

Appendix D. Sample Program Plan

Eating Smart and Moving More Sample Program Plan

Available for free download at www.EatSmartMoveMoreNC.com

Faith Community Name: _____ Carolina County Faith Community _____
Date of Program Plan: _____ March, 2008 _____

Goal #1	Encourage faith community members to drink water
Actions	<ol style="list-style-type: none"> 1. Print out a copy of sample policy from www.eatsmartmovemorenc.com 2. Meet with faith community kitchen committee to discuss water policy 3. By July, sign a faith community wide policy that water will be served at all faith community functions or events. 4. Purchase water pitchers for faith community functions or events 5. Designate a place for storing water pitcher 6. Hang "Water" poster in faith community buildings (download at www.EatSmartMoveMoreNC.com). 7. Promote water policy in faith community services, newsletters, bulletin boards, programs or bulletins
Resources Needed	<ul style="list-style-type: none"> • Water pitchers • Sample policy • Storage place for water pitchers
Strategy Progress	<ul style="list-style-type: none"> • Talked with faith community leader about water policy (date completed) • Sample policy printed (date completed) • Met with kitchen committee (date completed) • Water pitchers purchased (date completed)
Goal #2	Encourage faith community members to grow their own vegetables
Actions	<ol style="list-style-type: none"> 1. Set aside a section of faith community property for garden plots for members 2. Contact Cooperative Extension for assistance with garden preparation 3. Develop procedure for how garden plots will be shared among interested faith community members 4. By June, plan and begin to grow vegetables in newly established faith community garden. 5. Work with members and children's programs to have them assist in planting and maintaining garden plots 6. Plan a celebration event 7. Evaluate success of gardening project and begin plans for next year
Resources Needed	<ul style="list-style-type: none"> • Access to water • Gardening enthusiasts • Cooperative Extension staff • Plot of land • Seeds/vegetable plants • Gardening tools and equipment
Strategy Progress	<ul style="list-style-type: none"> • Contacted county Cooperative Extension office for gardening assistance (Date completed) • Located plot of land on faith community property (Date completed) • Purchased seeds recommended by Cooperative Extension staff (Date completed)