Empowering Kids (and families) to be Healthy and Smart from the Inside Out!
Obesity Trends* Among U.S. Adults
BRFSS, 1990, 2000, 2010

(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)
Childhood Obesity – A National Crisis

• One out of 3 children in America today are overweight & obese

• These kids are 5 times more likely to be overweight or obese as adults

Excess Costs Related to Overweight and Obesity Estimates

Currently: $254 billion
($208 billion in lost productivity secondary to premature morbidity and mortality and $46 billion in direct medical costs)

If Trends Continue: $861 to $957 billion by 2030
(accounting for 16% to 18% of US health expenditures)

SOURCE: American Heart Association, Statistical Fact Sheet Update 2013
**Mississippi Food Network (MFN) - Initial Grant $87,441 (November 2001 - October 2002)**

**National Center on Family Homelessness (NCFH) – Pilot Project Emotional Health (2005)**


**NCFH – Katrina Phase 1 - $749,570 (September 2005 - November 2006)**

**NCFH – Katrina Expansion Project - $1.1 Million (September 2006 – August 2008)**

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Sesame Street Meets Healthy Learning

ABCs and 1,2,3

Exercise

= Nutrition and
Four Components of
The OrganWise Guys Comprehensive School Program

1. **The Core Kit**  A constant resource – year after year!

2. **Activity Books**  Bring the message home!

3. **Wisercise!**  The SMART way to exercise!

4. **Foods of the Month**  Year round innovative nutrition education!
1. **The Core Kit**  
A constant resource – year after year!
Smart from the Inside Out
School Assembly Kit
Four healthy habits for OrganWise kids:

1. Healthy Foods
2. High-Fiber
3. Lots of Water
4. Exercise
“Hello! I’m a friend of Hardy Heart.”

“My name is Peri Stolic.”
This slide is for use for training for the *Smart from the Inside Out School Assembly* only.
The OrganWise Guys® are registered trademarks of The OrganWise Guys Inc. All rights reserved.
This is a clean, healthy sewer system!
This is an unhealthy sewer system!
Heart to Start - Blue Kit/Red Kit (PK/K)
A teacher resource housed in the Media Center/or with Grade Level
We can do a fruit and vegetable pattern! Madame Muscle and Calci M. Bone love to sew and they also enjoy being helpful. Just look at all of the great color fabric they found. This is going to be so much fun!
I can’t wait to see the finished product. While Madame Muscle and Calci M. Bone are working on completing my outfit, The Kidney Brothers and I need to go over some of the key points I want to make on the show. Here are the notes we have so far.

**Fruits and Veggies**

1. Healthy
2. Vitamin-rich
3. High-fiber foods
4. Full of water
Well, here I am... all ready to go! Don't you just love the outfit? I look FIBER-ific! How many of the colorful fruits and vegetables can you name?
PreK/Kindergarten Companion Activity Book 28 Pages/24 Lessons
Heart to Start BLUE Kit:

- Read it's my Birthday Party!
- Complete Companion Activity Book Pages:
- Page 1. Toothbrush Designer
- Page 2. Birthday Party
- Page 3. All About You

Heart to Start RED Kit:

- Read Cheering for Healthy Choices!
- Complete Companion Activity Book Pages:
- Page 1. Cheering for Fruit
- Page 2. Cheering for Veggies
- Page 3. Your Activity Banner

- Read Click on Your Sir Rebrum!
- Complete Companion Activity Book Pages:
- Page 1. Use the Test
- Page 2. In Search of Breakfast
- Page 3. Click on Your Sir Rebrum

- Read Fiberific Fashion!
- Complete Companion Activity Book Pages:
- Page 1. Colorful Fabric
- Page 2. Fiberific Shirt
- Page 3. Peri's New Design

- Read What's on Your Plate?
- Complete Companion Activity Book Pages:
- Page 1. Read All About It
- Page 2. Your Party Plate
- Page 3. OrganWise Party
Hardy Heart Kit/Calci M. Bone Kit/Windy the Lungs Kit (1st grade)
1st Grade Companion Activity Book
28 Pages/24 Lessons
Sir Rebrum /Madame Muscle/Kidney/Peristolic Kits (2nd grade)
A teacher resource housed in the Media Center/or with Grade Level Teachers
2nd Grade Companion Activity Book
28 Pages/24 Lessons
The OrganWise Guys Hardback Books for Upper Elementary

3rd Grade

4th Grade

5th Grade
The presentation day arrived. Mrs. Jones set aside an hour for our program. We were a little nervous getting up in front of the class. I went first. "Have you ever heard of cardiovascular disease?" I asked. They all looked at me as if I were speaking a foreign language. Maybe Sid and Kid were right! As I began to sweat, someone in the back of the room raised his hand.
Hardy Heart loves to make learning fun. Even though he likes to have fun, he is serious about preventing cardiovascular disease. He has just put together this Healthy Heart crossword puzzle concerning this important subject. See if you have learned enough about cardiovascular disease to finish this puzzle.

Across
2. Another word for physical activity.
4. The term used to describe a blockage in blood flow to the brain.
6. If someone is smoking a cigarette in the same room as you, you should politely ask them to go ________.
8. To help reduce cardiovascular disease, you should try to choose ________ foods.

Down
1. A blockage in an artery to the heart can cause a ________.
3. This bad habit increases the number of free radicals in your lungs and can also lead to a heart attack and stroke.
5. Making low-fat food choices, getting regular physical activity and never using tobacco products helps to keep you ________.
7. The word “cardio” means ________.
To open his new restaurant, Pepto’s first order of business was to secure a loan for the building. He needed to present his application to the bank. If you were planning to open a Pepto’s Place in your neighborhood, what would you put in the letter to the banker to get the loan?

- Present the reason this “new kind” of healthy fast food restaurant is needed.
- Discuss the benefits of having a restaurant like this in your neighborhood.
- Discuss what type of advertising you would do to attract customers.

Dear Mr. Banker,

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Thank you for considering this loan.  

Sincerely,

[Name]
Real life learning that’s linked to core curriculum objectives!
The type of carbohydrate you choose can make a big difference. This first cereal has 0 grams of fiber. Without fiber, carbohydrates are easily broken down into simple sugars, quickly go through the digestive system and flood into the blood. This causes very high levels of sugar in the blood all at once and can leave you hungry in a very short while.

Now let’s look at a cereal choice that contains 8 grams of fiber. By having fiber mixed in with the carbohydrate it takes longer for the stomach to empty. For instance, a sugar goes out, a fiber goes out, a sugar goes out, a fiber goes out and so on! This keeps you full and satisfied for a longer period of time.
As an undercover health agent you will need to communicate lots of healthy information to your friends and family. Finish the article that Peter is writing for the community paper to educate people about this important health issue.

The ___________ is the organ in the body that produces a substance called ___________. This substance acts like a ___________ to unlock the gates of the cell and let the simple ___________ in to be used for energy. A disease of the pancreas which can possibly be prevented is called Type 2 ___________. When this happens, the keys that open the gate to the cell just don’t seem to ___________. Making ___________ lifestyle choices can help keep these insulin keys working. One choice is to eat foods that are low in ___________. To help keep a healthy weight, it is important to get plenty of regular ___________. Another healthy habit is to eat foods that are high in ___________. Colorful ___________ and ___________ are great sources for this. A healthy habit that also quenches thirst is drinking plenty of ___________.

If you do drink a lot of this and are still always thirsty, you should visit a ___________ right away for a check-up!

<table>
<thead>
<tr>
<th>water</th>
<th>sugars</th>
<th>fat</th>
<th>key</th>
<th>fiber</th>
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</thead>
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<tr>
<td>insulin</td>
<td>fruits</td>
<td>doctor</td>
<td>pancreas</td>
<td>healthy</td>
</tr>
<tr>
<td>exercise</td>
<td>Diabetes</td>
<td>vegetables</td>
<td>work</td>
<td></td>
</tr>
</tbody>
</table>
Here we are!

(#2300C)  (#2301C Smaller Edition)
(#2300A)  (#2301A Smaller Edition)

(#2300H)  (#2301H Smaller Edition)

OrganWise Gal®
8 OrganWise Guys DVDs

- Gimme 5
- Calci’s Big Race
- Breakfast Skippin’ Blues
- Extreme Couch Potato
- Fiber Fandango
- Pepto’s Party Portions
- Farmer’s Market Fresh
- H2Ohhhhh!

Housed in the media center for teacher checkout
Keepin’ the Beat
DVD, CD
and Instrumental version
(for music teachers to use in performances)
72 OrganWise Guys “Shorts”

Great for morning announcements!

Topics include:
Exercise
Limiting TV
Gardening
Hand Washing
High-Fiber eating
Fruits and Vegetables
Fresh Air
Snacking/Portion Size
Character Development and more!
OrganWise-ology CD-ROM

- Water Challenge
- Hardy's Healthy Bowling Bonanza
- Pepto's Pyramid
- Peri's Pairs
- Quest for Calcium
- Windy's Wacky Journey
- Madame Muscle Breaks a Move
- Who Wants to be a Brain?
10 OrganWise Guys Posters
MyPlate OrganWise Guys Style! Banner
3. **Wisercise!**

**Wisercise! Karate Kid Math**
Teacher: This round we will be doing forward punches and right kicks. Focus on the numbers 1 to 10.

- Teacher: 2
- Student: 3 + 1 = 4
- Teacher: 5 - 2 = 3
- Student: 7 - 4 = 3
- Teacher: 9 - 3 = 6
- Student: 1 + 5 = 6

**Wisercise! Reading Cheerleading**
Teacher: What does it spell?

**Wisercise! A Shopping We Will Go**

**Wisercise! Nutrition & Health**

---

Daily classroom/desk-side physical activity while staying on task academically!
3. Wisercise!
The SMART way to exercise!

The OrganWise Guys
Proudly presents
Wisercise!

Exercising Brains & Bodies!

Primary Elementary PreK-2

Exercising Brains & Bodies!

Upper Elementary 3-5
1. Begin with a nutrition message WARM UP

**Monday:**
Today is Monday and I feel great!
I can't wait to participate.
I'll work hard this week in school,
And I'll follow every rule!
A healthy breakfast every day,
Helps Sir Rebrum not to stray!
To keep me smart and energized,
Every day I'll WISERCISE!
Roll Call.
OrganWise Rules:
Low-Fat, High-Fiber, Lots of Water, Exercise!

**Tuesday:**
It's Tuesday now and I feel good,
Living my life like I should.
Getting better everyday.
Improving myself in every way.
Getting homework done with ease,
Then I play and do what I please.
I keep my body healthy and strong,
With OrganWise rules all week long.
Roll Call:
OrganWise Rules:
Low-Fat, High-Fiber, Lots of Water, Exercise!
2. Choose a math, language arts or nutrition WISERCISE! activity that keeps you moving as you learn! (7-8 minutes)

**SAMPLE MATH ACTIVITY**

**Karate Kid Math**

Teacher: This round we will be doing **forward punches** and eight numbers. Teacher points to various numbers as students recite each one and then perform karate moves while counting to that number. After approximately 10 numbers, take a short “breather” by marching in place and then begin another round.

- Sight Numbers
- Ten: 1 2 3 4 5 6 7 8 9 10

- Number Words
- Teacher: This round we will be doing **kicks** and number words.
- Five: 1 2 3 4 5

- Simple Addition
- Teacher: This round we will be doing **upward punches** and addition.
- 3+3=6

---

**Wisercise!**
SAMPLE LANGUAGE ARTS ACTIVITY

**Wisercise!**

**Reading Cheerleading**

“What does it spell?”

*Teacher holds flash card while students march in place reciting the cheer:*

**Teacher/Leader:** Give me a “C”  
**Students:** “C”

**Teacher/Leader:** Give me an “A”  
**Students:** “A”

**Teacher/Leader:** Give me a “T”  
**Students:** “T”

**Teacher:** What does it spell?  
**Students:** cat, C-A-T spells cat

Then students cheer while jumping:  
We can read, this is true,  
Give us more words to do!
A Shopping We Will Go

Chorus: A shopping we will go,
        A shopping we will go,
        High-fiber, low-fat “o,”
        A shopping we will go

Teacher: Here is some whole wheat bread. (Teacher points in the direction of the loaves of bread.)
From which food group is whole wheat bread? (Teacher calls on a student with raised hand to answer correctly.)

Student: Grains!

Teacher: How many loaves of whole wheat bread should we get? (Teacher calls on a student to determine quantity.)
Student: Let's get 7. (Students count aloud while “grabbing” 7 loaves of bread, one at a time, from the imaginary shelf; 1-2-3...7.)

Repeat Chorus

Teacher: Oh look, over there are some...

Game continues in this manner until Cool Down.

Grains  Vegetables  Fruits  Oils  Milk  Meat & Beans
3. Cool down with WISERCISE! stretches or you can “Train your Brain for Success” with a WISERCISE affirmation as you cool down. (1-2 minutes)

Sample Affirmations:

- I am becoming a great reader!
- I am a fast learner!
- I make good choices!
WISERCISE! Tracking Calendar and Stickers!

Make a promise to be more active this year!

JANUARY

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

Eat fruit!
Set your goals high!
Outdoor Fun!

Wisercise!
Wisercise!
Wisercise!
Wisercise!
4. Year round innovative nutrition education!

The OrganWise Guys Foods of the Month Club Kit

A science-based nutrition education program about the foods we all need for optimal health!
<table>
<thead>
<tr>
<th>Month</th>
<th>Foods of the Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>October</td>
<td>Apples</td>
</tr>
<tr>
<td>November</td>
<td>Lean Meats</td>
</tr>
<tr>
<td>December</td>
<td>Citrus</td>
</tr>
<tr>
<td>January</td>
<td>Cruciferous Vegetables</td>
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<tr>
<td>February</td>
<td>Good Fats</td>
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<tr>
<td>March</td>
<td>Stems</td>
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<td>April</td>
<td>Nuts</td>
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<td>May</td>
<td>Eggs</td>
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<td>June</td>
<td>Berries</td>
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<tr>
<td>July</td>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>August</td>
<td>Stone Fruits</td>
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<tr>
<td></td>
<td>Tomatoes</td>
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<tr>
<td></td>
<td>Winter Squash</td>
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<tr>
<td></td>
<td>Sweet Potatoes</td>
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<tr>
<td></td>
<td>Root Vegetables</td>
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<tr>
<td></td>
<td>Legumes</td>
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<tr>
<td></td>
<td>Reduced Fat Dairy</td>
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<td></td>
<td>Fish</td>
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<td>Fresh Beans</td>
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<td>Spinach</td>
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<td></td>
<td>Peppers</td>
</tr>
<tr>
<td></td>
<td>Corn</td>
</tr>
<tr>
<td></td>
<td>Summer Squash</td>
</tr>
</tbody>
</table>
OWG Foods of the Month Club
Monthly Posters

The OrganWise Guys
Foods of the Month

September

Whole Grains!

There's a Whole in my Food!
The whole grain foods that we eat, like barley, rice, corn, oats and wheat, are good for you and so delicious. Found in many cereals, crackers and pasta dishes. High-fiber keeps your body lean and sweeps the whole intestine clean.

High in Vitamins too!

Tomatoes

Ode to Tomatoes
Tomatoes grow on a vine and I think they taste mighty fine! They're the real in my spaghetti sauce, the wedge in the green salad I toss. With potassium and vitamins A, K, and C, it's a smart food to eat, if you ask me!

Sir Kebrum? (the brain)

Did you know that tomatoes are really fruit?

Tomato Sauce over Whole Wheat Pasta

Try the different shapes and colors!
Buttons for Child Nutrition Professionals
Club Members website!

September Foods of the Month

Download Your Clip Art

Download Your Newsletter (English/Spanish)

Download Your Coloring and Activity Sheets

Monthly Materials:
January
February
March
April
May
June
July
August
September
October
November
December
OWG Foods of the Month Club
Website: FoM Adult Newsletters

**THE ORGANWISE GUYS**

**Foods of the Month**

**September**

**Tomatoes**

During the month of September, we will focus on tomatoes and whole grains as the OWG Foods of the Month (FoM)! Children, parents and staff be sure to find ways to include these nutritious foods in your meals and snacks! (Also try the healthy recipes found on the next page.)

Tomatoes are one of the most popular types of "vegetables" eaten by Americans. Tomatoes, however, are really members of the fruit family! They are high in vitamins C, A, and K and contain large amounts of an antioxidant called lycopene, which may help guard against certain cancers. Tomato paste and sauces, which contain highly-concentrated, cooked tomatoes, have a greater amount of healthy lycopene than raw tomatoes.

Varieties - Did you know there are thousands of types of tomatoes?! The most popular kinds are classified into three groups: cherry, plum, and slicing tomatoes. Grape and cherry tomatoes are fun, sweet, and really delicious to eat alone or in a salad!

Selection - Cold temperatures can damage tomatoes, so avoid buying tomatoes that are stored in a cold area, and try not to put them in your refrigerator unless you cannot eat them soon. Pick plump tomatoes that have smooth skin with no bruises, cracks or blemishes.

**Whole Grains**

Whole grains are unprocessed grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. The word "whole" in front of a particular grain means that the grain is in its "whole" form and thus not been refined, which is the process that removes the bran and germ from the grain. Refining a grain makes it less healthy because it removes dietary fiber, iron, and many vitamins. So, when choosing bread products, cereals, rice, and pasta, look for the whole grain varieties. Eating whole grains has been shown to reduce the risks associated with obesity, including heart disease, stroke, cancer and diabetes.

Because food labels are very confusing when it comes to whole grains, be sure to read the ingredient list on the package to make sure the word "whole" is listed with the first ingredient (example: whole wheat flour).

**Encourage your kids to eat a nutritious OrganWise breakfast and lunch at school every day!**

Sir Rebrum®

**Fiber helps me do my job!**

- Whole Grains
- High in fiber and helps your intestines with the process of elimination (if you know what we mean!)

Sir Rebrum®

**Tips**

- Whole Grain Tips
  1. Make sure "whole" is listed before the first ingredient when checking the labels of any bread products.
  2. Try stone-ground whole wheat bread instead of white bread; whole wheat hotdog buns; or whole wheat pasta instead of regular pasta.
  3. Use whole wheat flour to make a homemade pizza dough. Mix 3 cups whole wheat flour, 1 tbsp. dry yeast, 1 cup hot water, a pinch of salt and sugar, and 1 tbsp of olive oil together for a tasty base to your favorite pizza!

Peri Stolle®

**TRY THESE YUMMY RECIPES!**

**VINE Ripe Tomato and Vidalia Onion Salad**

3 large vine ripe tomatoes, sliced
2 Vidalia or other sweet onions, thinly sliced
Vinegar or low-fat vinaigrette to taste

1. Place tomato slices in a single layer on large platter; then put onion slices on top of tomatoes.
2. Drizzle with your favorite low-fat vinaigrette.

Makes 4 servings

Adapted from: Beyond Obese, Chef’s Choice Recipe Book from the Atlanta Dev. Project; Sans & Schuler.

**WHOLE GRAIN PITA PIZZA**

2 round whole wheat pitas
3/4 cup (~6 oz) spaghetti sauce
1/4 cup part-skim shredded mozzarella cheese
1 cup chopped vegetables
(spinach, peppers, mushrooms, your choice!)
Extra virgin olive oil or canola oil

1. Preheat oven to 350°.
2. Lay pitas on a flat surface. Spread half of the sauce on each pita round.
3. If you are using chopped fresh spinach, add it now, before the cheese, so it won’t dry out too much.
4. Top each with cheese and then vegetables. Drizzle with oil.
5. Bake for 15 minutes on cookie sheet.

Makes 2 servings

Whole Grains

The OrganWise Guys are having a whole grain party! As you can see, some of the food has already been eaten. Answer the questions below to determine the fraction that has been EATEN, represented by the BLANK portion of the whole grain item. Reduce all fractions to the lowest term!

**Whole Grain Pizza**
- Total number of slices EATEN? ______
- Total number of slices (eaten + non eaten)? ______
- What fraction was eaten? ______

**Whole Wheat Bread**
- Total number of slices EATEN? ______
- Total number of slices (eaten + non eaten)? ______
- What fraction was eaten? ______

**Whole Grain Cereal**
- Total number of bowls EATEN? ______
- Total number of bowls (eaten + non eaten)? ______
- What fraction was eaten? ______

**Brown Rice**
- Total number of plates of rice EATEN? ______
- Total number of plates of rice (eaten + non eaten)? ______
- What fraction was eaten? ______
In September, The OrganWise Guys Foods of the Month are **Whole Grains** and **Tomatoes**!

**Download your materials**
Visit the OrganWise Guys Foods of the Month website to download your September newsletters, coloring sheets, activity sheets, clip art, and USDA fact sheets! Click the green button below to login to your Foods of the Month account.

**Hang up new posters**
As September approaches, remember to take down your August posters and hang up the September ones.

**Watch the video**
Share this message on whole grains and tomatoes with children, staff, and parents.
Linked to standards in all 50 states!

Search By State Standard

Select your grade and subject area, then click on your state to get a customized list of OrganWise Guys resources, matched to your state's standards. For ALL Preschools/Early Childhood Centers, please note the following selections: If you are using Early Childhood Standards, then select Ages 3-5 for grade and Early Childhood for subject; If you are using Language Arts Standards, then select PreK for grade and Language Arts for subject.

Select Grade

Select Subject

STEM Standards
Click this button to access National STEM standards.

Head Start Standards
Click the green button to access National Head Start standards.
HealthierUS School Challenge GOLD Awards Ceremony for all 39 Jackson Public Schools (2012)

OWG Inc. VP, Karen McNamara; Deputy Under Secretary for USDA’s Food, Nutrition and Consumer Services, Dr. Janey Thornton; Jackson Public Schools, Mary Hill; Mississippi State University Extension Services, Theresa
Astounding Health AND Academic Outcomes!

Results published in:
Journal of the American Dietetic Association
Journal of American Public Health
Journal of Healthcare for the Poor and Underserved
The Gold Standard: Reducing BMI Percentiles in Children

![Bar chart showing change in BMI percentiles with OrganWise Program from Fall 2005 to Spring 2006.](chart)

**Fall 2005 to Spring 2006**

- Change in BMI Percentile
- Intervention: -0.50
- Control: -0.10

*p = .00

Published in the Journal of the American Dietetic Association

Lowers Blood Pressure in Children

Diastolic Blood Pressure, Female

Published in the Journal of the American Dietetic Association

Improves Math and Reading Scores
No other program has achieved these results!

<table>
<thead>
<tr>
<th>Academic Test Score</th>
<th>Treatment</th>
<th>Pre-Intervention (Pre-OrganWise)</th>
<th>Post-Intervention (2 Years/Post-OrganWise)</th>
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<tr>
<td>FCAT- Math</td>
<td>Intervention</td>
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<td>307.9</td>
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<tr>
<td></td>
<td>Control</td>
<td>279.2</td>
<td>276.2</td>
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<tr>
<td>FCAT- Reading</td>
<td>Intervention</td>
<td>286.7</td>
<td>292.4</td>
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<td></td>
<td>Control</td>
<td>282.9</td>
<td>281.7</td>
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</tbody>
</table>

Published in the American Journal of Public Health

FIVE STARS in Global Comprehensive Review of Childhood Overweight & Obesity Research Publications

Report for the East Midlands Joint Regional Improvement & Efficiency Plan

What works in combating childhood obesity: an anthology of the literature on effective whole-system approaches
A Scalable, Community-Wide Proven Preventative Approach
Focused and Innovative Multi-Platform Program
Champions Kids Where They Spend Their Days

Early Childhood

Schools

After School/Summer

Community Outreach

Health Care

In the Home
In 10,000 Schools Nationwide
In 1000+ Summer Camp/After School Programs
Reaching 1,000s in Early Childhood Centers
City of Jackson (MS) early childhood development centers display their OWG work
Food tastings at City of Jackson (MS) early childhood development centers
Gardens at schools and early childhood development centers in MS and LA
RECOMMENDATIONS

Because faith-based organizations are strong cornerstones in most communities in the Deep South, they are ideal settings for promoting obesity prevention efforts, and enhancing existing community-and school-based nutrition and healthy living education. Cultivation of faith-community partnerships can support expansion of HOPE2 efforts, and ideas for targeting “at risk” subgroups for specialized outreach, such as teens and dads, should be considered to help reverse obesity trends in the Southern US.
W.K. Kellogg Foundation Funding History
Utilizing OWG Programming

- Mississippi Food Network (MFN) - Initial Grant $87,441 (November 2001 - October 2002)
- National Center on Family Homelessness (NCFH) – Pilot Project Emotional Health (2005)
- NCFH – Katrina Phase 1 - $749,570 (September 2005 - November 2006)
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- MFN – Thriving Communities, Thriving Children II - $1.1 Million (May 2017- April 2020)
Thriving Communities, Thriving Children II
Communities in East Biloxi, Jackson and Sunflower County

- 75 Early Childhood/HeadStart
- 50 Elementary Schools
- 300 Individual Families
- 80 Community Partnership Projects
Healthy Kid Box
Keeping the family involved in healthy living year-round!

And if you are looking for a year round gift of health for the child in your life – this is the perfect monthly gift!
The Healthy Kid Box – Fun With a Purpose!

Month 2 – Bone Health
1 Calci M. Bone Beanie
1 Calci M. Bone Poster
1 It’s a Teethday Party Book
3 Companion Activity Sheets
1 Guide to Bone Health Booklet
1 Calci M. Bone Bookmark
1 Bone Health Newsletter
5 Calci M Bone Temporary Tattoos

Calci Yum, Yum, Yum OWG Episode

Month 3 – Lung Health
1 Windy, the Lungs Beanie
1 Windy, the Lungs Poster
1 An OrganWise Field Trip Book
3 Companion Activity Sheets
1 Fruits and Veggies Booklet
1 Windy, the Lungs Bookmark
1 Fresh Air Newsletter
5 Windy Tattoos

Farmers Market Fresh OWG Episode
Next Steps to innovate...
March’s Free Kids Club Content!

Meet the Characters

Meet The OrganWise Guys

March Activity Book

March Activity Book

Teach Your Child To Draw!

Drawing Sir Rebrum

Watch this!

More Free Downloads!

- Summertime Friends Are Important Activity Sheet
- Teaching Kids To Set Goals Coloring Page
- Girl Scout Lessons Activity Sheet
- Keeping Kids Focused Coloring Page

- Toothbrushing Fun For Kids Activity Sheet
- Teach Kids Persistence Page Coloring Page
- Memorial Day Coloring Page
- Healthy Party Food For Kids Activity Sheet
MyPlate Educational Tools

“MyPlate is OrganWise” Stickers
Stickers come in rolls of 200 and 500 (6 different sticker versions) and are 2.5” x 2.5” each. Use these colorful stickers to help children learn about and try healthy foods as well as to promote MyPlate food choices. The stickers are designed to complement the full MyPlate lesson or can be used to target the MyPlate food categories. For the child that needs an incentive to try a new menu item, these inexpensive tools can be just the ticket!

Roll of 200 Item #3301
Roll of 500 Item #3311
Roll of 200 Item #3302
Roll of 500 Item #3312
Roll of 200 Item #3303
Roll of 500 Item #3313
Roll of 200 Item #3304
Roll of 500 Item #3314
Roll of 200 Item #3305
Roll of 500 Item #3315
Roll of 200 Item #3306
Roll of 500 Item #3316

Roll of 200 $12.50
Roll of 500 $25.00

The OrganWise Guys MyPlate Puzzle
There is no need for children to be puzzled about healthy choices with MyPlate as a guide! This colorful puzzle makes fun time a nutrition education event.

Item #2055 $12.95

MyPlate Poster
Turn any location into a nutrition education showcase with this colorful, informative OrganWise Guys MyPlate Poster!

Item #3200 $4.95

MyPlate “OrganWise” Style School Assembly
(See details page 32)

Item #3105 $75.00

The OrganWise Guys MyPlate Apron
Let this apron serve as a teaching tool as you serve up MyPlate foods! Ideal for use in cafeteria settings, cooking demonstrations and food tasting events.

Item #8400 $21.95

The OrganWise Guys MyPlate Cafeteria Banner
(See details page 33)

Item #2310 $125.00

Serving Up Good Health with Fruits and Vegetables Booklet
This 8-page booklet encourages MyPlate choices to increase fruit and veggie consumption and includes a healthy behavior-tracking activity unit. This is a great way to open up a healthy behavior and work towards health goals.

#2206 89¢ ea
“Organ”-ic Gardening Kit and Garden Signs
Assistance with your grant proposals . . .

Grant Inquiry Form

Complete the form below and we will let you know if there are any grant opportunities from local funders that could fund The OrganWise Guys!

The OrganWise Guys Grant Request Form

First Name*

Last Name*

Email*

Company*

State*

Your Message*

Submit Reset
Professional Development
(With a little something extra!)

Helping centers create a culture of health and well-being for students, families and staff!

Dr. Michelle Lombardo
770-495-0374
Growing The OrganWise Guys Online Community!

www.organwiseguys.com
Unparalleled Experience and Expertise

- Founded in 1993 by Dr. Michelle Lombardo and Karen McNamara
- The only large-scale childhood obesity prevention program that shows health and academic outcomes.
- National experts in orchestrating public-private partnerships for community-wide prevention models
- OrganWise is a certified Women Owned Business through the Greater Women’s Business Council
- Full service project management organization providing seamless program delivery