## Organization: Perfecting the Saints Family Worship Center

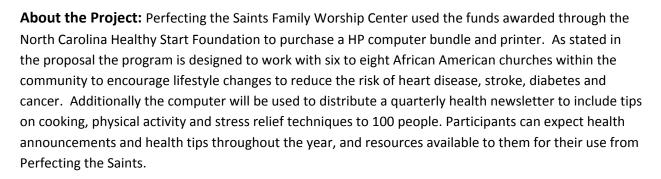
County: Cumberland

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**Project:** Educational Sessions for Wellness Program

\*\*Below are excerpts from their final report\*\*



For example, during the month of April a PowerPoint presentation was presented on The Winner's Circle Healthy Dining program. The program uses one consistent logo—a purple star with a gold fork—to identify healthy foods anywhere people eat away from home. These healthy foods are qualified based on widely-accepted nutrition recommendations to support optimal health and prevent chronic diseases. Winner's Circle qualified items encourage consumption of fruits, vegetables, grains, beans, and calciumrich foods while limiting the intake of fat, sodium, and sugars. An evaluation was done to determine who was and wasn't familiar with the Winner's Circle Healthy Dining program. It was determined the majority of families eating at local establishments were unaware of the North Carolina healthy eating logo. Individuals can now look for the purple star and gold fork to determine the healthier choices when dinning out to make healthier food choices throughout their lives.

**Successes:** Churches are willing and able to do all that they can to improve and prevent health challenges, problems and deaths due to preventable causes. Therefore Perfecting the Saints Family Worship Center appreciates the N.C. Healthy Start Foundation for providing us with grant funds to purchase a computer system to further reach the church family and members of the different communities we are serving to provide awareness and educational programs with emphasis on behavioral lifestyle changes.



