NATIONAL CATHOLIC REPORTER
Published on *National Catholic Reporter* (http://ncronline.org)

California parish wins Let's Move! honorable mention

Tom Gallagher | Jul. 11, 2012 NCR Today

First Lady Michelle Obama announced the winners [1] of the Let's Move video contest today.

> The winners of the *Communities on the Move* Video Challenge have been chosen! Since First Lady Michelle Obama announced the Video Challenge in February, *Let's Move Faith and Communities* has been inspired by every congregation and community that submitted a video highlighting how they are promoting healthy lifestyles for kids. From putting on nutrition-themed puppet shows in Connecticut to advocating for safer play spaces in Colorado and preaching healthy living from the pulpit in Florida, the ideas in these videos demonstrate the commitment that communities across the country have to reversing the trend of childhood obesity within a generation.
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> The Video Challenge encouraged faith-based and neighborhood organizations to create one-to-three minute videos highlighting the work they are doing to make their communities or congregations places of wellness. The challenge recognized efforts that promote healthy lifestyles for kids in three areas: encouraging nutritious eating through USDA'sMyPlate icon, increasing physical activity, and ensuring access to healthy, affordable foods. The winners and honorable mentions will be invited to Washington, D.C. for a *Let's Move!* event.

Most Holy Trinity Church in San Jose, Calif., received an honorable mention and will travel to the White House for the awards ceremony. Watch their video here [2].

> Most Holy Trinity Church's video describes the collaborative effort between San Jose State University (SJSU) and Most Holy Trinity Church (MHT). Learn how Dr. Marjorie Freedman, a professor in the department of Nutrition, Food Science and Packaging at SJSU is working to promote the key messages of Let's Move! to address the high rates of overweight and obesity in a low-income population comprised primarily of ethnic minorities (Vietnamese, Filipino, Hispanic and Samoan) living in East San Jose.
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> Freedman joined with parishioners to create the MHT Food Justice Ministry, which is focusing its efforts on key messages of Let's Move! With respect to promoting healthy eating, teens participate in "Cooking Matters" and "Rethink Your Drink Classes." Nutrition education materials include weekly bulletin columns in three languages, bilingual books promoting water consumption, and Healthy Fresh Food Access Guides. MHT Food Justice is also working on development and adoption of a healthy food and beverage policy.
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> MHT Food Justice partners with Second Harvest Food Bank and Catholic Charities to promote CalFresh (SNAP) benefits. Through multi-lingual pulpit announcements and tabling after Mass, hundreds of parishioners have been prescreened for benefits. "Double up buck" programs, enabling participants to use their EBT card at local famers' markets and the Farmstand at nearby Veggielution Community Farm are encouraged.

Finally, MHT youth enjoy music and dance. The Filipino dance groups, Vietnamese Lion dancers, and the MHT Samoan Youth practice fun ways to "Move" while preserving their cultural identity.

Source URL (retrieved on *05/04/2015 - 10:43*): http://ncronline.org/blogs/ncr-today/california-parish-wins-lets-move-honorable-mention

Links:
[1] http://www.letsmove.gov/blog/2012/07/11/communities-move-video-challenge-winners-announced
[2] http://communities.challenge.gov/submissions/6908-sjsu-mht-food-justice-communities-on-the-move-video-challenge