

# Fit Kids of SWOK



## Double Up Oklahoma Food Bucks!

**Double Up Oklahoma**, modeled from the Fair Food Network's, program doubles the value of federal nutrition (SNAP or food stamps) benefits spent at participating markets and grocery stores, helping people bring home more healthy fruits and vegetables while supporting local farmers. The wins are three-fold: low-income consumers eat more healthy food, local farmers gain new customers and make more money, and more food dollars stay in the local economy.

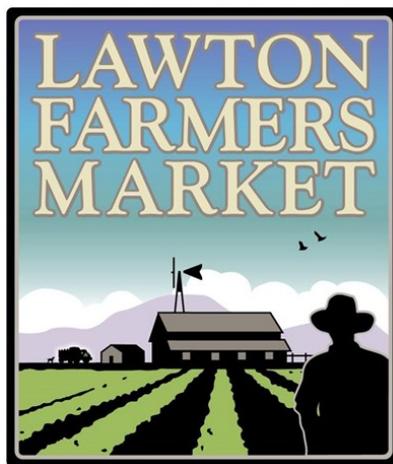
### What is Double Up Food Bucks?

Double Up Oklahoma is a statewide healthy food incentive program. This program doubles the value (up to \$20 per day) of federal Supplemental Nutrition Assistance Program (SNAP)

nutrition benefits spent at participating farmers markets, helping people bring home more locally grown fruits and vegetables.

### How does Double Up work?

Double Up provides SNAP recipients with a one-to-one match to buy healthy, Oklahoma grown fruits and vegetables when they use their Access Oklahoma card at participating locations.



### Who qualifies for Double Up?

It's easy! Anyone receiving SNAP benefits is automatically eligible: if you have an Access Oklahoma card, you can use this program.

### What can you buy with Double Up Food Bucks?

Double Up Food Bucks can only be used to purchase Oklahoma grown fruits and vegetables.

### How do people sign up?

*At farmers markets:* Before shopping, SNAP customers should go to the information booth, where market staff can help you get started. For a list of eligible market locations click [here](#).

The Lawton Farmers Market is now open! Visit the market every Saturday from 8:00am—12:00pm at the Great Plains Coliseum.

## Fit Kids of SWOK

[fitkidsofswok@gmail.com](mailto:fitkidsofswok@gmail.com)

**Chairman:** Dr. Ben Cooper,  
[cooperb@ccmhonline.com](mailto:cooperb@ccmhonline.com)

**Facilitator:** Taylor Thompson,  
[taylort@health.ok.gov](mailto:taylort@health.ok.gov)

*We are on the web*  
[Fitkidsofswok.org](http://Fitkidsofswok.org)

*"Creating an Active and Healthy Community!"*

### **May Monthly Meeting**

May 24th 12pm-1pm  
CCMH, Oakwood Conference Rooms 1&2

## May Events

- 5-3 3 Mile Thursday
- 5-14 Hike the Wichitas
- 5-17 3rd Thursday 3 Mile
- 5-26 28th Annual Tour de Meers Bike Ride
- Wed: SWOK Bicyclist 5:30pm
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

# TOBACCO STOPS WITH ME.

One e-cigarette device, called a JUUL, has become increasingly popular among youth and young adults. A JUUL looks strikingly similar to a USB flash drive, and can actually be charged in the USB port of a computer. A JUUL pod connects to the device, and inside that



pod? The nicotine equivalent of an entire pack of cigarettes. From middle schools to college campuses, the "JUULing" trend is growing at an alarming rate.

As of 2017, JUUL is now more popular than all of the e-cigarette brands manufactured by the major tobacco companies. This increasing popularity can be attributed to several factors, from [marketing practices](#) to its sleek, discreet design — which makes it easy to hide from parents and teachers. Another appeal is the ability to customize the device

with JUUL "skins" featuring unique colors and patterns. Unique flavorings like Cool Mint, Mango and Crème Brûlée significantly heighten its appeal too.

Educating youth about the dangers of JUUL and nicotine is critical. A study by the Truth Initiative found that 37% of 15- to 24-year-old JUUL users are uncertain whether the product contains nicotine. <sup>[2]</sup> But the truth is simple. It does. Learn more about JUUL and its impact on youth [here](#).