

About the Happy Healthy Trojans Initiative

The West Central FFA chapter has elected to begin a service-learning project focused on developing and implementing healthy lifestyle and hunger relief projects throughout the school district. The FFA plans to focus on promoting health and wellness in the community. South Dakota was ranked the 34th most obese state in the United States in 2017 with an obesity rate of 30 percent in children and adolescents ages 2-17. In the district, 21.7 percent are considered obese or overweight according to their BMI. Statistics show 44 percent of students at the Hartford or Humboldt Elementary Schools are overweight or obese. The initiative will have two primary areas of focus; educating the community about producing, preserving, and eating fresh vegetables, and developing habits for a healthy lifestyle to include diet, exercise, and disease prevention. The chapter will produce vegetable plants, which will be donated to community members for home use with the understanding that excess produce will be donated to help feed the hungry in the area. Happy, Healthy Trojans will provide materials for educational workshops to support the objectives of the initiative. FFA members will work collaboratively to develop curriculum and implement educational workshops that focus on vegetable gardening as well as developing and maintaining a healthy lifestyle that focuses on fitness and nutrition.



Happy Healthy Trojans



Kick-Off Event

Monday, April 22, 2019
7:00 p.m.
Ag Ed Classroom



For more information

happyhealthytrojans.wcffa.com
info@wcffa.com
605-528-6236

Planned Events and Workshops

Sign up for one, two or all of the planned events and workshops

Kick-Off Event	Monday, April 22, 2019	7:00 p.m.
Gardening Workshop	Monday, April 29, 2019	7:00 p.m.
Container Gardening Workshop	Monday, May 6, 2019	7:00 p.m.
Family Fitness	Monday, May 13, 2019	7:00 p.m.
Vegetable Plant Giveaway	Wednesday, May 15, 2019	-All Day
What's for Supper Easy Meal Planning Ideas	Monday, May 20, 2019	7:00 p.m.
Grocery Store Challenge Healthy Hunting	Monday, June 3, 2019	7:00 p.m.
No Nutrition, No Health Know Nutrition, Know Health	Monday, June 10, 2019	7:00 p.m.
No Fitness, No Health Know Fitness, Know Health	Monday, June 17, 2019	7:00 p.m.
Bike Trail Health and Fitness Scavenger Hunt	Monday, June 24, 2019	7:00 p.m.

Squeeze it in Fitness in 10 Minute Chunks	Monday, July 1, 2019	7:00 p.m.
Fruits and Vegetables-- Make it Half	Monday, July 8, 2019	7:00 p.m.
Leverage your Beverage	Monday, July 15, 2019	7:00 p.m.



Culminating Events:

West Central's Top Healthy Chef	Monday, July 22, 2019	7:00 p.m.
The Amazing Health and Fitness Race	Monday, July 29, 2019	7:00 p.m.