

The Concept is Simple...

Rhode Island Food, Fitness & Fun (RIFFF) 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.



RIFFF 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 100 children have fun and grow up healthy! For more information on our research, please check out our website at RIFFF.ORG!



Contributors

Physicians

Celeste Corcoran, MD
Hasbro Children's Hospital

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The Westerly Medical Center

Pediatric Dietitians

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Referral Coordinator

Stacey Greene Bodziony



**Blue Cross
Blue Shield**
of Rhode Island

THE
UNIVERSITY
OF RHODE ISLAND

THINK BIG WE DO

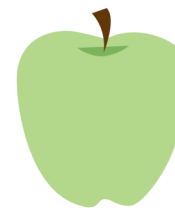


KinderHealthRI

RHODE ISLAND FOOD FITNESS



FUN



For kids ages 6-10 & caregivers.

For more information:

Call (401)263-5488

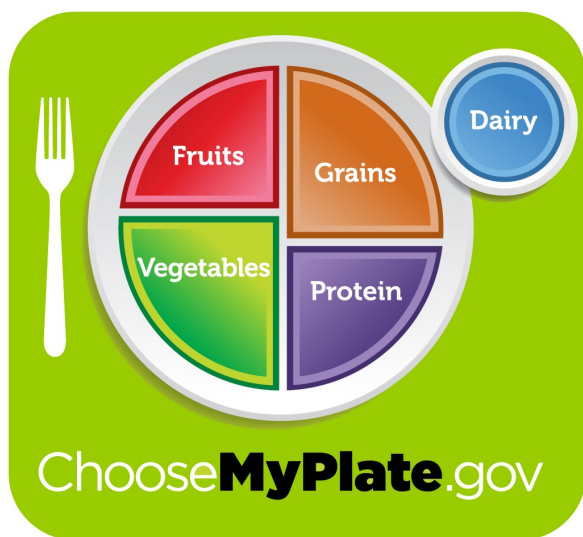
Fax (401)789-5488

Email rifoodfitnessandfun@gmail.com

Visit our website RIFFF.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.



Your Doctor

Your doctor 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.

Medical Evaluation & Referral

Scan and email to : rifoodfitnessandfun@gmail.com

Or Fax: (401)789-5488

Date: ___/___/___

Child's name: _____

Caregiver's name: _____

Birth date: ___/___/___ M/F

Address: _____

Email: _____

Home phone: _____

Cell phone: _____

Doctor's name: _____

Donations

RIFFF is a non-profit program funded by generous donations. Please consider making a contribution. Please make checks out to URI Foundation, Memo: RIFFF, P.O. Box 1304 in Charlestown, RI 02813



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.

Our Program Locations

-WAKEFIELD-



Ortho Rhode Island

South County Orthopedics

10 High Street Wakefield RI 02879

-WESTERLY-



Tower Street School
Community Center

93 Tower Street Westerly RI 02891