

God made vegetables to save our society

Written by

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Faced with the reality of statistics that show nearly 1 in 3 children in America as overweight or obese, and the numbers are even higher in African-American communities, where nearly 40% of children are overweight or obese these factors lead to the speculation that one third of all children born in 2000 or later will suffer from diabetes at some point in their lives, the Youth Ministry of Greater Mount Vernon felt compelled to do something, anything to help change this trend. God Made Vegetable to Save Our Society (G.M.V.S.O.S) a program of the Greater Mt. Vernon Missionary Baptist funded in part by the Minneapolis Foundation's Youth Empowerment grant, was a labor of love for the youth who wanted to do their part to encourage healthy lifestyles and physical activity among their peers.

G.M.V.S.O.S consists of three components: a community garden, opportunity to increase physical activity as well as an outdoor festival and health fair. The community garden operated totally by the youth will feature fruits and vegetables that will be available for free to members of the community. Greater Mount Vernon has a small scale physical fitness center that provides an opportunity for youth to exercise in a safe low-cost environment supported by certified fitness instructors. The final component of G.M.V.S.O.S is an outdoor festival and health fair to be held adjacent to community garden on June 22nd which will feature live music and dance performance, games, exercise demonstrations, healthy food giveaways and a health fair. This event is free and open to the public. For more information please contact the church office at 612-522-6052.