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Press Release

Plainfield WIC Celebrates National Nutrition Month - March 2008

During the month of March the Plainfield WIC Division joined the with WIC programs across the nation to celebrate National Nutrition Month. The following weekly activities were conducted at the local office to promote this:

WEEK ONE:

The agency nutritionist' invited Ms. Shagufta Yasmin, a registered dietitian from Muhlenberg Hospital to speak on portion control; Ms. Yasmin used a power point presentation and captivated the audience's (WIC clients) attention. The session ended with a very lively question and answer period, and all participants received a colorful laminated portion plate placemats to take home.

WEEK TWO:

Rhythmic Martial Arts Academy instructors were invited to the WIC Office to demonstrate various types of physical activity workout. The instructors showed the benefit of various exercises to develop, muscle strengthening, self defense, stretching, weight bearing, yoga poses etc.

WIC Clients enjoyed the session tremendously walked away with a greater understanding of the importance of exercise and how it impacts our health.

WEEK THREE

Ms. Anna Kozak a nutritionist student from Lehman College, Bronx, N.Y. coupled with the chief Nutritionist Ms. Kalyan developed a Sudoku game with pictures. The theme for the game was fruits and vegetable... The student gave a brief presentation to a group of WIC clients and engaged all participants to solve the game by giving clues to fill in the missing pieces in the puzzle. WIC clients were rewarded with prizes for the correct answers. WIC clients were enthusiastic and applied their knowledge of nutrition to solving the puzzle.

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WIC Coordinator Prema Achari said; “It is always gratifying to see WIC clients gain a greater understanding of the importance of nutrition. Any method that we can utilize to get the message across we will employ. National Nutrition Month is important in that respect, because it allows us to move beyond the given parameters of the program and use more creative methods of teaching.”

The WIC office is located in City Hall Annex, 510 Watchung Avenue, Plainfield, NJ 07060.

