

# *SPORTS & ART CAMP*

*In partnership with*

## Central Oklahoma Turning Point

### Project Goal/Objectives:

1. Provide benefits/reasoning behind healthy eating.
2. Help kids understand/ believe importance of hygiene for their health.
3. Expose campers to a fun way of exercising.

### Project Scope/Narrative:

St. Paul's United Methodist Church partnered with Turning Point and **WIC** to develop a sports and arts camp for 75-80 low-income elementary students, ages 5-11. These families are eligible for **WIC services**.

A nutritionist was consulted to help select foods (e.g., fruits, vegetables, nuts) to provide for healthy snacks to children 2 times a day during a 10-day camp.

The church youth director contacted OSU Extension and local dentists to staff and donate supplies for an interactive workshop on the importance of hygiene. Students practiced and learned how to properly brush and floss their teeth. Trained camp staff led a jump rope workshop. The **WIC funding** helped to purchase hair brushes, combs, soap, shampoo, jump ropes and athletic shoes—to be distributed to students who needed them.



### Testimonial:

The Turning Point/ **WIC mini-grant** helped St. Paul's set up a 10-day camp for low-income elementary students, ages 5-11. We partnered with a nutritionist, camp staff, the Shawnee OSU Extension program and local dentists, who donated toothbrushes, dental floss, and other supplies to distribute to the kids in the camp.

The children enjoyed the interactive workshops where they learned about hygiene and how to properly brush and floss their teeth. Every child received a health-benefiting snack of fruits, vegetables, nuts, and other healthy foods twice a day over the course of the 10-day camp. The camp was a huge success! We would like to expand the camp in the future. **The WIC grant helped us make a difference in the lives of these kids. Thanks from all of us.**

Jeff Foresee  
Youth Director



### Project Outcomes as a result of the WIC grant:

1. 75-80 children participated in the camp.
2. Children learned how to prepare healthy snacks.
3. Each child received a jump rope, toothbrush/paste, comb/brush, athletic shoes, and other supplies to take home.
4. St. Paul, Sports & Arts Camp, OSU Extension, and local dentists collaborated to provide this 10-day camp.

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