



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Beginnings
Project Name:	WISE: together, We Inspire Smart Eating Nutrition Curriculum Initiative
Funding Period:	September 1, 2014 – August 31, 2016
Project Coordinator:	Julie M. Rutledge, PhD
Project Administration:	Louisiana Tech University School of Human Ecology, Family & Child Studies Dept.
Total Funding Requested:	\$ 104,187.00

Program Summary:

The purpose of the grant is to implement a two-year, two-phase nutrition education program - aimed at educators, children and their parents - that successfully promotes an increase in children's intake of nutritious food and prevents childhood obesity.

Program Goals

- (1) To increase teacher's knowledge of nutrition,
- (2) increase parental knowledge of the benefits of proper nutrition; and,
- (3) encourage healthy food alternatives in school systems via nutritional education programs.

The specific phases to be implemented are as follows:

- **Year One:** To establish the condition of early childcare food practices in Lincoln Parish relative to best practice.
- **Year Two:** Implement and evaluate the WISE(together, We Inspire Smart Eating) pre-school nutrition curriculum.