BUILDING CHAMPIONS, ONE WEEK AT A TIME

In partnership with

Davenport Turning Point Coalition

Project Goal/Objectives:

1. Promote lifelong physical activity
2. Promote positive dietary behaviors
3. Provide campers with the skills and knowledge to make healthy choices
4. Promote family fun day events to promote **WIC program**

Project Scope/Narrative:

The "Building Champions, One Week at a Time" day camp is currently targeting students entering the 4th-6th grades. The majority of these student are from **WIC families**. High School students will serve at team leaders and mentors. The entire community will be invited to participate in the Building Champions Community Walk and Family Day activities. Youth continue to participate through after school activities scheduled throughout the year.

Testimonial:

"My granddaughter attended the **WIC health** camp this summer. Since that time she has discussed with me different bits of nutrition information she learned at the camp. Every week she has something new to tell me about healthy eating. Several times she has told me what is considered a serving size for a particular food. Last week she told me that small, skinny French fries are considered an "extra" on the food guide pyramid. This weekend I asked her what she would like for breakfast. I mentioned that I had toast, cereal, and eggs. She said she would like toast. I asked if she would like butter and jelly or peanut butter on the toast. She chose a little bit of peanut butter. She also said she would like some sliced apple on the peanut butter. She picked the healthy breakfast herself. Later that night she told her mother about the healthy breakfast she chose. I wanted you to know what a wonderful time my granddaughter had at the health camp and how much healthy information she has retained."

Grandma Aleen Ball

Testimonial:

I believe this is a great thing especially for the Davenport youth. We have a lot of low-income families that live around this area. So the kids don't get to participate in to many things. During the building champions camp, I learned as much as the kids did and the kids learned a lot of cool things. The kids participating in this camp learned to make smart choices from each food group. The kids got to make a lot of delicious and health snacks, throughout the week of camp. The kids also participated in many physical activities throughout the week of camp. The main thing they learned is that they need daily physical activity, at least 30-90 minutes a day. Some of the activities that they participated in were: golf, tennis, kickball, basketball, and archery. Since the archery lesson, I now own my own bow and arrows. So the camp wasn't just teaching the younger kids interesting activities, it was also teaching some of the older kids as well. From this camp the kids now know how to live a safe, nutritious, and healthy lifestyle.

Jesse Steward

Project Outcomes:

The "Building Champions, One Week at a Time" offered the youth a unique opportunity for promoting wellness, lifelong physical activity and positive dietary habits, and self esteem. Nutrition pre- and post testing improved a total of 30 points.

The Camp allowed the campers to develop character and decision making skills, implement positive dietary behaviors, and discover new interests. The Camp provided hands-on instruction and participation in a variety of traditional and non-traditional physical activities. The campers learned all of these new skills in a fun, safe and supportive environment.

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