

## Shape Up Walker County

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Community partners addressing childhood obesity

Received a mini grant from Share Our Strength to conduct Shopping Matters tours

Goal of shopping tours: To ensure that more families have the opportunity to learn how to make healthy food choices on a limited budget

Participants in the shopping tours are provided a shopping guide, a list of sale items in local stores and menus (\$10 or less for a family of four) to use the sale items. Learning to read food labels, select whole grain products and best buys on fruits and vegetables are activities discussed during the 45 minute tour

Community gardens have been established and expansion continuing in the future

Future activities include healthy food at concession stands during sporting events, establishing the New Leaf program with parents of school children and healthy lifestyle information on web sites and blogs