

# Healthy Snacks

*In partnership with*

## Delaware County Community Partnership

### Project Goal/Objectives:

1. To educate children from the community, including **WIC families**, about healthy snack options, provide examples of such snacks throughout the duration of the summer program, and encourage continued healthy snacking behavior
2. To promote the importance of good nutrition and physical activity to all citizens of Delaware County



### Project Scope/Narrative:

It is hard to fight childhood obesity when our kids eat so poorly. Delaware County wants healthier foods in school programs and recognizes the need to teach our children the importance of good nutrition. Some county residents say the best hope against the obesity epidemic is an active community that promotes healthy food choices and ensures every resident has access to healthy options. With the **WIC grant**, Delaware County Community Partnership was able to partner with Grand Lake Family YMCA for nutrition education during the summer program snack time, including hands-on snack preparation. They designed two types of banners which promoted healthy habits, such as increased fruit and vegetable consumption and physical activity. The children attending the camp represented many of the **WIC families** in Delaware County.

### Testimonial:

"We are happy to be able to encourage healthy lifestyles throughout Delaware County, which in turn gives us the opportunity to promote the activities of the community coalition. It is satisfying to not only witness the immediate effects of the projects, such as in the smiling faces of the children as they eat their healthy snacks, but also to see the continuing impact of the **WIC grant** as the children begin to make positive changes in nutrition and physical activity habits."

-Summer Beck, Health Educator



### Project Outcomes:

The Healthy Oklahoma Questionnaire was given to the after school program students at the Grand Lake Family YMCA (Delaware County). A post questionnaire will be given at the end of the school year after completion of the program.

The questionnaire was given to 19 youths ages 5-12 yrs.

- 6 drank milk, ate cheese or yogurt daily, 11 some days, 3 almost never
- 6 ate fruits or drank 100 % juice daily, 11 some days, 2 almost never
- 5 ate vegetables daily, 13 some days and 3 almost never
- 17 drank water everyday and 2 some days
- 14 ate or drank something in the morning and 5 some days
- 3 snacked only when hungry everyday, 12 some days, 4 almost never
- 1 ate smaller servings of unhealthy foods daily, 10 said some days, 8 almost never
- 9 said they used food labels to make food choices some days and 5 almost never
- 2 said when they ate out they chose salads daily, 6 some days, 11 almost never
- 15 said they washed their hands before they ate everyday, 4 did sometimes
- 2 said they were active daily, either walking, running, swimming, biking, skating or playing active games for less than 30 minutes, 15 said 30 to 60 minutes and 2 said for more than 60 minutes

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