

# Healthy Kids Project

## NC ALBERT SCHWEITZER FELLOWS PROGRAM

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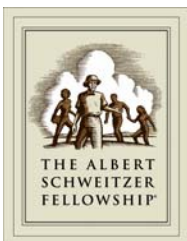
These are the children at the Little Willie Center ("LWC"), an after-school program in West Greenville for latch-key kids. The children get dropped off from school and get tutoring, mentoring and one meal before their parents pick them up from work. Like other children in the United States, 40% of the LWC children were obese, or at risk of becoming obese and most do not eat enough fruits and vegetables, or get enough activity.



My project was to grow a garden with the children at LWC and, in the process, to instill healthy habits like five fruits and vegetables and one-hour of activity per day. Over the summer of 2008, we harvested tomatoes, squash, beans, peas, and...watermelons. The children also learned about the food pyramid and took the President's Fitness Challenge



The garden has been planted for the spring of 2009, and will be planted on a rotating basis for a fall, summer and spring garden. Now, the parents are working with the children to maintain and harvest the garden and are making healthy lifestyle choices for themselves and their families. The project will be funded through the Kate B. Reynolds Charitable Trust Sustainability Grant.



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