



Michigan WIC
Nutrition Education Module for
State Sharing

Healthy Fit Session #2

Happy, Healthy, Active Child

Group Education for Parents and Caregivers





Healthy Fit Session #2

Group Education for Parents and Caregivers

Developed by Macomb County Health Department-WIC Program

Adapted for State Sharing by Michigan WIC Nutrition Education Advisory Team (NEAT):

- Diana Buist, Calhoun Co. Public Health Dept. WIC
- Kelly Bell, Kalamazoo Co. Health and Community Services
- Karen Giles-Smith, MI Dept. of Community Health-WIC Contractor
- Pat Hammerschmidt, MI Dept. of Community Health-WIC Contractor
- Libby Hrabonz, Oakland Co. Health Division WIC Program
- Susan Rhein, Macomb Co. Health Dept.-WIC Program
- Robin Semelbauer, Muskegon Co. WIC
- Meryl Smith, District Health Dept. #10
- Diane Traver, State Consultant, MI Dept. of Community Health-WIC

Adapted for state sharing December 2012 by Michigan WIC

For further information about this lesson, contact Macomb County Health Dept.-WIC Program at wic@macombgov.org or the Nutrition Education Coordinator at 586-469-5571.

This lesson module and the criteria used to review all lessons are available at www.michigan.gov/wic. Select WIC Providers, then Nutrition Education Publications and Resources.

Lesson available at WIC Works: http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/sharinggallery.htm. If customized, include this statement on title page: "From Healthy Fit Session #2: Happy, Healthy, Active Child, December 2012, Michigan WIC. Used with permission. Michigan WIC is not responsible for modified content."

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Macomb County Health Department-WIC Program

I. TOPIC: WIC Healthy Fit Session 2: Happy, Healthy, Active Child

Format: This is a group class which includes facilitated discussion, hands on food preparation and active play for the caregiver and child.

Both caregivers and clients would benefit greatly from increased knowledge of risks and prevention of obesity. Clients are aware of their individual situation; however, additional information and discussion will enhance individual counseling efforts. Clients want to prevent the risks associated with childhood obesity and they want ideas about healthy eating. WIC wants to see lower rates of obesity in all groups served: pregnant, breastfeeding, postpartum women, as well as children under the age of five. This lesson discusses picky eating as a potential barrier to healthy eating. Additionally, physical activity options are explored.

II. Audience: WIC clients, parents or other caregivers. Targeted but not limited to high risk overweight children, between the ages of 2-5 years. Class size will include 12-20 clients. Estimated time: 50-60 minutes.

III. Suggested MI-WIC Topics: *Family Topics:* Snacks, Exercise & Nutrition. *Individual Topics:* Feeding Picky Eater, Healthy Weight

IV. Learning Objectives: By the end of the session, clients will:

- State why physical activity is important.
- Name at least one change a parent can make to establish a healthy environment for physical activity.
- Name at least one change a parent can make to establish a good feeding relationship.
- Advance in a stage of behavior change or continue if in the action or maintenance stage.

V. Learning Activity/Method:

- A. Overview:**
1. Welcome/Check in process (10 minutes)
 2. Book Sharing (5 minutes)
 3. Family Activity (10 minutes)
 4. Breakout Sessions (20 minutes)
 5. Wind down (10 minutes)

B. Set Up: Utilize one room divided in half. One half includes a place for food demonstration and an open circle of chairs for facilitated discussion. The second half is set up with open circle of chairs with plenty of floor space for physical activity.

VI. Materials:

1. DVD player/TV, DVD: Picky Eaters: Mealtime Tips for Parents. 2009 Lemon-Aid Films Inc., www.nutritionvideos.com (9 minutes)
2. Recipes preparation supplies: Hand-washing station, paper products, utensils, measuring cups, and recipe ingredients. Supplies and ingredients are dependent upon recipes chosen. (Note: paper cups for water; children are thirsty while playing.)
3. Client folder for their handouts:
 - a. Happy, Healthy Active Child. Michigan WIC Handouts DCH-1303P, 1304P, 1305P
 - b. Recipes (Attachment 3)
 - c. Stage of Change evaluation tool (Attachment 4)
 - d. Name tags, marketing tools, sample activity calendar (Attachment 5)
 - e. Other handouts as desired. See list of possible handouts in #15 below.
4. Storybook: Eric Carle's From Head to Toe, Harper Collins Children's Books. Available online or in stores through multiple sellers.
5. Bean bags, targets such as: open coffee cans, large boxes, hula hoops. Scarves for waving and dancing. (Attachment 1)
6. Beach ball for name recognition activity in Welcome section.
7. Food models-child size portions (Attachment 1)
8. CD player with appropriate CD for marching e.g. "Ants Go Marching" and dancing "The Fruit Freeze Dance" (Attachment 2). The Fruit Freeze song is found on the CD "Groovin' Foods." (Use internet search engine for "Groovin' Foods" CD purchase.)
9. Small rewards for participation e.g. Frisbees, water bottles, recycled instruments, pedometers.
10. All needed supplies for benefit pick-up (computers, printer, pens, etc.)
11. Guided class script and presentation board: Tri-fold standing foam board detailing class objectives, schedule of day, and activity ideas (Attachment 1)
12. Recipes (Attachment 3)
13. Evaluation Tool (Attachment 4)
14. Program Tools: name tags, marketing flyers, sample activity calendar (Attachment 5)
15. Suggested Handouts: (use handouts that meet your clients' needs, free or purchased)
 - Active Kids Pyramid. Learning Zone Xpress. 888-455-7003
www.learningzonexpress.com. ISBN: 1-57175-850-X.
 - Child's Play! Nibbles for Health. Nutrition Newsletter for Parents of Young Children. USDA. Food and Nutrition Service. <http://www.fns.usda.gov/tn/resources/nibbles.html> (free online)

- Exercise. Gordon, Sharon. 2002 Children’s Press. Rookie read-about health. ISBN: 0-516-22571-5
- Handling a “Choosy” Eater. Nibbles for Health. Nutrition Newsletter for Parents of Young Children. USDA. Food and Nutrition Service. <http://www.fns.usda.gov/tn/resources/nibbles.html> (free online)
- Happy, Healthy Active Children, Preschooler (36 months-5 years) Contemplation/Thinking about Change wichealth.org. Michigan WIC Handout: DCH – 1303P
- Happy, Healthy Active Children, Preschooler (36 months-5 years) Preparation/Getting Ready/ wichealth.org. Michigan WIC Handout: DCH – 1304P
- Happy, Healthy Active Children, Preschooler (36 months-5 years) Action/Changing. wichealth.org. Michigan WIC Handout: DCH – 1305P
- Moving with Hula Hoops. Head Start Body Start. National Center for Physical Development and Outdoor Play. www.headstartbodystart.org. Click on “Activity Resources” for free tip sheet.
- Picky Eaters. How to Get Your Kids to Eat Healthy Foods. Journeyworks Publishing. 2008. title #5185. ISBN 1-56885-185-5. www.journeyworks.com

VII: Outline of Content

1. Welcome/Check in (10 minutes)

Staff performs “check-in” procedure and clients are provided a name tag. As clients arrive, ask the children to stand up and spread out. Toss a beach ball back and forth to learn the names of the children. Call out to the child you are throwing the ball to. Engage the children by asking: “Can you tell me any games you can play at home? Did anyone play Marching Band after our last class?”

Start of session: “My name is **(CPA)** and we would like to start off by thanking each of you for joining us today. Please make yourselves comfortable. We will be here today for about an hour.” *Introduce staff.* “We hope you enjoy our time together.”

Review the presentation board to explain today’s agenda. (Attachment 1)

“Today we are going to talk about choosy/picky eaters and ways to increase activity for the entire family. We will make and eat two tasty snacks and do fun activities together. Our goal is to give you ideas to help your child become a good eater and activities to do at home to stay healthy, fit and have fun too.”

2. Book Sharing (5 minutes)

“Today we are going to share a story by **Eric Carle** called: From Head to Toe.” Ask the children, parents and staff to stand at arm’s length to stretch. Read several pages of the book asking the children, staff and parents to mimic the different movements in the story. After you have read the story ask the children to mimic their favorite animal.

3. Family Activity
(10 minutes)

“Today our get up and go activity is the Freeze Dance. This is a fun game you can do almost anywhere. It’s simple: Turn on some music* and dance away.” Turn on the CD player to the song Fruit-Freeze. “Now everyone—parents, staff and children—when you hear the words “Fruit Freeze,” try to stop moving and freeze in place.” (*Show them what it looks like to be frozen in place. No one is eliminated. The children catch on very quickly.*)

(*We encourage sharing agencies to seek out any fun dance music that is appropriate for children.)

4. Breakout Sessions
(20 minutes)

“**Parents**, if you would follow the **CPA/Staff** into the food preparation area. We will be preparing and tasting two fun and healthy snacks for your family. The **CPA/Staff** will also lead a discussion about the “Choosy Eater.” Today we are preparing *Veggie Wraps* and *Yogurt Fruit Parfaits*. These recipes use your WIC foods. The recipes are in your folder for you to take home.”

A. Activities for Children

“**Children**, we would like to get to know you all a little better today. Tell us your name and we will come up with an animal to match. Then we can all act like that animal. Our games today are bean bag toss and scarf play.”

For bean bag toss, set up several different targets such as laundry baskets, open coffee cans, large boxes with cutout holes and hula hoops. To use the bean bags for balance play, invite the children to balance the bean bag on their head, shoulder and/or elbow while marching around the room to the music from session one: The Ants Go Marching.

For scarf activities: play assorted music and dance with the scarves; waving the scarves over their heads, to the side, switching hands etc.

If an additional activity is needed, try “I See, I See.” The facilitator would say “I see, I see.” The children would respond “What do you see?” The answer is “I see monkeys walking and scratching their bellies, I see butterflies floating around, I see turtles slowly crawling on the floor.” Suggest that the children then act like the creatures.

B. Nutrition Education for Parents

“It is generally recommended that children engage in 60 minutes of physical activity each day. To PLAY is not a waste of time; it is a valuable use of time. Not only is it important for our physical well-being but research supports the link of movement and physical activity to increased academic performance.”

Staff will prep food demo items while **CPA** leads a facilitated group discussion about the techniques for dealing with a “Choosy Eater.”

Help clients complete the *Before* section of the “Client Feedback Form.” (Tip: Be sensitive to any reading difficulty. You may wish to demonstrate or read aloud this section.)

“Today we will watch a DVD: Picky Eaters: Mealtime Tips for Parents.”

Examples of Discussion Questions:

- “Are you or your child a choosy eater?”
- “How do you feel about the DVD?”
- “What can you do to help your child become a less choosy eater?”

CPA will address concerns and lead discussion.

Recipe preparation: Clients will be provided hand sanitizer or a sink for hand-washing. Staff will demonstrate a child-size portion of the recipes (*Veggie Wraps* and *Yogurt Fruit Parfaits*). The recipes use WIC approved ingredients. This is a great opportunity to reinforce the “give it a try bite” while using WIC foods. Clients will prepare a *Veggie Wrap* and a *Yogurt Fruit Parfait* in the correct portion size.

6. Wind down (10 minutes)

The children will be asked to join the parents and sample the recipes. Hand washing and small paper cups of water will be provided. Encourage clients to talk to their child about what they liked about the games and activities and what they might want to do tomorrow for fun time. Encourage the children to taste the food recipes prepared today and ask if they think they would eat these foods at home.

VIII. Evaluation Methods: CPA/Staff will have the clients complete the *After* section of the “Client Feedback Form.” (Attachment 4-a Staff Key to Stage of Change is included). Using the “Client Feedback Form”, *After* section, staff will add the appropriately staged *Happy Healthy Active Children* handout to the client’s folder.

CPA/Staff will thank the clients and children for attending and encourage them to fill out and return the written evaluation, take home their folder of handouts and try the recipes and physical activities at home.

IV. Approved Staff:

For physical activity education: All WIC Staff

For nutrition education: MSU-EFNEP where available, RDs, CPAs, Dietetic Interns and other trained nutrition education staff

X. References:

See the following web sites:

- <http://www.letsmove.gov/>
- <http://teammnutrition.usda.gov/healthy/wellnesspolicy.html>
- <http://www.mayoclinic.com/health/childrens-health/HQ01107>
- http://www.maine.gov/dhhs/oms/pdfs_doc/member/member_letter_mar_2011.pdf
- <http://www.ellynsatter.com/the-picky-eater-i-43.html>

XI. Attachments:

1. Photos of lesson materials
2. The Fruit Freeze
3. Recipes
4. Evaluation Tool and Staff Key to Stages of Change
5. Program Tools

Developed by the Macomb County Michigan Health Department – WIC Program. For questions about this lesson module contact the Nutrition Education Coordinator (586-469-5571) or email: wic@macombgov.org.

Reviewed by the Michigan WIC Nutrition Education Advisory Team and accepted for sharing in December 2012.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Attachment 1: Photos of Materials Used



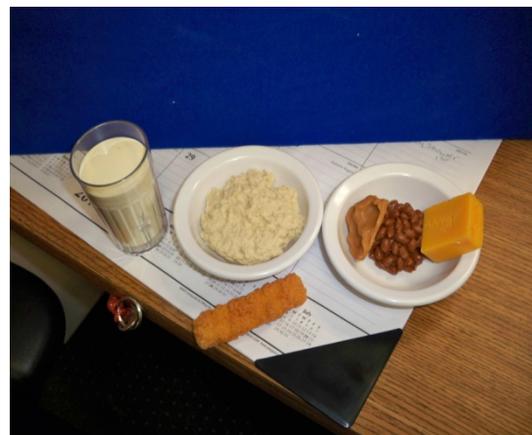
Presentation Board



Hula Hoops, bean bags, scarves, beach balls, homemade instruments



Music CD and Activity story book



Food Models

Attachment 2



FRUIT FREEZE

Oh I love apples, cantaloupes and plums
Juicy nectarines yum yum
Watermelons, honeydew
Are like a dream come true
And when I bite a big fat pear
It tastes so good I want to share
How eating fruits are good for me and you.

Oh when my mom gives me some grapes
I simply just adore the taste
The other day I had some blueberries
And today I'll eat some cherries
For a treat I throw some raisins in my cereal for
flavor.
Perhaps I'll add banana slices too.

CHORUS:

Oh march in place your knees up high
Lift your arms and reach the sky
Jump up and down, now clap your hands
Wiggle and giggle it's the FRUIT FREEZE dance.

Fruit Freeze
REPEAT

Lyrics reprinted with permission through 3/15/2014:
Joy Bauer -Nutrition & Health Expert for the TODAY Show
and New York Times Bestselling Author
Visit joybauer.com for more information.
Follow Joy on Facebook & Twitter (@ joybauer)

Glen Schloss – G&E Music
Visit gemusic.com for more information.

I had a kiwi Saturday
And some pineapples yesterday
I chew on figs and dates at school
And oranges and apricots are cool
I really love a peach that drips
The juice runs up and down my lips
Eating fruits are good for you and me

Oh when my mom give me some grapes
I simply just adore the taste
The other day I had some blueberries
And today I'll eat some cherries
For a treat I throw some raisins in my cereal for
flavor
Perhaps I'll add banana slices too.

CHORUS:

Oh march in place your knees up high
Lift your arms and reach the sky
Jump up and down, now clap your hands
Wiggle and giggle it's the FRUIT FREEZE dance.

Fruit Freeze
REPEAT



This institution is an equal opportunity provider.

VEGGIE WRAPS

For one child portion:

1/2 OF A LARGE WHOLE WHEAT TORTILLA OR 1 SMALL TORTILLA

USE ABOUT:

- 1/4 CUP BROCCOLI SLAW
- 1/4 CUP FRESH TOMATO, CHOPPED
- 1/4 CUP FRESH CUCUMBER, SLICED

2 TBSP LOW FAT RANCH DRESSING

Preparation Instructions:

1. Invite the group to wash their hands before the cooking activity.
2. Place broccoli slaw, chopped tomatoes and sliced cucumbers on one side of wrap.
3. Drizzle low fat ranch dressing over vegetables.
4. Roll the tortilla up to the opposite side.
5. Pick up, wrap and eat!!

**Vary the recipe
by using any
veggies you
enjoy.**



**TOTAL COST
LESS THAN
\$1.50
A SERVING**

MICHIGAN STATE UNIVERSITY | Extension



This institution is an equal opportunity provider. 10/12

Yogurt Fruit Parfaits

1/4 CUP VANILLA LOWFAT YOGURT

1/4 CUP FRESH/FROZEN FRUIT

2 TBSP YOUR FAVORITE CRUNCHY WIC CEREAL

Preparation Instructions:

1. Invite the group to wash their hands before the cooking activity.
2. Spoon vanilla yogurt into an 8 oz cup.
3. Layer the fresh/frozen fruit on top of the yogurt.
4. Top with your favorite WIC cereal
5. Eat and enjoy!

CALORIES PER
SERVING:
75

TOTAL COST LESS THAN
\$0.75
APPROXIMATE
SERVING SIZE 1/2 CUP



MICHIGAN STATE UNIVERSITY | Extension



This institution is an equal opportunity provider. 10/12



Attachment 4:

Client Feedback Form

WIC Healthy Fit: Session 2: Happy, Healthy, Active Child

MI-WIC NE: Healthy Weight, Snacks, Exercise & Nutrition, Feeding Picky Eater

Name: _____ Family #: _____

This lesson is to provide you with helpful tips for picky eaters and physical activity ideas you can use at home.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- Five checkbox options regarding interest in learning tips for feeding and physical activity.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



Client Feedback Form

WIC Healthy Fit: Session 2: Happy, Healthy, Active Child

MI-WIC NE: Healthy Weight, Snacks, Exercise & Nutrition, Feeding Picky Eater

Name: _____ Family #: _____

This lesson is to provide you with helpful tips for picky eaters and physical activity ideas you can use at home.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- Five checkbox options regarding interest in learning tips for feeding and physical activity.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

AFTER you complete this lesson please check ONE statement below that now describes you:

- I'm more aware of steps to deal with my child's eating habits and physical activity but I'm not sure when I will take action.
- Soon I want to start taking some new steps toward dealing with my child's eating habits and adding physical activity.
- Today I plan to start new steps to deal with my child's eating habits and physical activity.
- I plan to continue dealing with my child's eating habits positively and adding physical activity.
- I am not interested in dealing with my child's eating habits and adding physical activity.

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about my child's eating habits and adding physical activity: _____

Thank you!

Staff use only: MI-WIC Recorded by: Staff initials:

AFTER you complete this lesson please check ONE statement below that now describes you:

- I'm more aware of steps to deal with my child's eating habits and physical activity but I'm not sure when I will take action.
- Soon I want to start taking some new steps to deal with my child's eating habits and add physical activity.
- Today I plan to start new steps to deal with my child's eating habits and physical activity.
- I plan to continue to deal with my child's eating habits positively and add physical activity.
- I am not interested in dealing with my child's eating habits and adding physical activity.

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about my child's eating habits and adding physical activity: _____

Thank you!

Staff use only: MI-WIC Recorded by: Staff initials:



Client Feedback Form STAFF KEY to Stage of Change
 WIC Healthy Fit: Session 2: Happy Healthy Active Child
 MI-WIC NE: Healthy Weight, Snacks, Exercise & Nutrition, Feeding Picky Eater

Name: _____ Family #: _____

This lesson is to provide you with helpful tips for picky eaters and physical activity ideas you can use at home.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- I want to learn more about helpful tips for feeding my child and adding physical activity, but I'm not sure I'm ready to take steps yet. *Contemplation*
- I'm ready to take some steps to start dealing with my child's eating habits and add physical activity. *Preparation*
- I have started to take steps to deal with my child's eating habits and add physical activity. *Action*
- I have been taking steps to deal with my child's eating habits and add physical activity. *Maintenance*
- I am not interested in taking steps to deal with my child's eating habits and add physical activity. Suggestion: Talk to your WIC staff about a topic of your interest. *Pre-contemplation*

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

AFTER you complete this lesson please check ONE statement below that now describes you:

- I'm more aware of steps to deal with my child's eating habits and physical activity but I'm not sure when I will take action. *Contemplation*
- Soon I want to start taking some new steps to deal with my child's eating habits and add physical activity. *Preparation*
- Today I plan to start new steps to deal with my child's eating habits and add physical activity. *Action*
- I plan to continue to deal with my child's eating habits positively and add physical activity. *Maintenance*
- I am not interested in dealing with my child's eating habits and adding physical activity. *Pre-contemplation*

☺ What did you like about today's activity? _____

☺ What could we improve? _____

☺ One thing I plan to do about my child's eating habits and adding physical activity: _____

Thank you!

Staff use only: MI-WIC Recorded by: Staff initials:

Attachment 5: Name Tags*, Marketing Tools, Sample Activity Calendar

*We used circle style label stickers and added the logo as clipart



WIC HEALTHY FIT SERIES

Parent's Name: _____
 Child's Name: _____



PRIZES

Make sure to attend
 to receive fun games
 and prizes.

Three Wednesday Sessions

WIC Healthy Fit Series offers WIC parents and children:

- Free cooking and snack demonstrations
- Physical activity play time
- Fun games and prizes
- Counts in place of a Quick WIC/Benefit Reload

SCHEDULE

Wednesdays	Event
February 9, 2011, 10 am or 2 pm	Meals and Snacks
March 9, 2011, 10 am or 2 pm	Happy Healthy Active Child
April 6, 2011, 10 am or 2 pm	Going Bananas!

Macomb County Health
 Department-WIC Program
 21885 Dunham Rd, Suite 13
 Clinton Twp, MI 48036

Phone: (586) 469-5471
 E-mail: wic@macombgov.org

Michigan State University Extension
 21885 Dunham Rd, Suite 12
 Clinton Twp, MI 48036

Phone: (586) 469-5180

Congratulations! You have chosen to participate in the WIC Healthy Fit Series. You and your child are now enrolled for the series of 3 sessions. At each visit your WIC Bridge Card will be reloaded. You will also attend cooking demonstrations while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months. You will also be eligible to receive additional in home visits from Michigan State University Extension Services.



This institution is an equal
 opportunity provider.
 8/12



WIC HEALTHY FIT



Parent's Name: _____

Child's Name: _____

WEDNESDAY	EVENT
January 11, 2012 9:00 10:30 1:00 2:30	Healthy Snacks
February 8, 2012 9:00 10:30 1:00 2:30	Happy Healthy Active Child
March 7, 2012 9:00 10:30 1:00 2:30	Going Bananas

Counts in place of a Quick WIC/Benefit Reload

Congratulations! You have chosen to participate in WIC Healthy Fit. You will attend a cooking demonstration while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months.

Offered at the Clinton Twp office.

Macomb County Health Department-WIC Program
 21885 Dunham Rd, Suite 13, Clinton Twp, MI 48036
 Phone: (586) 469-5471 E-mail: wic@macombgov.org



This institution is an equal opportunity provider.

WIC HEALTHY FIT



Parent's Name: _____

Child's Name: _____

WEDNESDAY	EVENT
January 11, 2012 9:00 10:30 1:00 2:30	Healthy Snacks
February 8, 2012 9:00 10:30 1:00 2:30	Happy Healthy Active Child
March 7, 2012 9:00 10:30 1:00 2:30	Going Bananas

Counts in place of a Quick WIC/Benefit Reload

Congratulations! You have chosen to participate in WIC Healthy Fit. You will attend a cooking demonstration while your child is involved in active play with other children. This is a great opportunity to share and learn with other WIC families and keep your child active during the cold winter months.

Offered at the Clinton Twp office.

Macomb County Health Department-WIC Program
 21885 Dunham Rd, Suite 13, Clinton Twp, MI 48036
 Phone: (586) 469-5471 E-mail: wic@macombgov.org



This institution is an equal opportunity provider.



MARCH 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Jump the Stick	3 Simon Says	4 Wall Push-ups	5 Over-Under Around
6 Twister	7 Jump the Stick	8 Jump the Brook	9 Simon Says	10 Wall Push-ups	11 Jumping Beans	12 Beanbag Balance
13 Row, Row Your Boat	14 Wheelbarrow	15 Toe-Walking	16 Statues	17 One-Foot Balance	18 Inch Worm	19 Egg Roll
20 Sommer-sault	21 Up-Up-Down-Down	22 Clutch ball	23 Around the World	24 Catch	25 Throw	26 Over-Under Around
27 Twister	28 Jump the Stick	29 Simon Says	30 Wheelbarrow	31 Row, Row Your Boat		