



Michigan WIC
Nutrition Education Module for
State Sharing

Healthy Fit Session #3

Going Bananas

Group Education for Parents and Caregivers





Healthy Fit Session #3

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):

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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 #3: Going Bananas, December 2012, Michigan WIC. Used with permission. Michigan WIC is not responsible for modified content."

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Macomb County Health Department-WIC Program

I. TOPIC: WIC Healthy Fit Session 3: Going Bananas

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 the importance of offering a wide variety of fruits and vegetables and encouraging fun physical activity.

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 TOPIC: *Individual Topic:* Healthy Weight. *Family Topics:* Snacks, Exercise & Nutrition, Vegetables and Fruit.

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 offer more fruits and vegetables.
- 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. Recipes preparation supplies: Hand-washing station, paper products, utensils, measuring cups, recipe ingredients. Supplies and ingredients are dependent upon recipes chosen. (Note: paper cups for water needed; children are thirsty while playing.)
2. Client folder for their handouts:
 - a. Recipes (Attachment 3)
 - b. Stage of Change evaluation tool (Attachment 4)
 - c. Name tags, marketing tools, sample activity calendar (Attachment 5)
 - d. Other handouts as desired. See list of possible handouts in #15 below.
3. Storybook: Eric Carle's From Head to Toe, Harper Collins Children's Books. Available online or in stores through multiple sellers.
4. Collection of home-made or actual child-size musical instruments e.g. tambourines, maracas, ribbon dancers (need ribbon dancers one per child to take home), drums, drum sticks, guitars. Instruments can be made using coffee cans for drums, shoe boxes and rubber bands for guitars, newspaper for pom-poms, toilet paper rolls for horns (Attachment 1)
5. Beach ball, bean bags and hula hoops. (Attachment 1)
6. Food models-child size portions (Attachment 1)
7. CD player with appropriate CD for marching e.g. "Ants Go Marching" and dancing "The Fruit Freeze Dance" (Attachment 2) (Use internet search engine for "Groovin' Foods" CD Purchase)
8. Small rewards for participation e.g. Frisbees, water bottles, recycled instruments, pedometers, measuring cups, etc.
9. All needed supplies for benefit pick-up (computers, printer, pens, etc.)
10. Guided class script with presentation board: tri-fold standing foam board detailing class objectives, schedule of day, and activity ideas (Attachment 1)
11. DVD player/TV, DVD: The Get Healthy Now Show: Help Us Put on the Show! Sesame Street, National WIC Association, Nemours, Sesame Street Workshop. http://www.sesamestreet.org/cms_services/services?action=download&uid=3797d7ab-9d64-4168-b71a-d18f8d487fa4 or <http://www.amazon.com/Get-Healthy-Now-Show/dp/B003D6IRE4> Alternative videos: Basic Fruit & Vegetable DVD, 2008 Learning Zone Express. Fruit & Vegetables: Color Your Plate DVD, 2003 Learning Zone Express. www.learningzonexpress.com
12. Recipes: Fruit Salsa with Whole Wheat Chips, Fruit Smoothies (Attachment 3)
13. Fruit and vegetable stuffed toys. www.learningzoneexpress.com or similar company

14. Evaluation Tool (Attachment 4)

15. Suggested Handouts: (use handouts that meet clients' needs, free or purchased)

- Active Kids Pyramid. Learning Zone Xpress. 888-455-7003
www.learningzonexpress.com. ISBN: 1-57175-850-X.
- Encourage kids to Eat More Fruits and Veggies. Department of Health and Human Services CDC Nutrition Service.
<http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/resources/cdc/july07/10wayshelpkidseatmorefvJune2007.pdf>
- 15 Simple Ways to Get Moving. (Take it Outside Week) Head Start Body Start National Center for Physical Development and Outdoor Play
www.headstartbodystart.org. Click on "Activity Resources" for free tip sheet.
- Moving with Hula Hoops. (Take it Outside Week) Head Start Body Start National Center for Physical Development and Outdoor Play
www.headstartbodystart.org. Click on "Activity Resources" for free tip sheet.
- Moving with Beach Balls. (Take it Outside Week) Head Start Body Start National Center for Physical Development and Outdoor Play
www.headstartbodystart.org. Click on "Activity Resources" for free tip sheet.
- Tasting. Sharon Gordon, Scholastic Inc. 2002 Children's Press. Rookie read-about health. ISBN: 0-516-245-09
- Fruit & Veggies: More Matters. Multiple handouts available.
www.fruitsandveggiesmorematters.org Produce for Better Health Foundation.
- Fruit & Veggies: More Matters. Recipe cards.
www.fruitsandveggiesmorematters.org Produce for Better Health Foundation. Or www.pbhcatalog.org search for "recipe cards."
- The Get Healthy Now Show. Partnership with Nemours and KidsHealth National WIC Association www.sesameworkshop.org or direct link:
http://www.sesamestreet.org/cms_services/services?action=download&fileName=The+Get+Healthy+Now+Show&uid=3797d7ab-9d64-4168-b71a-d18f8d487fa4 (tiny url: <http://tinyurl.com/bskazwc>)

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 anyone tell me their favorite vegetable?” and “Name one fruit you love to eat.”

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 those of you that were here last month have been making efforts to **PLAY** with your child.”

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

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 healthy snacks for your family. The **CPA/Staff** will also lead a discussion about “What’s all this talk about Fruits and Vegetables?” Today we are preparing **Fruit Salsa with Whole Wheat Chips** and **Fruit Smoothies**. These recipes use your WIC foods. The recipes are in your folder for you to take home.”

A. Activities for Children

“**Children**, today we will have lots of fun with fruits and vegetables. We have these stuffed fruits and vegetables to play with. First we can sit in a circle and pass them around to our new friends and as one is passed to you tell us what it is and if you have ever tasted it. Then we will play bean bag toss with them through our hula hoops.

“Our other activity for today is ribbon dancing. We made these out of paper towel spools, construction paper and pieces of ribbon. You can make these at home. Today you can take one of the ribbon dancers we made home with you.”

If time allows we can do our Marching Band again using our instruments and some of our favorite music.

B. Nutrition Education for Parents

Staff will prep food demo items while **CPA** leads a facilitated group discussion about “What’s all this talk about fruits and vegetables? Eating fruits and vegetables is part of a healthy diet for both children and adults. They are packed

with vitamins and minerals and are low in calories. Eating fruits and vegetables can help you maintain a healthy weight.”

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.)

“We have purposely avoided discussing all the risks involved with overweight children but here are a few things to consider that are seen more often in children who are overweight:

Orthopedic problems development	Type 2 diabetes	Premature physical
Low self esteem	Asthma	Sleep apnea
Gallstones	High cholesterol	Limited mobility
High blood pressure	Heart disease	

“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.”

- “Tell me some ways you have tried to encourage more veggies.”
- “How often do **you** eat veggies and fruits?”
- “Do you know how much is enough for a child?” (serving sizes)

“Today we will watch a few segments of the DVD: The Get Healthy Now Show.” The segments discuss eating a rainbow of fruits and veggies every day and a confused Cookie Monster trying to decide between a cookie and an apple. We hope you enjoy it.” (view segments 4-7: food and drink)

CPA will address concerns and lead discussion. “What did you think of the Sesame Street DVD? Did you and your child enjoy watching it?”

Recipe preparation: Clients will be provided: hand sanitizer or a sink for hand washing. Staff will demonstrate a child-size portion of the recipes (*Fruit Salsa with Whole Wheat Chips and Fruit Smoothies*). 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 *Fruit Salsa with Whole Wheat Chips and Fruit Smoothies*.

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 child to try 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 client complete the *After* section of the “Client Feedback Form”. (Attachment 4-a Staff Key to Stage of Change is included)

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://www.fns.usda.gov/tn/Healthy/wellnesspolicy2004_physicalactivity.html
- <http://www.mayoclinic.com/health/childrens-health/HQ01107>
- http://www.maine.gov/dhhs/oms/pdfs_doc/member/member_letter_mar_2011.pdf
- www.sesameworkshop.org
- www.fruitsandveggiesmorematters.org
- www.headstartbodystart.org
- www.learningzonexpress.com

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.

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Attachment 1: Photos of Materials Used



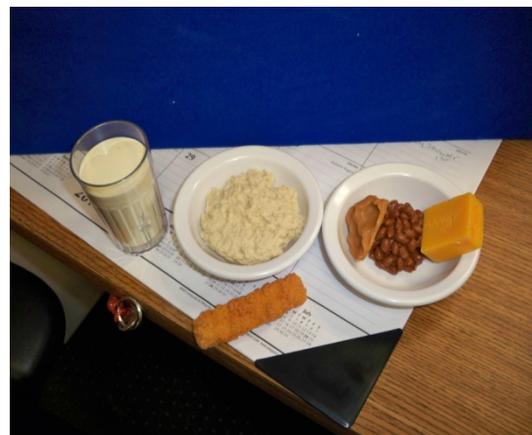
Presentation Board



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
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Fruit Freeze
REPEAT



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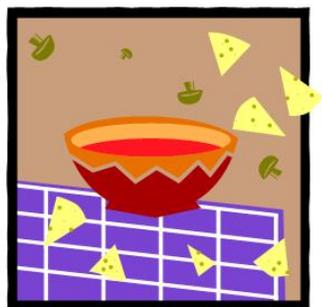
FRUIT SALSA

WITH WHOLE WHEAT CHIPS

1/2 cup chopped kiwi
1 cup chopped apples
1/2 cup chopped strawberries
2 whole wheat tortillas
Cooking spray
Cinnamon

Preparation Instructions:

- 1. Invite the group to wash their hands before the cooking activity.**
- 2. Preheat oven to 350 degrees.**
- 3. Wash and drain the fruit.**
- 4. Finely chop the fresh fruit.**
- 5. Cut the whole wheat tortillas into wedges like cutting a pie.**
- 6. Spray lightly with cooking spray and sprinkle with cinnamon.**
- 7. Bake for 10 minutes.**
- 8. Serve with prepared fruit salsa.**



CHILD SERVING SIZE:
1/4 CUP SALSA
1/2 OF THE TORTILLA
APPROX: 70 CALORIES



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FRUIT SMOOTHIES

- **1 frozen banana, peeled and sliced**
- **2 cups frozen strawberries, raspberries or cherries**
- **1 cup low fat milk**
- **1/2 cup plain yogurt**
- **1/2 cup orange juice**

Preparation Instructions:

1. Invite the group to wash their hands before the cooking activity.
2. Wash and drain all fresh fruit.
3. Combine all ingredients in a blender. Blend until smooth.
4. Recipe yield is approximately 5 cups.
5. Garnish with fresh fruit and straw.
6. Sip and enjoy.



CHILD SERVING SIZE:
1/2 CUP
APPROX. 50 CALORIES

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Attachment 4:

Client Feedback Form

WIC Healthy Fit: Session 3: Going Bananas

MI-WIC NE: Healthy Weight, Snacks, Exercise & Nutrition, Vegetables and Fruit

Name: _____ Family #: _____

This lesson is to provide you with helpful tips you can use at home to encourage eating fruits, vegetables and getting more physical activity.

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

- I want to learn more about helpful tips to offer my child fruits/vegetables and add physical activity ideas, but I'm not sure I'm ready to take steps yet.
- I'm ready to take some steps to start to offer my child fruits/vegetables and add physical activity.
- I have started to take steps to offer my child fruits/vegetables and add physical activity.
- I have been taking steps to offer my child fruits/vegetables and add physical activity.
- I am not interested in taking steps to offer my child fruits/vegetables and add physical activity.
Suggestion: Talk to your WIC staff about a topic of your interest.

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Client Feedback Form

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- I have been taking steps to offer my child fruits/vegetables and add physical activity.
- I am not interested in taking steps to offer my child fruits/vegetables and add physical activity.
Suggestion: Talk to your WIC staff about a topic of your interest.

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

- I'm more aware of ways to offer my child fruits/vegetables and add physical activity but I'm not sure when I will take action.
- Soon I want to start to take some new steps to offer my child fruits/vegetables and add physical activity.
- Today I plan to start new steps to offer my child fruits/vegetables and add physical activity.
- I plan to continue offer my child fruits/vegetables and add physical activity.
- I am not interested in ways to offer my child fruits/vegetables and add 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 ways to offer my child fruits/vegetables and add physical activity but I'm not sure when I will take action.
- Soon I want to start to take some new steps to offer my child fruits/vegetables and add physical activity.
- Today I plan to start new steps to offer my child fruits/vegetables and add physical activity.
- I plan to continue offer my child fruits/vegetables and add physical activity.
- I am not interested in ways to offer my child fruits/vegetables and add 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 3: Going Bananas

MI-WIC NE: Healthy Weight, Snacks, Exercise & Nutrition, Vegetables and Fruit

Name: _____ Family #: _____

This lesson is to provide you with helpful tips you can use at home to encourage eating fruits, vegetables and getting more physical activity.

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

- I want to learn more about helpful tips to offer my child fruits/vegetables and add physical activity, but I'm not sure I'm ready to take steps yet. *Contemplation*
- I'm ready to take some steps to start to offer my child fruits/vegetables and add physical activity. *Preparation*
- I have started to take steps to offer my child fruits/vegetables and add physical activity. *Action*
- I have been taking steps to offer my child fruits/vegetables and add physical activity. *Maintenance*
- I am not interested in ways to offer my child fruits/vegetables and add physical activity. Suggestion: Talk to your WIC staff about a topic of your interest. *Pre-contemplation*

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

- I'm more aware of ways to offer my child fruits/vegetables and add physical activity but I'm not sure when I will take action. *Contemplation*
- Soon I want to start taking some new steps to offer my child fruits/vegetables and add physical activity. *Preparation*
- Today I plan to start new steps to offer my child fruits/vegetables and add physical activity. *Action*
- I plan to continue to offer my child fruits/vegetables and add physical activity. *Maintenance*
- I am not interested in ways to offer my child fruits/vegetables and add 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.



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**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



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**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.

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



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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		