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www.citycountyhealth.org

ON THE MOVE works to support healthy eating and physical activity in Barnes County. Programming is made available through grant funds. To learn more, contact City-County Health District's ON THE MOVE department at 845-8518.

Community Programs



Farmer's Market

Each year ON THE MOVE partners with the local Farmers Market one day to offer a tasting event for the community. The ON THE MOVE partners choose a healthy vegetable recipe to prepare and the farmers market vendors donate all of the produce for the event.



Let's Walk Valley City

Let's Walk Valley City is a fun outdoor event where participants are invited to walk, bike, roller blade or run a designated route and participate in fun activities for both adults and kids along the way.

Youth Programs



Giant Fruit Salad

The Giant Fruit Salad is a chance for health professionals or other interested individuals to promote eating fruits in the schools, to use fruit that students bring in to create a Giant Fruit Salad that is distributed back to all the students in their classrooms, and share the message that “fruit (and veggies) taste great and are great for you!”



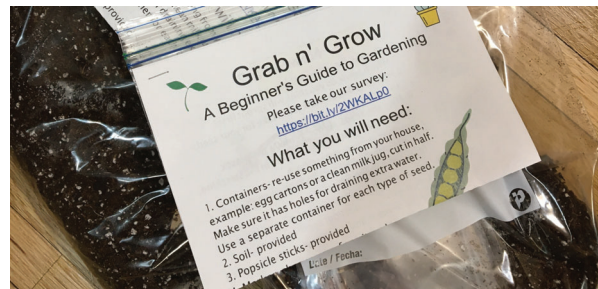
ON THE MOVE for students

ON THE MOVE for Students is a program that encourages students in grades K-6 to get at least 60 minutes of physical activity on at least 5 days of the week. It is 4-week program offered to all schools in Barnes County.



Nutrition Education

City-County Health District provides nutrition education lessons in elementary classrooms. Lessons can focus on heart-healthy behaviors using interactive behavior-change activities through the Young People Healthy Heart lesson plans. City-County Health District partners with NDSU Extension - Barnes County to offer lessons in local schools.



Grab n Grow

In celebration of Earth Day, all kindergarten – grade 6 students in Barnes County received Grab n' Grow seed planting kits assembled by ON THE MOVE partners. Research has shown that children who are involved in hands-on gardening projects are more likely to eat more fruits and vegetables.