

KidCare Konnection

A quarterly newsletter provided for
Florida KidCare enrollees

P.O. Box 980
Tallahassee, FL 32302-0980

Spring 2010
Volume 2, Issue 1

ACT-OUT FOR HEALTH CONTEST WINNERS

More than 700 Florida students submitted TV public service announcements and billboards for Florida KidCare's second annual Act-Out for Health contest.

Students designed and produced their own PSAs for consideration.

To view the winning entries, visit
www.actout4health.org.

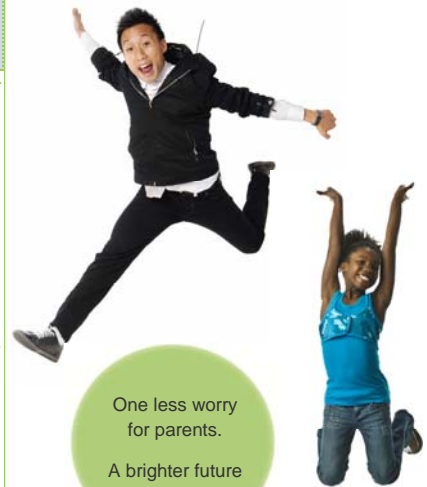
PAY TO THE ORDER OF	<u>Your Child's Health Care</u>	DATE	<u>1/1/10</u>
	<u>Twenty dollars and 00/100</u>	\$	<u>20.00</u>
FLORIDA KIDCARE		DOLLARS	
FOR	<u>Health Insurance</u>	FloridaKidCare	
	<u>1-888-540-5437</u>	www.FloridaKidCare.org	

Michael Cardona, an 11th grader at South Tech Academy in Boyton Beach, won the Statewide Grand Prize for his Florida KidCare billboard design.



Follow us on Twitter at www.twitter.com/flhealthykids
and read our blog at www.flhealthykids.wordpress.com
for healthy tips your family can use!

Florida KidCare



One less worry
for parents.

A brighter future
for kids.

SPRINGTIME FAMILY FUN

**Cool ways to keep your
family safe and healthy
this spring**

What do day-trips, fruit parfaits and doctor visits have in common? They all keep your family healthy! Find all the details in this Spring 2010 issue of *KidCare Konnection*.

In this issue:

- New citizenship/identity requirements
- Healthy Florida parfait recipe
- Free/low-cost Florida State Park trips
- Cover Florida Health Care for your entire family

NEW ENROLLMENT REQUIREMENTS

New Citizenship and Identity Requirements Have Gone Into Effect



All new or renewing Florida KidCare enrollees must provide proof of citizenship and identity. But don't worry—your existing coverage will not be cancelled if you don't have the documents on hand right now. This applies only to new or renewing families.

In an effort to make things easier for our families, Florida KidCare will try to check this information with our agency partners. As a result, you may not need to provide any additional information. If Florida KidCare is not able to find all needed information for you, you may be asked to provide additional information. For a complete list of acceptable documentation materials, please visit <https://www.healthykids.org/renewal/citizenship.php?lang=ENG>.

ONE NUMBER, ALL LANGUAGES: 1-800-821-5437

HEALTHY SPRING SNACKS: FRUIT PARFAIT

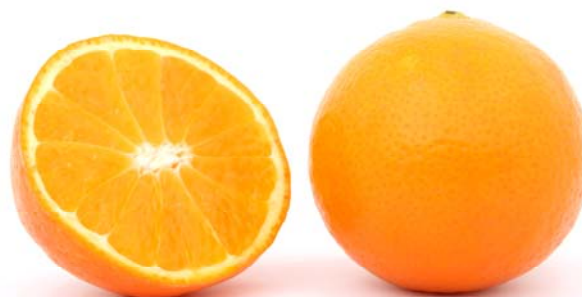
Strawberries, tangerines and grapefruit are fresh and in-season during the spring months. Here is a great, low-fat, low-sugar, high-protein, snack for you and your family:

1 Cup Low fat yogurt
¼ Cup Florida orange juice
1 Tbsp. Florida honey
1 Florida tangerine
½ Florida grapefruit
½ Cup Florida blueberries
2 Tbsp. Pecans
Preparation Time: 10 minutes



Drain excess liquid from yogurt and combine the yogurt with orange juice and honey. Take ¼ of tangerine segments, grapefruit segments, and blueberries and layer in the bottom of a deep, clear glass. Sprinkle ½ tablespoon of the crushed pecans on top of fruit. Repeat this process until both parfaits are full. If desired, garnish the top of each parfait with additional pecans and fruit. Makes 2 servings.

Nutritional Value Per Serving:
Calories 244, Total Fat 7.1g,
Saturated Fat 1.7g,
Total Carbohydrates 40.1g,
Fiber 4.2g, Protein 8.6g,
Sodium 87mg



FAMILY ACTIVITIES FOR SPRING

Free and Reduced-fee State Parks Have Fun Activities for Everyone!

Throughout 2010, Florida State Parks will celebrate 75 years of recreation and preservation with special activities and interpretive events. Free or reduced-fee opportunities are listed below— a great way to increase your family's activity!

To learn more about the history of Florida State Parks, visit www.floridastateparks.org/history.

GO PLAY WEEKDAY

Go Play Weekday specials highlights parks in each region of the state throughout the year. During promotional months, you pay only 75 cents admission Monday through Thursday at featured state parks. Just must mention 'Go Play Weekday' at the ranger station for the special price or write 'Go Play Weekday' on the envelope and put in 75 cents instead of the full fee at parks with an honor box. Featured parks can be found by visiting, www.floridastateparks.org/thingstodo/deals-goplayweekday.cfm.

TWO FOR TUESDAY

Enjoy a Tuesday and Wednesday night stay at a campground, in a bungalow or cabin and spend three days exploring nature, watching wildlife and enjoying the outdoors -- all at a reduced price. Four diverse packages offer camping, park entry, tours and/or rentals. For package details visit, www.floridastateparks.org/thingstodo/deals-twofortuesday.cfm.

FREE DAYS FOR TWITTER FOLLOWERS

On Tuesdays and select weekends, various parks will offer free entry when you mention Twitter at the gate. Free days are announced by 8 a.m. on Twitter and parks throughout the state are featured. Follow Florida State Parks on Twitter, www.twitter.com/FLStateParks, for information on exclusive free days.



Ravine Gardens State Park



Fanning Spring State Park

Children should get at least **60 MINUTES** of exercise every day

—American Heart Association

Fl♥**rida KidCare**

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Contact Us

Florida KidCare Information Line:
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Check us out online at www.floridakidcare.org!

DID YOU KNOW?

Now you can get health insurance for the rest of your family through Cover Florida Health Care!



It's great that you are looking out for your child's future by enrolling them in Florida KidCare. But what about when mom, a college-aged son or grandpa has to go to the doctor?

Cover Florida Health Care offers health insurance coverage for uninsured Floridians ages 19-64, regardless of pre-existing conditions.

Visit www.CoverFloridaHealthCare.com for details.

