



MOVE MORE, EAT HEALTHY OC FAITH-BASED ORGANIZATION COMMITMENT FORM

Name of Organization: _____

Throughout the ages health and healing have been important components of the world's religions. Recognizing the important role of faith-based organizations in the lives of those we serve and our community, we will join the *Move More, Eat Healthy OC* Campaign by committing to **at least one** of the following activities to make our Congregation healthier:

_____ **Nourish the Body**

Make congregational and child care program meals/snacks healthier by providing fresh fruits and vegetables and switching from sugar-sweetened beverages to water, milk and non-sugar-sweetened beverages.

_____ **Educate in Faith**

Incorporate healthy living messages in youth curriculum to encourage healthy habits connected with teaching in our faith's tradition.

_____ **Serve the Community**

Provide access to our facilities as able for local schools or youth groups to increase opportunities for children and adolescents to participate in physical activity after school and on week-ends.

_____ **Be Faithful to Fitness**

Host a family physical activity in our congregation, such as a walk, fun run or other activity and incorporate physical activity in our youth programs.

_____ **Reach Out to the Vulnerable**

Host a food pantry that includes healthy options in our Congregation.

Adapted from the Fit Business Toolkit of the California Department of Public Health.

By: _____
Signature

Title: _____

Phone: _____

Email: _____

Contact: _____

Contact

Email: _____

Please fax to:

Michele Martinez

Director, Orange County Obesity Prevention Plan
Nutrition and Physical Activity Collaborative (NuPAC)

FAX 714-899-3824 Phone: 714-380-4339

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