

OAK GROVE BAPTIST CHURCH ~ CHILDREN'S PARK

In partnership with

Choctaw County Coalition

Project Goal/Objectives:

1. Provide a safe environment for children and adolescents to engage in physical activity and active play
2. Promote increased fruit, vegetable and reduced-fat dairy consumption



Project Scope/Narrative:

- Purchase the following play equipment:
 - Tot Tree ages 9 months to 2 years
 - Infinity Climbing Wall ages 5-12 years
 - Four-Seat Teeter with Bubble Top ages 2-5
 - (3) Rocking Horse-teeter ages infant to 3 years
 - Jump ropes and balls
- Serve various fruits, juices, reduced-fat dairy products and vegetables at church-sponsored community events.

Testimonial:

I have served as the preschool VBS director for our church for 6 years; this is the first year that we have considered recreation as an opportunity for children to participate in active play. We are making plans to increase physical activity for all ages by adding basketball goals and exercise equipment.

The **WIC Grant** has motivated us to improve the health of the children we serve by increasing their consumption of fruits, vegetables and low-fat dairy products. This grant helped us to move away from kool-aid and cookies; it motivated us to serve nutritious foods. One of the biggest hits was when we used a slushy machine and **WIC-approved frozen juice** to make frozen drinks. I also found it exciting to watch children try new foods like raw squash and kiwi. We have stopped serving highly processed sweets and now provide fruit to children in our Sunday School Department. The **WIC Grant** helped us make changes possible.

Rhonda Rolf



Project Outcomes:

1. Children have been provided a safe place to be physically active, and adults have become more aware of the importance of physical activity for children, including preschool age.
2. As a result of the introduction of fresh fruits and vegetables, Oak Grove is serving fresh fruits to the Children's Sunday School Department. Fruit drinks have been replaced by 100% fruit juice. We continue to be more conscious of providing healthy snacks.

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