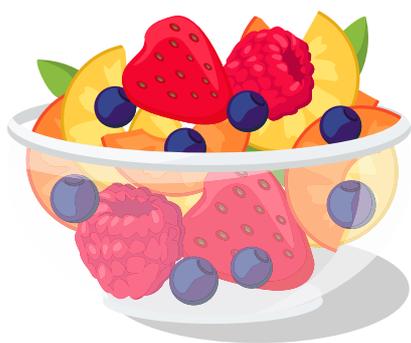


# Healthier Together Newsletter



## Ft. Gaines ARC Family Movie Night

The Ft. Gaines Arts & Recreation Council has begun putting together monthly movie nights for the kids of Calhoun County. At these events, children and parents are invited to enjoy a film and try a variety of fruits, including apples, mandarin oranges, bananas, raspberries, and strawberries. The events have hosted approximately 20–65 people per movie. If you live locally, take your family to the 125 New Park Rd fire station next month to enjoy the next ARC Family Movie!



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Let's become healthier together one step at a time!

## Clay County Playground

A new playground has been installed and is ready for play adventures for our Morgan residents! If you live locally, take your family and enjoy a picnic and time playing in this great new community space. Providing opportunities and built environments for physical activity is one of the primary goals of the Healthier Together Georgia project.



The City of Morgan's new playground right after installation.

## Stewart County Project Achievement

Stewart County had nine 4-H members recently compete in the food labs project during Cloverleaf (4th–6th graders) and Junior/Senior (7th–12th graders) at Project Achievement competitions this spring. To compete, students must understand their ingredients' basic nutritional qualities while preparing a recipe before a panel of judges. In collaboration with Healthier Together in Stewart, competing students used local Healthier Together gardens produce in their recipes! Students used winter garden veggies like spinach, lettuce, and kale for various snacks and meals. Once summertime vegetables are here, students can use tomatoes, bell peppers, jalapenos, and other garden vegetables for future Project Achievement recipes. Congratulations to all of our student competitors!



Lauren L. with her 2nd Place medal.



Jalescia C. with her 1st Place medal.

## Meet your neighbor

Amanda Farley is the Calhoun County Family Connection Coordinator. Amanda and Shanda have been working together for the last two years, but Amanda and her family have enjoyed the Healthier Together Georgia Project resources for years.

When asked how this project has impacted her family, Amanda said, "My family uses the playground in Morgan regularly. My two girls can play and have fun while I use the walking trail or exercise equipment...It's a win-win for my kids and myself. Life is busy with two littles, so it's nice to have the option to grab quick snacks and meals that are easy AND healthy."



Amanda Farley and her family.

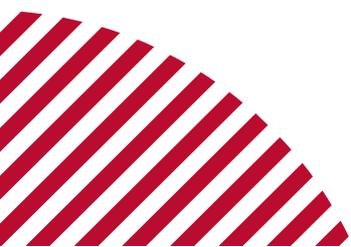
## Meet your staff

Dr. Heather Padilla is a core member of the Healthier Together Team. She is a professor at the University of Georgia and the Principal Investigator for Healthier Together. She works alongside the program's team members and the Centers for Disease Control to increase access to healthy foods and physical activity in our communities.

When asked about her favorite part of working with Healthier Together, she said, "Getting to work with our team. The Healthier Together goals are big and face challenges – our amazing Team, including our community members, make the work fun and rewarding!"



Dr. Heather Padilla harvesting blackberries.





## Upcoming Events

- If you live in Taliaferro County and are interested in the Master Gardener program, please get in touch with Hope Smith for information on future meetings: [hope.smith@uga.edu](mailto:hope.smith@uga.edu).
- Keep an eye on the Healthier Together Facebook page to see when potential summer coalition meetings and other events will be scheduled!

### Find out how you can get involved!

Follow us on Facebook to stay up to date on events happening near you!



Scan to access our website or visit <https://t.uga.edu/86P/>



Scan to sign up for our newsletter or visit <https://t.uga.edu/8ph>



Email: [healthiertogether@uga.edu](mailto:healthiertogether@uga.edu)

Healthier Together is a High Obesity Prevention grant funded by the CDC and implemented by the University of Georgia Extension. The goals of the grant are to increase community access to healthy foods and physical activities in our 5 target counties: Calhoun County, Clay County, Dooly County, Stewart County, and Taliaferro County.

