



WIC Clinic Activities Moove to Lowfat and Fat Free Milk Campaign

1. Importance of Calcium

This activity can be done during the month(s) of the campaign. This experiment helps clients learn why calcium is such an important nutrient for helping keep the bones strong and healthy for a lifetime. Smaller bones work better than larger bones for this experiment. The results of this experiment could be shown in a group class or could be displayed at the WIC issuance area.

What you need:

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



What you do:

- Put one bone in each jar.
- Fill one jar with water and the other with vinegar. Put on lids.
- Set aside for at least 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 ones out of the water and vinegar, leave them out to dry for a few weeks. Break each dry bond to compare which is stronger. The bone with less calcium will be brittle and break more easily. (from National Dairy Council)

2. Milk Mustache

This is an activity to do during the month(s) the campaign runs. 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 Polaroid or digital pictures of the clients with their milk mustaches. Post the pictures on a bulletin board or send the picture home with the client.

(from National Dairy Council)

Or, take pictures of WIC staff members with a milk mustache. Make into posters and display in waiting room during the campaign.

3. Fat in Milk Display

This is an activity to do during the month(s) the campaign runs. Make a visual display of the amount of fat in each type of milk. Obtain 4 clear plastic cups (8 oz or larger). Label one cup with: **Amount of fat in ½ gallon whole milk.** Label the second cup with: **Amount of fat in ½ 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 ½ gallon Fat Free milk.** Melt about 10 tablespoons butter-flavored Crisco. Pour 5 tablespoons into the first cup, 3 tablespoons into the second cup, 1 ½ tablespoons into the third cup and leave the fourth cup empty. Let harden. This display would be good to use at the issuance windows or in a group class.

4. Kids Art Contest

This is an activity to do during the month(s) the campaign runs. Provide a Mooove to Lowfat 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 for all to see and admire.

5. Recipe Contest

This is an activity to do after the month(s) the campaign has run. This is a recipe contest for 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 out to all clients.

6. Door Prize Contest

This is an activity to do after the month(s) the campaign has run. Give each client a notice to bring in lowfat or fat free milk jug caps at their next issuance appointment after the campaign. Mark the client's Client ID number on each cap brought in (no limit) with a permanent marker. Put caps in a large bowl or container. Choose a winning cap out of the bowl each week or at end of the time period. Contact winning Client ID(s). Give client(s) a prize (to be obtained locally). Take picture of winner(s) in front of cow display. Post winner(s) in clinic for all to see.



7. "Fill the Glass" Measuring the Clients' Progress

This is an activity to do after the month(s) 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 in May or June, ask them if they have moooved to lowfat or fat free milk. If they say yes, give them a marker to write their first name in the paper milk glass (and the names of any family members who have moooved). The goal is to "fill up" the glass or carton with names. This can be a visual representation to all clients who have moooved to lowfat or fat free milk.

These activities were compiled by Florida Department of Health, Bureau of WIC and Nutrition Services, for the Florida Interagency Food and Nutrition Committee's *Mooove to Lowfat or Fat Free Milk* campaign. Visit our website at:

www.doh.state.fl.us/family/cvh/nutrition/milk.html

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