**HEALTHY LIVING**

**STATE GOALS – January 2022**

**Community Awareness for Healthy Living**

**GENERAL GOAL:**

**Encourage OHCE members to be active proponents of their own health and safety**

**Health and Safety Issues Suggested Emphasis:**

* Healthy Eating and Active Living
* Supporting Emotional Well-Being
* Safety and Our Environment

**Suggested Projects**:

* Benefits of Bulk (Fiber can be fun!) – **District Workshop, State Workshop**
* The Power of Yogurt – **Leader Lesson (15 minute or longer)**
* Diet and Inflammation – **District Workshop, State Workshop**
* What are Health Disparities? **Leader Lesson (15 minute)**
* Internet Food Safety Myths **Leader Lesson (15 minute)**
* **Awards:**
* 1st, 2nd, 3rd –County Award Book: $25, $15, $10
* 1st, 2nd, 3rd, - Local Group Award Book: $25, $15, $10

**Committee:**

* Madaline Kropff, NE Chair
* Susan Nelson, SE Member
* Linda Heilman, WS Member
* Maggie Clinton, SE Member