

# KINGSTON CHILDREN'S PARK

*In partnership with*

## Marshall County Partners In Progress Community Coalition



### Project Goal/Objectives:

1. Partner with the City of Kingston to provide a safe environment for Marshall County children to engage in daily active play and physical activity
2. Partner with the Marshall County OSU Extension to provide nutrition cooking classes to the Hispanic population in an effort to: 1) expand knowledge on the importance of increasing fruit and vegetable consumption, daily active play and physical activity, 2) using nutrition fact labels when choosing foods, and 3) promote the 2005 Dietary Guidelines for Americans messages

### Project Scope/Narrative:

The Kingston City Park currently has no playground equipment to encourage children of any age to engage in active play or physical activity. The Marshall County Coalition in partnership with the City of Kingston, the local health department, and **WIC Service** will purchase and install the following play equipment in the heart of the city of Kingston:

- Tot Tree (ages 9 months to 2 years)
- Infinity Climbing Wall (ages 5-12 years)
- Four-Seat Teeter with Bubble Top (ages 2-5 years)
- (3) Rocking Horse-teeter (ages infant to 3 years)

The Marshall County Turning Point Coalition will co-host six (6) – one-lesson Family/Parent Curriculum workshops for participants. Identified lessons will feature nutrition and physical fitness education in the following areas:

- Increasing fruits and vegetable consumption
- Using fat-free, low-fat, or reduced-fat milk and milk products
- Choosing lean meats, poultry, fish, beans, eggs, and nuts
- Increasing whole grains
- Including daily active play and physical activity
- Using the Nutrition Facts Label when choosing foods

Each lesson will be designed to address all components identified, targeting approximately 100 families in Marshall County. A translator will be available for non-English speaking parents to provide culturally appropriate nutrition and physical activity educational services to diverse populations.

Families will identify ways to remain active with their children and acquire a baseline of proper nutrition guidelines to improve and maintain a healthy lifestyle.

### Testimonial(s):

This is to express deep gratitude for the playground equipment that was purchased for the City of Kingston through the **WIC grant** that was received by the Marshall County Partners in Progress Coalition. Before the **WIC grant**, the City did not have any type of park for young children to play. This equipment is going to provide a much needed service for the small children of our community and give families a safe place to spend quality time with one another. As a parent and coalition member it makes me proud that we were able to provide the much needed playground equipment.

**Julie Riggle, School Based Social Worker**

As a Marshall County resident and the parent of a four-year-old child, I cannot begin to express my excitement and gratitude over the donation of playground equipment by the Marshall County Partners in Progress through the **WIC grant**. This much needed and very appreciated addition to the new park in the town of Kingston is a wonderful example of a group of individuals working together to improve the community for all of the residents.

By promoting active play within a safe, child-friendly, interactive environment, this new park and play equipment provides a healthy, social outlet for preschool children. As a parent, I understand that true learning occurs through doing. At the new park in Kingston, my child is greatly benefited by being able to run, jump, climb and play with other children as he explores the new equipment. Being able to take him to the park and allow him to meet new friends has been so much fun.

And, I am amazed and delighted by his continually progressing physical skills as he becomes stronger and more proficient in navigating the playground equipment. He loves playing in the park!

**Shannon Williams, Parent**

### Project Outcomes:

1. Playground equipment was purchased and installed in the Kingston City Park.
2. Nutrition and Physical Fitness Presentations were conducted for five lessons that targeted the non-English speaking population with over 70 individuals who participated.

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