



WIC Clinic Activities

Moove to Lowfat and Fat Free Milk Campaign

The following activities can be done anytime during the months that the Moove to Lowfat Milk Campaign is running. Feel free to adapt to the needs of your individual clinic.

1. Importance of Calcium

This activity helps clients learn why calcium is such an important nutrient to keep bones strong and healthy for a lifetime. Smaller bones work better than larger bones for this experiment. The results of the experiment could be shown in a group class or could be displayed in the WIC waiting area.

What you need:

- 2 cooked chicken bones with most of the meat removed
- 2 cup water
- 2 mall glass jars with lids
- 1 cup vinegar

What to do:

- Put one bone in each jar
- Fill one jar with water and the other with vinegar. Put on lids
- Set aside for 2 weeks

What you will see:

In the jar filled with vinegar, you will see calcium crystals. Why? The calcium is pulled from the chicken bone, causing it to weaken and bend. After you take the bones out of the containers, let them dry for a few weeks. Break each dry bone and compare which is stronger. The bone with less calcium will be brittle and break more easily.

2. Milk Mustache

Blend 3 parts ice cream with 1 part milk until the desired consistency is reached. Give each person some milk mustache mixture in a small cup. Have them hold the cup up to their mouths and tip their cups back while keeping their head still. Make sure they keep their mouths closed as they "drink on their mustaches". Take a photo of the clients with their

milk mustache. Post the pictures on a bulletin board or send the picture home with the client. **OR** take pictures of WIC staff members with a milk mustache. Make into poster or bulletin board and display in waiting room during the campaign.

3. Fat in Milk Display

This activity shows the fat content of the amount of fat in each type of milk. Obtain 4 clear plastic cups (8 ounces or larger). Label one cup with: Amount of fat in $\frac{1}{2}$ gallon whole milk. Label the second cup with: Amount of fat in $\frac{1}{2}$ gallon Reduced Fat 2% milk. Label the third cup with: Amount of fat in Lowfat 1% milk. Label the last cup: Amount of fat in $\frac{1}{2}$ gallon Fat Free milk. Melt 10 tablespoons butter-flavored shortening. Pour 5 tablespoons into the first cup, 3 tablespoons into the second cup, 1 $\frac{1}{2}$ tablespoons into the third cup and leave the fourth cup empty. Let the shortening harden. This display would be good to use in a group class or in the waiting room area as part of an interactive nutrition education center.

4. Kids Art Contest

Provide a Mooove to lowfat milk coloring page to all age-appropriate children (a coloring page can be found in the kit_. Have them color their page during the WIC visit. Post their page if they are willing on a central bulletin board area.

5. Recipe Contest

Collect the client's favorite recipes using lowfat or fat free dairy products. Clients could be asked to submit recipes and staff could compile recipes into a booklet that could be given to all clients.

6. Door Prize Contest

This contest could be completed after the milk campaign is completed. Give each client a note to bring in lowfat or fat free milk jug caps at their next check pick up appointment after the campaign. For each cap they bring in, allow them to fill out a slip of paper with their name, entering them in the contest. After the deadline for the contest, choose a winning entry. Contact the winning client. Door prizes could be obtained locally. Take a picture of the winner and post the winner's picture in the clinic.

7. "Fill the Glass" Measuring the clients' progress

This activity is to do after the months the campaign has run. Make a large glass of milk or a milk carton out of white paper. Write "I've Moooved to Lowfat or Fat Free Milk at the top of the glass or carton. When clients come back in the clinic, ask them if they have moooved to lowfat or fat free milk. If they say yest, give them a marker to write their first name in the milk glass. The goal is to "fill up" the glass or carton with names. This can be a visual representation to all clients who have moved to a lower fat milk.