



Faith, Activity, & Nutrition (FAN) Program Plan

Church Name, City, & State: _____



How Will Your Church Provide **Physical Activity Opportunities** for Everyone? (Lesson 2, A&P Chapters 3&5)

Goal: Provide opportunities for physical activity before, during, or after church services and/or events.



Please complete your church plan for providing physical activity opportunities.

Event	How can you add physical activity or a movement break to this event?	Lead person?	Start date? How often?
<i>Example: Church Board Meeting</i>	<i>Half-way through the meeting, take a 10-minute break and use the Gospel Lift Off CD.</i>	<i>Mrs. Jones</i>	<i>June 1 Monthly</i>
<i>Example: Youth Sunday School</i>	<i>Coordinate with our Youth Director to ask all Sunday School teachers to build in a movement activity or break. It can be tied to the lesson or just a time to break up the lesson by moving.</i>	<i>Mr. Smith</i>	<i>June 1 Weekly</i>

Goal: Offer physical activity program(s) that will reach most members of your church.



Please complete your church plan for providing physical activity program(s).

Physical activity program	Can you connect it to a church event? (list the event)	What age group will this program reach?	Does the program appeal to men and/or women?	Does the program involve youth (leading or participating)?	Lead person?	Start date? How often?
Example: <i>Walking Program</i>	<i>Progress will be posted on FAN bulletin board</i>	<i>All members</i>	Men Women <u>Both</u>	<u>Yes</u> No Unsure	<i>Ms. Abby</i>	<i>July 1 Weekly</i>
			Men Women Both	Yes No Unsure		
			Men Women Both	Yes No Unsure		
			Men Women Both	Yes No Unsure		

As you develop your plan for increasing physical activity opportunities, remember to consider ways to make sure that the activities are **appealing to members** (see Chapter 5 for more details). Ideas to consider include:

- Tie healthy eating messages to scripture
- Discussion importance of healthy eating in Bible Study and Sunday School
- Make physical activity opportunities convenient by including them into existing church activities (during, immediately before, or immediately after)
- Consider a **brief survey** of the interests of people in your church to ensure the activities will appeal to all church members
- Involve youth in physical activity programs (e.g., lead physical activity breaks, coordinate physical activity programs)
- Use contests and offer prizes (e.g., dance, walking, or weight loss contests)
- Incorporate physical activity stations into a health fair held at your church
- Make sure programs last over time by putting new spins on activities



How Will Your Church Provide **Healthy Eating Opportunities** for Everyone? (Lessons 3&4, A&P Chapters 4&5)

Goal: Serve more fruits, vegetables, and whole grain foods and serve lower-fat and lower sodium foods at church meals and snacks.

The following strategies will help you to meet this healthy eating goal. Please check the strategies that would apply to your church.



- Use **menu plans** to offer healthy meals and snacks after services, meetings, funerals, or other church functions
- Replace refined grain products with **whole grain products** (e.g., brown rice, whole wheat bread, whole wheat noodles)
- Add more fruits and vegetables into existing dishes**
- Add more fruits and vegetables to meals and snacks**
- Use the **ROSE method** (Reduce, Omit, Substitute, Equipment) to **reduce unhealthy fats** in meals and snacks
- Choose **healthy proteins**, such as legumes (dried beans, peas, lentils), nuts and seeds, and leaner types of meat
- Encourage all Sunday School and Bible Study classes that offer snacks to have **healthy options** available
- Serve **healthy snacks** before, during, or after events
- Work with **caterers** to select menus consistent with FAN principles
- Organize **potlucks** to increase vegetables, fruit, and whole grain products

Please complete your church plan for providing healthy eating opportunities.



Event	How can you include healthy food choices at this event?	Lead person?	Start date? How often?
<i>Example: Sunday breakfasts</i>	<i>Fruit included at every breakfast. Replace donuts with small reduced-fat muffins or whole-wheat mini-bagels.</i>	<i>Mr. Smith</i>	<i>July 1 1st & 3rd Sundays</i>
<i>Example: Youth Sunday School</i>	<i>Coordinate with our Youth Director to make sure youth receive snack low in fat and sugar.</i>	<i>Mr. Smith</i>	<i>June 1 Weekly</i>

As you develop your plan for increasing healthy eating opportunities, remember to consider ways to make sure that the activities are **appealing to members** (see Chapter 5 for more details). Ideas to consider include:

- Tie healthy eating messages to scripture
- Discussion importance of health and healthy eating in Bible Study and Sunday School
- Involve youth in programs (e.g., cook-off that includes all youth, trainings in healthy cooking at Vacation Bible School, curriculum about planting and gardening)
- Use contests and offer prizes (e.g., weight loss, healthy recipe makeovers)
- Make healthy foods full of flavor with herbs and spices
- Hold food tasting events
- Incorporate healthy eating tasting stations into a health fair
- Make sure programs last over time by putting new spins on activities
- Host farmer's markets to showcase and provide local produce
- Grow fruits and vegetables & herb gardens at church
- Hold fruit or vegetable sales as fund raisers



How Will Your Church **Get the Message Out** About Physical Activity and Healthy Eating? (Lesson 5, A&P Chapter 6)

Goal: All church members will see and hear messages about physical activity and healthy eating during services and/or other church events or meetings.



The first three activities are required as part of your church plan. Please add any additional activities you might wish to add to your plan (see pages 38-39 for ideas).

Activity	How often?	To whom?	Lead person?
Pass out bulletin inserts (or include information in bulletins) about physical activity and healthy eating to the whole church (Monthly inserts are included in the FAN electronic resources.	at least monthly	Entire congregation	
Share messages about physical activity and healthy eating messages with the whole church (The FAN electronic resources contain a wealth of health information that you can highlight and share with your congregation.)	At least monthly	Entire congregation	
Create a bulletin board in a highly trafficked area that includes information about physical activity and healthy eating as well as opportunities to be active and eat well (The FAN program provided suggestions for starting a bulletin board. See electronic resources. Update it with material(s) from the FAN electronic resources and/or highlight current church activities or programs related to FAN.)	Update monthly	Entire congregation	



What Types of Guidelines (Policies) Will You Set? (Lesson 6, A&P Chapter 7)

Goal: Churches will establish policies related to physical activity and healthy eating.

Please identify at least one physical activity and one healthy eating guideline (policy) that your church will consider developing. See pages 86-88 for examples.



Physical Activity Guidelines (Policies)

Example:

Guideline (Policy): <i>A physical activity break will be included in all church meetings lasting more than 45 minutes.</i>	
Who should be included in drafting, reviewing, or approving guideline (policy)? <i>Mrs. Jones (FAN Committee member), Pastor, Bible study leaders, Meeting chairpersons</i>	
Target date for final version of guideline (policy): <i>January 2018</i>	
Actions (these can be from earlier sections)	Who will put it into place?
<i>1. Take a 10-minute break during Bible Study using the Gospel Lift Off CD and get moving!</i>	<i>Bible study leaders</i>
<i>2. Take a 10-minute stretch break, walk break, or Gospel Lift Off CD break during standing church meetings.</i>	<i>Meeting chairpersons</i>

Guideline (Policy):	
Who should be included in drafting & approving guideline (policy)?	
Target date for final version of guideline (policy):	
Actions (these can be from earlier sections)	Who will put it into place?

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Target date for final version of guideline (policy):	
Actions (these can be from earlier sections)	Who will put it into place?

Healthy Eating Guidelines (Policies)

Example:

<p>Guideline (Policy): <i>All events that include food should include a vegetable and/or fruit.</i></p> <p>Who should be included in drafting, reviewing, or approving guideline (policy)? <i>Mrs. Smith (FAN Committee member), Pastor, Mrs. Brown (lead kitchen staff), Sunday school and bible study leaders</i></p> <p>Target date for final version of guideline (policy): <i>February 2018</i></p>	
Actions (these can be from earlier sections)	Who will put it into place?
<i>1. Children's Sunday School classes that serve snacks will include whole or cut fruit</i>	<i>Sunday school teachers</i>
<i>2. Church events that serve snacks or meals will include at least two vegetable dishes and one fruit option.</i>	<i>Kitchen staff</i>
<i>3. Bible study classes that serve snacks will include whole or cut fruit.</i>	<i>Bible study leaders</i>

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Actions (these can be from earlier sections)	Who will put it into place?

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Actions (these can be from earlier sections)	Who will put it into place?



How Will Your Church Engage and Support Your Pastor? (Lesson 7, A&P Chapter 8)

Goal: Pastors will receive support and information to help him/her be a role model and supporter of physical activity and healthy eating.



The following activities are strongly recommended as part of your church plan. Please add any additional activities you might wish to do to your plan (see pages 47-49 for ideas).

Activity	Lead person?	Start date? How often?
Share the monthly Pastor activity (located in the FAN electronic resources) with your Pastor and encourage him/her to try it and share his/her learnings with the congregation		
Ask the Pastor to allow the FAN Coordinator (or Champions) to have time to talk about physical activity and healthy eating during worship services and church meetings		
Provide messages and information about physical activity and healthy eating that Pastors can talk about from the pulpit (refer to the FAN electronic resources for ideas)		
Encourage your Pastor to be a role model by wearing a pedometer or fitness tracker (e.g., Fitbit) , and encourage him/her to talk about it often		
Suggest guidelines and practices that the Pastor can put in place at church to support physical activity and healthy eating. See the Guidelines and Practices Handout in the Appendix for ideas (page 86).		



When Will Your Church Hold its **Kick-Off Event?**

(Lesson 8, A&P Chapter 10)



Goal: A Kick-Off Event will be held to make the congregation aware of FAN and FAN goals and to increase congregation support and interest in FAN (see *Overview of the FAN Kick-Off Event* in the FAN electronic resources for ideas).

Date and Time of Kick-Off	Planned Activities	Who Will Help? What are Each Person's Responsibilities?



Who Will Be on Your FAN Committee?



Goal: Your FAN Committee should have a strong leader/coordinator and members who are passionate about health and willing to do the work to make FAN a success (see Chapter 1).

Name of Committee Member	Role(s) in Church (e.g., Member, Pastor, Lay Leader, Women's Ministry President, etc.)	Health Training (if applicable, e.g., nurse, personal trainer)
Coordinator:		

