appointment

Diane Whitten, MS

Family Nutrition Education
Cornell Cooperative Extension
50 West High Street
Ballston Spa, NY 12020
(518) 885-8995

*Diane Whitten offers families with children aged 2-19 nutrition counseling. Please call the number above for an appointment.



Hudson Valley Dietetic Association

131 Sandhill Road
Greenfield Center, NY 12833
(518) 472-1513

<http://www.hvdanutrition.org/>

Contact: info@hvdanutrition.org

The Hudson Valley Dietetic Association is a network of professionals. Contact them for a list of dietitians near you. Visit the website or call for more information.

DENTAL



Medicaid Accepted

All Access Dental

451 Hoosick St Troy, NY
(518) 274-4311

Amsterdam Dental Care

1130 Riverfront Canter,
Amsterdam, NY
(518) 842-4420

Dr. Dean Bartlett

500 Glenn Street, Glens
Falls, NY
(518) 793-8511

Dr. Michael Braff

(Pediatric Dentistry)

921 Nott Street,
Schenectady, NY
(518) 370-5506
(2-5 years old only)

Dr. Mohmid Baghaei- Rad

5010 State Highway 30,
Amsterdam, NY
(518) 842-9850 *(Oral
Surgery Only)

Dr. Pathare

175 Maxwell Road
Latham, NY
(518) 786-6282

Dr. William Greene

214 Center Street,
Corinth, NY
(518) 654-2688

Health Care Dental

(Disabled Only)

314 S. Manning Blvd
Albany, NY
(518) 437-5731

Hudson Headwaters

Dental Department

3761 Main Street,
Warrensburg, NY
(518) 623-3918

Inter Lakes Health

Dental Care

1019 Wicker Street
Ticonderoga, NY
(518) 585-3700

New Dimensions Dental

40 Wall Street,
Amsterdam, NY
(518) 843-2575

Pediatric Dentistry of Clifton Park

532 Moe Road, Clifton
Park, NY
(518) 373-1181

Ellis Dental Health Center

600 McClellan St,
Schenectady, NY
(518) 382-2270

Stillwater Family Health and Dental Care

351 No Hudson Ave,
Stillwater, NY
(518) 664- 3242

Sliding Scale Clinics

Hometown Health

1044 State Street
Schenectady, NY
(518) 370-1441

Hudson Headwaters Health Network

Warrensburg, NY
(518) 623-2855

Whitney Young

Lark & Arbor Dr.,
Albany, NY
(518)465-4771





FINANCIAL INFORMATION & ASSISTANCE

Catholic Charities

142 Regent Street, Saratoga Springs, NY 12866
(518) 587-5000

Call for details on how they can help.

Community Human Services

543 Saratoga Road, Glenville, NY 12302
(518) 399-4624

Serves Milton, Ballston Spa, and the Ballston area. Offers the following services: family support, youth services, counseling, wellness express van, and kindness projects.

Franklin Community Center

10 Franklin Street, Saratoga Springs, NY 12866
(518) 587-9826

Programs and services provided but not limited to are: safe and affordable housing, food pantry, free clothing and furniture distribution, advocacy and referral information, holiday assistance, teenage pregnant and parenting educational classes (M.O.M), and an after school youth prevention program called "Project Lift".

Greater Galway Community Services Association

2167 Galway Rd, Galway, NY 12074
(518) 882-1316

Food pantry on Thursdays.

They offer residents in the Galway school district and the town of Providence vouchers for gas to get to their food pantry as well as food from the food pantry and food baskets for families.

FINANCIAL INFORMATION & ASSISTANCE



Health Insurance Application Assistance (HCDI)

<http://www.hcdiny.org/>

Healthy Capital District Initiative's Facilitated Enrollment Program provides free help to individuals and families who wish to apply for child health plus, family health plus, Medicaid health insurance, and PCAP. The Facilitated Enrollment Program provides assistance throughout the health insurance application process. This site provides more information on this service program as well as on the different health insurance options.

Medicaid in New York State

http://www.health.state.ny.us/health_care/medicaid/index.htm

This link directs you to the New York State Department of Health webpage for the Medicaid in New York State. This is an informational site that educates users on the qualifications, application process and amongst other things the health services covered by Medicaid.

New York State's Family Health Plus

<http://www.health.state.ny.us/nysdoh/fhplus/index.htm>

This link directs users to the New York State's Family Health Plus webpage. This is an informational site that answers many questions relating to the Family Health Plus programs purpose, eligibility, and application process. Users have access to a more detailed list of questions and answers located within a menu on the right hand side of the website.

New York State's Child Health Plus

<http://www.health.state.ny.us/nysdoh/chplus/index.htm>

This link directs users to the New York State's Child Health Plus webpage. The New York State's Child Health Plus website is an informational site that answers many questions relating to the Child Health Plus programs purpose, benefits for children, and the application process. Users have access to a more detailed list of questions and answers relating to the Child Health Plus located within a menu on the right hand side of the website.



FINANCIAL INFORMATION & ASSISTANCE

NYSERDA- EmPower

1-800-263-0960 or [request an application online](#)

<http://www.nyserdera.ny.gov/empower>

Empower New York provides no-cost energy efficiency solutions for income-eligible New Yorkers. Contractors will determine if your home would benefit from improved insulation, reduced drafts, and upgrades to lighting and appliances, at no cost. They will also provide you with tips and strategies on how to better manage your energy usage on a daily basis, and creating a healthier, more comfortable home.

Schuyler Center for Analysis and Advocacy-Outreach Tools

150 State Street, Suite 404, Albany, NY 12207

(518) 463-1896

<http://www.scaany.org>

Call for assistance or checkout the website.

They offer information on medical, financial, and daycare assistance information.

Shelters of Saratoga

14 Walworth St, Saratoga Springs, NY 12866

(518) 581-1097

<http://www.sheltersofsaratoga.org>

They offer grants for homeowners with low to moderate income for home improvements.

Temporary and Disability Assistance/Emergency Assistance

Contact: Temporary Assistance/Emergency Assistance- (518) 884-4144

Hours: Monday- Friday (9:00 AM- 5:00 PM)

Provides temporary financial support and emergency assistance to individuals and families who meet income and resource eligibility criteria; these benefits can include cash, food stamps, medical assistance, HEAP, and daycare. Call for more information and application details and requirements.

RECREATIONAL PROGRAMS



Skidmore Camp Northwoods

Skidmore College
815 North Broadway
Saratoga Springs, NY 12866
(518) 580-5596



<http://cmsauthor.skidmore.edu/odsp/northwood/index.cfm>

Camp Northwoods is a day camp run at Skidmore College. While the college is the home location the children get to go on recreational and historical trips. They also have special guests come to visit. The activities they have include arts and crafts, ceramics, games, hiking and daily swim time. They are well rounded and spend time in all of the following categories sports, cultural arts, nature study and relaxed play. The program is for children entering grades 1-6. For more information visit the website or contact Debbie Amico at the number above.

Camp Starhitch

Saratoga Springs YMCA
290 West Ave
Saratoga Springs, NY 12866
(518) 583-9622 ext 116



<http://saratogaregionalymca.org/locations/saratoga-springs-branch/school-age-childcare/camp/>

Camp Starhitch is run through the YMCA, Saratoga Springs Branch. The camp consists of 9 one week sessions. The camp consists of games, sports, crafts, nature activities, trips, swimming and more. The camp is for children who have completed kindergarten through children entering 5th grade. Visit the website or call for more information.

Camp Little Notch

744 Sly Pond Road
Fort Ann, NY 12827
(518) 306-8990



<http://www.camplittlenotch.org>

Camp Little Notch is an all girl's summer camp. The camp helps the girls to practice living in harmony with nature, each other, and themselves. It helps the girls to step away from electronics and work on growth, wellness and exploration. The camp also encourages diversity and confronts conflicts and discrimination.

RECREATIONAL PROGRAMS



Saratoga Springs Recreation Center

15 Vanderbilt Ave. Saratoga Springs, NY 12866
(518) 587-3550 ext. 2300

<http://www.saratoga-springs.org>



The Rec Center is open Monday- Friday 8am-9pm, Saturdays 8am-11am. Game Room Hours are Monday-Friday 3pm-7pm, Saturdays 11am-7pm and Sundays 1pm-6pm. For more information and to access the monthly Rec Center Schedule please visit the website.

Saratoga County Youth Bureau

152 West High Street Ballston Spa, NY 12020
(518) 884-4180



Please call the number above or visit the youth bureau for a list of recreational programs and services available to you.

Easter Seals Camp Colonie

292 Washington Ave. Suite 112
Albany, New York 12203
(518) 456-0828



http://ny.easterseals.com/site/PageServer?pagename=NYDR_Camp_Colonie

Camp Colonie is for children and young adults aged 5-21. The program is a six week long summer camp. Camp Colonie provides a supportive and supervised program for individuals with physical, developmental, or emotional disabilities as well as typically developing children and young adults.

4-H Youth Program

Cornell Cooperative Extension
50 West High Street
Ballston Spa, NY 12020
(518) 885-8995



4-H is a program for children aged 5-19. The children are engaged in projects that involve nutrition, community service, and more. 4-H participants learn a lot about being healthy.

WEIGHT LOSS CAMPS



Wellspring Camp

Union College
Schenectady, NY 12308
1.866.364.0808

<http://www.wellspringcamps.com/newyork/>

This is a weight loss camp for girls aged 11-24. The camp is located on the Union College campus and works to improve fitness as well as provide the girls with strategies and skills to keep the weight off. The program is broken down into diet management, activity management, behavioral change, and family involvement. Visit the website or call for more information.

Camp Shane

302 Harris Road
Ferndale, NY 12734
(914) 271-4141



<http://www.campshane.com/>

Camp Shane is designed for boys and girls ages 7-17 as well as young adults. The camp doesn't make weight loss its main focus. They want everyone to feel comfortable. They have a variety of activities such as arts and crafts, sports, adventure, and swimming. They also have a lot of good nutrition education. Visit the website or call for more information.

Kid's Weigh

30 Gick Road
Saratoga Springs, NY 12866



<http://www.kidsweigh.com/about-kids-weigh/>

Kid's Weigh is a pediatric weight management program that does not use a diet approach to keeping kids healthy. Instead they focus on nutritional education, exercise, and behavior modification. This is less than a camp and more of a class. Children in similar age groups attend 50 minute classes for 3-6 months. The health coach works on food decisions and portion control as well as food preparation with the children. The program aims to improve physical and mental health. Visit the website for more information.

FITNESS ACTIVITIES

Siena Athletics Camp

515 Loudon Road
Loudonville, NY 12211
(518) 782-6905



<http://www.sienasaints.com/camps/sienacamps.html>

The Siena Athletics Camp is made up of a variety of camps and clinics. For boys there is basket ball, baseball, and lacrosse. The girls can choose from basket ball, dance, lacrosse, and softball. They also have co-ed soccer and volleyball. This is a great place for kids to meet new friends and experience different adventures while staying active. Visit the website or call for more information.

One Yoga Saratoga

75 Woodlawn Avenue
Saratoga Springs, NY 12866
(518) 587-YOGA (9642)



<http://www.oneyogasaratoga.com/>

One Yoga is not only for adults. They have a kid's yoga session as well. The program is offered to kids aged 4-9. They will learn traditional yoga poses as well as make some up on their own. They will learn breathing techniques as well as stretches to gain flexibility.

Tiny Tot Early Learning Center

Exit 8 Plaza
1536 Crescent Road
Clifton Park, NY 12065
(518)371-2034



<http://www.tinytotsearlylearningcenter.com/default.html>

The Tiny Tot Early Learning Center has a program called Kidding Around Yoga. This is a program for ages 3-6. The children are taught to stretch and breathe. They explore singing, jogging, limbo-ing, dancing and more. Visit the website for a calendar of events.

Afrim's

4 Jacqueline Ave
Latham, NY 12210
(518) 220-5000



http://www.afrimsports.com/SoccerTots/index_E.html

Afrim's has a program called Soccer Tots. This program is designed for children to engage them in physical activity. It helps develop motor skills, promote physical fitness and create self confidence. The program stresses a non-competitive environment. Visit the website to view the schedule.

Tree Paad Fun Center

2381 Route 9
Malta, NY 12118
(518) 289-5475



<http://www.treepaad.com/index.php>

The Tree Paad Fun Center calls themselves an indoor playground. This building gives children a chance to bounce around. They have a variety of courses, slides, ball pits, and a bounce house. Visit the website for more information.

Albany's Indoor Rock Gym (AIR)

4C Vantrano Road
Albany, NY 12205
(518) 459-ROCK (7625)



<http://www.airrockgym.com/index.html>

Albany's Indoor Rock Gym also known as AIR has a variety of programs and opportunities to check out the sport of rock climbing. There is a youth clinic that promotes self-confidence, develops self-esteem, cultivates mutual trust, improves team building skills and encourages motivation. You can sign up for a clinic or stop in for an open gym session. Visit the website or call for more information.

Saratoga Springs Ice Rink

30 Weibel Avenue
Saratoga Springs, NY 12866
(518) 583-3463



http://www.saratoga-springs.org/index.php?option=com_content&view=article&id=438%3Aice-rink&catid=87%3Arecreation-facilities&Itemid=91

The Saratoga Ice Rink is great for the whole family. Visit the website or call for information about open skate.

COOKING CLASSES

The Children's Museum

Cooking Around the World

69 Caroline Street

Saratoga Springs, NY 12866

(518) 584-5540

<http://www.childrensmuseumatsaratoga.org/programs.php>



Cooking Around the World is a program held at The Children's Museum. They cook up some kid friendly recipes from around the world. Visit the website or call to find out when the program will take place.



The Wonder Room

Kids Can Create in the Kitchen

896 Saratoga Road (Route 50)

Ballston Lake, NY 12019

(518) 602-0237

<http://www.thewonderroomschool.com/services.html>



The Wonder Room has a lot of great programs. One is called Kids Can Create in the Kitchen. The children use their imagination as they become more confident in the kitchen. Those who attend the class get to go home with recipes and samples. Call or visit the website to find out when the program is held.

LOCAL FARMERS MARKETS

Saratoga Farmers' Market

Outdoor Market: May-October
Wednesdays, 3pm-6pm
Saturdays, 9am-1pm
Indoor Market: November-April
Saturdays, 9am-1pm
Division Street School
220 Division Street
Saratoga Springs, NY 12866



Clifton Park Farmers' Market

July-October
Thursdays, 2pm-5pm
St. George's Church Parking lot
912 Route 146
Clifton Park, NY 12065

***Food Stamps and WIC coupons
can be exchanged for tokens to use
at the farmers markets.**

***For more information about the
tokens and the Saratoga/Malta/
Clifton Park markets please visit
[http://www.saratogafarmersmarket.
org](http://www.saratogafarmersmarket.org)**

Malta Farmers' Market

June-October
Malta Community Center
1 Bayberry Drive
Ballston Spa, NY 12020



Ballston Spa Farmers' Market

Wiswall Park, Front Street
Thursdays, 3pm-6pm
Saturdays, 9am-12pm
Mid June- September

Burnt Hills

Former Old Homestead Restaurant
Corner of Rt 50 and Lakehill Road
Saturdays, 9am-1pm
May-October

*** For the most up to date information and list of all farmers markets in the
county please contact Cornell Cooperative Extension at (518) 885-8995.**

HIKING/WALKING TRAILS



Saratoga Springs State Park

Saratoga Springs, NY 12866

http://www.saratoga.com/hotspot_state-park-trails.cfm

The State Park has a variety of nature trails that can be used for walking, hiking, cross country ski and snowshoeing. The park has many attractions such as the hall of springs, the theater, Saratoga performing arts center, golf courses and more. To find a list of the trails available visit the website above.

Peebles Island Perimeter Trail

Waterford, NY

http://www.localhikes.com/Hikes/Peebles_Island_0160.asp

Peebles Island Perimeter Trail takes you through a meadow, forest, and river. There can be many animals spotted especially in the early morning hours. The round trip of the trail is about 2 miles and takes around an hour. Visit the website for more information.

Shelving Rock Mountain

Lake George, NY

<http://www.adirondack.net/business/shelving-rock-falls-11207/>

Shelving Rock Mountain used to be an old carriage road. There are some steep spots but not too many. The hike is great for first time hikers as well as seasoned hikers. Hikers will pass a beaver dam and a stony pool at the base of a waterfall. When you get to the top there is a great view of Lake George.

Woods Hollow Preserve

Ballston Spa, NY

<http://townofmiltonnewyork.com/component/content/article/14-woods-hollow-nature-preserve>

Woods Hollow Preserve is great for hiking, fishing, walking, and sledding. Visit the website for more information.

Visit Saratoga Preserving Land and Nature (PLAN) for a list of more trails and preserves

<http://saratogaplan.org/projects.html>



READING NUTRITION LABELS

How to Read a Nutrition Facts Label

<http://www.youtube.com/watch?v=RGr5NP5KZCo>

This video has registered dietitian Mandy Layman explain how to read a nutrition facts label. She discusses what is on and label and how it should be read. Layman takes it step by step and shows you what to focus on.

FDA: How to Understand and Use the Nutrition Facts Label

<http://www.fda.gov/food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

The Food and Drug Administration has put together this very helpful website. There is an overview of reading nutrition facts labels but then they also break in down into various categories. You can learn more specifics about serving size, calories, nutrients, daily values, and the footnote of the label.

Nutrition Facts: An interactive guide to food labels

<http://www.mayoclinic.com/health/nutrition-facts/NU00293>

The mayo clinic has put together this website that is very helpful when it comes to reading nutrition labels. The site take you to a picture similar to the nutrition facts picture on this page and you can scroll over the different sections and it will explain what they are and give you information about them.

Chicken Noodle Soup			
Nutrition Facts			
Serving Size 1/2 cup (120 ml) condensed soup			
Servings Per Container about 2.5			
Amount Per Serving			
Calories	60	Calories from Fat	15
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		
Sodium	890mg		37%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	0%
Vitamin C	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	30g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



BOOKS FOR PARENTS

Get a Health Weight for Your Child: a parent's guide to better eating and exercise

By Brian W. McCrindle and James Gordon Wengle

This book is a guide for parents to help their children be healthy. It explains to parents the medical consequences for their children if they are overweight, explains why they may be overweight, and gives advice on how to improve the weight of their child. The book covers various prevention topics such as eating habits, nutrition, fitness and more.

Better Food for Kids (2nd Edition): your essential guide to nutrition for all children from age 2 to 10

By Joanne Saab, Daina Kalnins

This book has updated nutritional information. The book is great for parents with picky eaters. They provide recipes that the whole family can enjoy. The recipes meet the nutritional guidelines in many aspects such as salt and sugar intake.

Nutrition: What Every Parent Needs to Know

By William H. Dietz and Loraine Stern

This is a guide to keeping your child healthy. The book looks at children from birth to adolescence. It discusses the dietary needs for each age group. The book also discusses food safety.

Unplug your Kids: a parent's guide to raising happy, active and well-adjusted children in the digital age

David Dutwin, Ph.D

It is important to make sure that your kids are still playing actively instead of just electronically. This book helps to balance electronics and active play. The author wants to help parents make sure their kids are still staying active while not taking away all of their electronics.

Visit your local library to find more books about keeping your child healthy.

BOOKS FOR KIDS



My Healthy Body

By Liza Fromer and Francine Gerstein, MD

This book is for children aged 6-9. The book covers a wide variety of health topics for children. A few of the topics are sleep, exercise, nutrition and hygiene. This is a great book to get children interested in their own health.

The Monster's Health Book: a guide to eating health, being active & feeling great for monsters & kids!

By Edward Miller

This books aims at making being healthy easier for kids. For children ages 7 and up the book introduces food groups. Throughout the book there are fun facts about different foods to keep things interesting for children. The goal of the book is to help children develop health habits such as explaining the importance of eating breakfast. The book also discusses the importance of sleep and exercise.

Spunky the Monkey: an adventure in exercise

By Len Saunders

This book is part of a series to motivate children to exercise. The series goal is to encourage children to make exercise and physical activity a habit. It's a great way to get children excited about reading and staying active at the same time. The book is geared towards children aged 2-7. Also check out Joey the Kangaroo: an adventure in exercise.

Get up and Go!

By Nancy Carlson

This is a great book to get the whole family wanting to exercise. The book explains many reasons why you should exercise. The book explains how bodies come in all different shapes and sizes. No matter what shape or size your body is you need to take care of it and the book takes children through how they can do that. The book is recommended for ages 3 and up.

Visit your local library to find more children's books about health and fitness.

WIC Information

New York State Department of Health-WIC Program

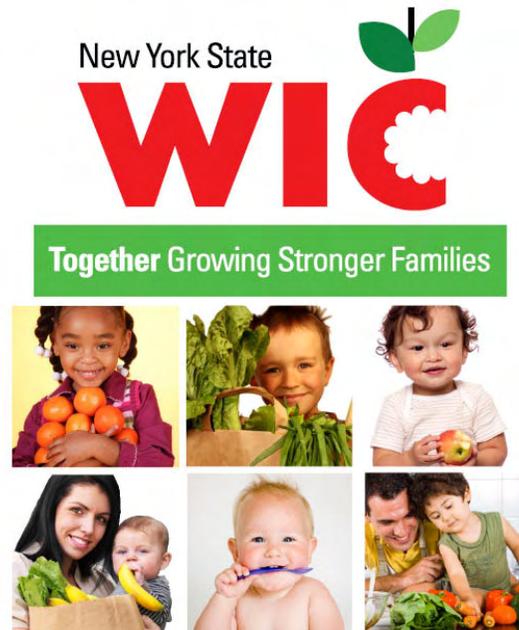
<http://www.health.ny.gov/prevention/nutrition/wic/>

WIC stands for Women, Infants, and Children. The NYSDOH website above will take you to information about WIC. It will also help you determine if you qualify for WIC. There is information about how to apply if you do qualify. The site also has a list of other nutrition programs.

Saratoga County Economic Opportunity Council - WIC

<http://www.saratogaecoc.org/wic.html>

This is the Saratoga County Economic Opportunity Council website that has information about WIC. They provide similar information to the NYSDOH website such as what is WIC and will you qualify. They also have information about what foods you will be able to receive through the program. There is a link to the various locations and the hours of operation for all of the locations. There is also a link to additional resources.



New York State WIC-Together Growing Stronger Families

http://www.youtube.com/watch?v=hQOXd0fvZ_A

This is a video put together by the NYS WIC program. The video follows one family that uses WIC as they visit WIC and explain how they can help. They then go to the grocery store and walk you through shopping with WIC checks. They also stop at the farmers market and show you how you can use your checks there.

ONLINE RESOURCES/WEBSITES

Nutrition for Kids and Teens: Academy of Nutrition and Dietetics <http://www.eatright.org/public/content.aspx?id=5530>

This website offers a variety of information to keep kids and teens healthy. They have information about childhood obesity, healthy weight loss, nutrition, disease prevention, food safety, balanced meals, and resources that are available in other languages.

Fuel up to Play 60 <http://www.fueluptoplay60.com/>



This website is a place where students can sign up for the website and challenge themselves to improve their health. The program is founded by the National Dairy Council and NFL. The program encourages students to change their schools in any way possible to improve their health. When students eat healthy and stay active they can win prizes. The website has accounts available for students and teachers. The teachers are linked to valuable resources and the students can track their progress and play games.

Kids Eat Right <http://www.eatright.org/kids/>

This website will help you shop smart, cook healthy, and eat right. The site offers tips, weekly videos and recipes. They have smaller sections of the site dedicated to babies, toddlers, preschoolers, grade-schoolers, and teens so it is a helpful way to learn what child needs what kind of nutrition.

Choose My Plate <http://www.choosemyplate.gov/>

The Choose My Plate website has good information about weight management and calories, physical activity, healthy eating tips, and printable materials. There is information for specific groups such as dieters, pregnant and breastfeeding women, children aged 6-11, and preschoolers aged 2-5. The information is also available in Spanish. The website also provides printable material that can be used for reminders and to track information.

Super Kids Nutrition http://www.superkidsnutrition.com/nutrition_resources.php

This website has a lot of good information for parents as well as fun activities for kids. The site has links for nutrition articles, books, tools and resources. They also have a page of questions and answers from nutrition experts. The site has a link to the Kids Super Crew website which has lots of fun learning activities for children.



HOUSING/SHELTERS

CAPTAIN

PO Box 2453
Malta, NY 12020
(518)584-6042

CAPTAIN is a runaway Homeless Youth Shelter. Call the number provided for details.

Rural Preservation Co. Veteran's Shelter

36 Church Ave.
Ballston Spa, NY 12020
(518) 885-0091

The Rural Preservation Co. Veteran's Shelter serves the needs of homeless military veterans by empowering them to embrace and maintain independent living and self-sufficiency. This is accomplished by helping veterans secure temporary and permanent housing, viable employment, access to health care and address other issues facing these veterans in their journey through life. For more information and details call the phone number provided.

Saratoga Domestic Violence Services

480 Broadway
Saratoga Springs, NY 12866
(518) 583-0280

The Saratoga Domestic Violence Services offers services for services available to all victims of domestic violence and sexual assault in Saratoga County. For more information call the number provided.

Shelters of Saratoga

14 Walworth Street
Saratoga Springs, NY 12866
(518) 581-1097

The Shelters of Saratoga is an emergency shelter for adults. They also have listings of available apartments. Call the phone number provided for more information.



CLOTHING RESOURCES

A Great Comeback

418 Geysler Road
Ballston Spa, NY 12020

Bargain Box

84 Main Street
Glens Falls, NY 12801
(518) 761-6848

Cire' Fine Consignments

2737 Route 9
Malta, NY 12020
(518) 583-8052

First United Methodist Church

243 Main Street
Corinth, NY 12822
(518) 654-2521

Franklin Community Center

10 Franklin Street
Saratoga Springs, NY 12866
(518) 587-9826

Kimberly's Bargain Shop

44 North Main Road
Mechanicville, NY 12118
(518) 664-2445

New 2 You Consignment Boutique

134 Milton Ave
Ballston Spa, NY 12020
(518) 885-4040

Noah's Attic

10 W. High St.
Ballston Spa, NY 12020
(518) 885-9455

Reruns Consignment

1 Phila Street
Saratoga Springs, NY 12866
(518) 583-9153

Salvation Army

27 Woodlawn Avenue
Saratoga Springs, NY 12866
(518) 584-1640

*Breakfast 8-10am and Emergency Food
Pantry 9:30am-12 noon on Mon, Wed, Fri

Saratoga Clothing Distribution Site

101 Washington St. Corner of Washington and
Franklin St. Behind the Massey. Building
(Franklin Community Center Distribution Site)
Saratoga Springs, NY 12866

Saratoga Day Habilitation/ARC

64 Congress Street
Saratoga Springs, NY 12866
(518) 583-3305

Saratoga Springs United Methodist Church

Corner of Henning and First Street
Saratoga Springs, NY 12866
(518) 584-3720

Saratoga Springs/ Wilton

Treasure's Thrift Shop
60 West Ave, Saratoga Springs, NY 12866
(518) 580-4200

The Serendipity Thrift Shop & Maxfield Community Food Pantry

69 Bay Road
Lake Luzerne, NY 12846
(518) 696-5474

Yesterday's

258 Main Street
Hudson Falls, NY 12839
(518) 747-2928

HELPFUL PHONE NUMBERS



AIDS Council of NENY

434-4686/ 753-0703

Alcohol Services, Saratoga County

587-8800

Ballston Area Community Center

885-3261

Big Brothers/Big Sisters

581-1487

Birthright- Crisis Pregnancy

885-4117

Capital District Beginnings

233-0544

Catholic Charities

587-5000

Child Abuse Hotline

(800) 342-3720

Child Care Coordinating Council

426-7181

Child Health Plus/ Family Health Plus

580-2021/ (800) 698-4543

Child Support

(888) 208-4485

CAPTAIN

371-1185

Center for Autism & Related Disabilities

442-2574

Clover Patch Programs

384-3009

Consumer Credit Counseling

482-2227

Cornell Cooperative Extension~ Saratoga County

885-8995

Daycare Assistance

884-4283

Department of Labor

884-4170

Department of Social Services

884-4140

Domestic Violence/ Rape Crisis

584-8188/ 587-2336

Down Syndrome Resource Center, Inc.

391-2581

Employment and Training

884-4170

EOC/Community Services

587-3158

Extra Helping/ Food Pantry

587-3158

Food Stamps

884-4155

Four Winds

584-3600

Franklin Community Center

587-9826

Friendship House Day Treatment Center

587-7190

Growing up Healthy Hotline

(800) 522-5006

Headstart

587-2584

HEAP (Home Energy Assistance Program)

884-4146

Helping Hands School

664-5066

Housing Assistance:

- **Mastianni's Office (Sec. 8 Rental Assistance)**
372-8846
- **Mechanicville Housing Authority**
664-9897
- **Saratoga County Rural Preservation**
885-0091
- **Saratoga Springs Housing Authority**
584-6600

IRS (Internal Revenue Service)

(800) 829-1040

Labor Standards (NYS General Services Office)

457-2730

Legal Aid

587-5188

Literacy Volunteers (18 years and up)

583-1232

Medicaid/ Family and Child Health Plus

884-4148

NYS Disability Benefits

(800) 353-3092

Planned Parenthood~ Clifton Park

383-1783

Planned Parenthood~ Saratoga Springs

584-0041

Poison Control

(800) 222-1222

Prevention Council

581-1230

Public Health Services

584-7460

Red Cross

584-2510

Salvation Army

584-1640

Saratoga Center for the Family

587-8008

Saratoga Mental Health

584-9030

Saratoga Hospital

587-3222

Saratoga Mentoring (works with youth)

581-1487

Social Security Administration

(800) 772-1213

Travelers' Aid

463-2124

Unemployment Insurance

(888) 209-8124

Veterans' Office

884-4115

"We Care" Information and Referral Service

371-2273/ (800) 924-4636

WIC

587-8848

Worker's Compensation

(877) 632-4996

YMCA ~ Clifton Park

371-2139

YMCA~ Saratoga

583-9622

Youth Bureau

884-4180

PERSONAL/ FAMILY EMERGENCY HELP

CAPTAIN

17 Town Hall Plaza
Clifton Park, NY 12065
371-1185 OR (888) 924-4636

For Saratoga County Information and Referrals.

Catholic Charities of Saratoga

142 Regent Street
Saratoga Springs, NY 12866
(518) 587-5000

National Grid

1125 Broadway, 3rd floor
Albany, NY 12204
(518) 449-8000

Call in case of high bills or shut-off.

New York State Electric and Gas

6 Werner Rd.
Clifton Park, NY 12065
(800) 572-1111
Monday-Friday, 7am-7pm

Call in case of high bills or shut-off.

Saratoga County Economic Opportunity Council

40 New St, PO Box 5120
Saratoga Springs, NY 12866
(518) 581-3158

Food pantry, weatherization program, extra helping program, emergency services and other community programs.

The Salvation Army

27 Woodlawn Avenue, PO Box 652
Saratoga Springs, NY 12866
(518) 584-1640

