

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

LA 51, San Patricio County WIC

### Title of OPMG Project:

My Plate, My Choice

### Contact Person:

Meliza Garcia

### Contact E-mail:

wic51@yahoo.com

## Project Overview

### List target audience and number of participants seen:

Staff, Average class 10-15

### List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

Cooking Demonstration, Physical Activity, Community Awareness Months

### Overall goal for this project:

To improve staff mobility and related health outcomes.

### Objectives for this project:

Staff to incorporate healthy choices when deciding on what to eat and portion sizes on their plates.

### Project description:

WIC Staff will cook and explain a healthy recipe that is associated with my plate, my choice and will go over a specific topic related to it. WIC Staff will also incorporate what they learn into their counseling sessions with participants.

### List results and objectives met:

Results: 10 staff participated pre-survey and post-survey completed. Of the 10 staff 4 stated in post survey that they continuously have been following the guidelines and have incorporated the My Plate and exercise into their lifestyle. Staff did state also, that in counseling sessions with participants, it was easier to discuss healthy eating habits with participants, due to their better understanding of living healthy.

**List curricula, kits or other educational materials used:**

Educational materials used, included healthy plate examples and items.

**List other resources used, if applicable:**

Resources used included the USDA website, Texas WIC website, and several healthy recipe websites.

**List collaborating agencies or individuals, if applicable:**

Collaborating agencies included San Patricio County Community Based Program and the Texas Agriculture Extension Service.

**List the type of incentives that were given:**

Incentive items given were healthy weight management pocket guides, pedometers, pamphlets, pencils, pens, and cups.

**Helpful ordering information for materials or incentives (if available):**

NA

## **Tips for Other Agencies**

**What worked well for this project?**

This project has a sort of ripple effect. The classes for the staff were successful and they learned how to make smarter food choices by portions. They in turn were able to teach everything they learned through conversation with participants and at all the promotional events that San Patricio County WIC had.

**What were the challenges?**

Challenges included making sure everyone who participated throughout all four of my sites were able to have the classes. We are a small agency so time was important for myself to give the classes and be there for all the questions involved.

**What changes would be made for next time, if any?**

No changes, it has been a wonderful learning experience for myself as well.