



Are You OrganWise?



Beginning this month, SNAP-Ed staff is introducing students to OrganWise, an evidence-based curriculum for Kindergarten, 1st-, and 2nd-graders. Many area schools are taking part in the program, including Charter Oak, Franklin, Glen Oak, Harrison, Hines, Pleasant Hill, Roosevelt, and Thomas Jefferson. As SNAP-Ed staff members go into these schools, they work with multiple teachers to provide half-hour classes on nutritious eating, physical activity, and healthy choices.

Each staff person is equipped with a kit that includes storybooks, DVD's, lesson plans, and an Organ Annie or Organ Andy doll. The Organ Annie dolls feature plush replicas of the major organs that fit inside the doll. These plush characters all have a humorous name and face that make the lesson come alive for the students. Lessons include a story or a DVD (reinforced by the Organ Annie or Andy doll) and a companion activity, as well as a chant and a session of vigorous exercise known as Wisercise.

As reports of childhood obesity become increasingly worrisome, SNAP-Ed programs, with their emphasis on eating right and getting active, become more vital – especially to young children. The goal behind the implementation of the OrganWise program is to encourage children in their formative years to make good choices to maintain their health, so that they will continue to do so into adulthood.

For more information about the SNAP-Ed program in the Fulton-Mason-Peoria-Tazewell Unit, please contact Ashley Schriver, Program Coordinator, SNAP-Ed at aschrive@illinois.edu or 309-685-3140, ext. 16.

