

DANCING TO A NEW BEAT; LIVING WITH NEW TREATS

In partnership with

Carter County Turning Point Partnership

Project Goal/Objectives:

1. Promote physical activity and movement through dance and other life-time activities
2. Educate children and parents on healthy eating habits and healthy snack options

Project Scope/Narrative:

Six area churches participated in this project focused to educate children on the importance of eating healthy and being active. We purchased frozen fruits (melon chunks, apples, cranberries, strawberries, raspberries, and blueberries) and prepared them in a variety of ways without using extra sugars or fat. Participation in the project gave them information on how to limit excess fat in their diets especially solid fats like shortening, lard, butter, and margarine and helped them to read food labels. The ingredients encouraged for use were listed on **our WIC food cards**. This was not mandated but strongly encouraged. The health benefits of choosing fruits and vegetables in a wide variety of colors were promoted. We encouraged physical activity through life-time sports such as bicycling and dance. Children learned a hip hop dance routine and performed the dance at the back to school bash. The energy of these young children was contagious!

Testimonial:

The grant allowed the Children of Tomorrow Ministry to offer and introduce a healthy snack for the youth who attended the program provided by **WIC funds**. It also allowed the staff to educate the children on healthy snack habits with fixed and real examples, which aided them with their take home demonstration for their parents. We are thankful for the award and look forward to the further education of our youth.

In His Service, Pastor Tiller



Testimonial:

As the Director of the HFV Wilson Community Center it has been great to see the children's faces light up when Mrs. Duran and Mrs. Moore came and worked with the children. We played soccer, Frisbee, dance, and football. There has been a routine developed. There was a 5-week program developed and each week there was a different activity. The movement never stopped and it was very well structured. Thanks to the **WIC grant** for making this possible.

Annette Anderson
Director, HFV Wilson Community Center

Testimonial:

It has been energizing participating with the youth as part of the dancercise; the music seemed to be just what the children wanted. We had participants as young as three and as old as 20. They came with energy and we used every bit of it. This became a routine that was fun for all. They had a chance to do their dance at the back to school bash in August.

Brenda Booker
HFV Wilson Community Center

Project Outcomes:

1. Through a 6 week series participants were educated on healthy eating habits and healthy snack alternatives. Many of recipes used food items included in **WIC food packages**.
2. Six different congregations participated in Vacation Bible School for one week each. The congregations had healthy snacks for a total of six weeks as opposed to their usual cakes and cookies. A dialogue of refreshing and energizing, healthy lifestyles choices accompanied the healthy snack time.

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