

Students in grades three-six receive nutrition lessons in the SNAP-ED program.

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MG15

4-H

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classes at our local elementary schools with an emphasis on nutrition and physical activity, and participated in trainings to learn how to become better teen teachers and improve their own personal health.

We also launched our 4-H afterschool programs in two of the schools in our county with the hopes of adding more this school year.

The afterschool program is designed to provide students with a healthful meal or snack and teach nutrition lessons around what they are eating, engage them in exciting physical activities that all students are comfortable participating in, and lastly, give them the opportunity to have hands-on science experiences.

Last year we received a significant grant from Bob's Red Mill that allowed us to educate our community on the impor-

tance of incorporating whole grains into their everyday diet.

The grant allowed us to do several community outreach events promoting whole grains, a series of adult cooking classes, our "Smoothie Bike" events at Humbolt, 4-H camp, and the Teen Health fair.

Currently, we are receiving funding from Walmart for a Youth Choice Youth Voice Healthy Living grant. That allows our YA4-H Teens as Teachers to partner with our SNAP-ED educator to teach nutrition lessons to third-through sixth-grade students.

We feel education and exposure to a healthy lifestyle and a better understanding of nutrition will help shape our youth to lead happier, healthy lives.

We are always looking for people who want to get involved with our health and nutrition programs. Help make Grant County healthier and get involved.

Contact our office for more information at 541-575-1911 or email us at shanna.northway@oregonstate.edu.