

READY, SET, GO, HEALTHY KIDS

In partnership with

Central Oklahoma Turning Point (COTP)

Project Goal/Objectives:

1. Physical education/activity for after-school youth , ages 5-15
2. Healthy & nutritious snack preparation
3. Education/training to parents of participants

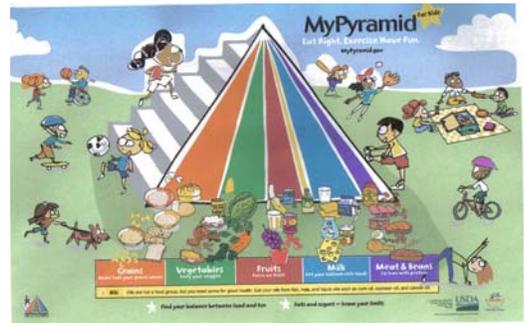
Project Scope/Narrative:

Victory Temple, VMED partnered with COTP/WIC to serve the community in four important ways: LINKS Summer Camp for Ready, Set, Go, Healthy Kids— 3-week camp with tennis lessons and volleyball. Jump rope and hula hoop contests were held weekly. Weekly lessons in nutrition were given using MyPyramid for Kids. Each week campers prepared their own nutritious snack. Campers attended a juvenile diabetes seminar, and all those over 8 years old were tested for diabetes. Students in Afterschool tutoring learned to prepare nutritious snacks—replacing “junk food” snacks with more nutritious choices. A Week of Fun VBS included a Nutrition Day—parents and their children learned about the new MyPyramid, how to read food labels and choose more nutritious, delicious snacks. Youth participants were given awards, certificates, jump ropes, etc., at the end of each project activity. A School Break Bash is scheduled for October 19. It will include seminars on health, nutrition, peer pressure, finances, and lots of outdoor, physical activity.

Testimonial:

As a result of the **WIC mini-grant**, Victory was able to make available nutritious snacks in the Afterschool program. Now students are asking parents for less junk food for snacks and wanting more granola, raisins, and fruit drinks. As a result of the diabetes testing, children and their parents are more aware of the types of food being provided for snack time. Children looked forward to cooking days and thoroughly enjoyed making and eating snacks made from yogurt and fruit. We were able to incorporate a Health Day into our Week of Fun VBS.

Sarafía Fleming



Testimonial:

The **WIC mini-grant funding** provided Victory Temple, VMED resources to address the health of our youth , ages 5-15. Students in the Afterschool program enjoyed participating in safe, organized team sport activities. Cooking classes were held 4 days/week; and children prepared “healthy” snacks. They learned about healthy alternatives to “junk” food and the health benefits of increased physical activity. Parents participating in the program, increased their knowledge and awareness of the importance of making healthy food choices, preparing nutritious meals, and increasing regular physical activity for their children.

The Ready, Set, Go, Healthy Kids program lasted 16 weeks. Parents and youth looked forward to 4 exciting days of interactive activities each week. Over 170 youth and their families participated in fitness activities and cooking/nutrition classes. It was great to see the parents and their children learning together.

Thanks so much **WIC** for this funding opportunity—it made a big difference in our community!

Yours in faith and good health,
Mary Branton



Project Outcomes:

1. Nutritious snacks provided for children, including **140 WIC family youth**
2. Nutrition training and educational classes provided to 60 youth and their parents on making healthy choices, the new MyPyramid and planning nutritious meals
3. Physical activity, organized team sports and games were organized for 110 youth in summer camp, Week of Fun VBS, and School Break Bash
4. Youth, age 8+ were tested for juvenile diabetes.

**THIS PROJECT WAS FUNDED BY OKLAHOMA WIC SERVICE and
USDA FOOD NUTRITION SERVICE**