

# Way to Wellness



OGDEN  
CAN

improve housing  
educate communities  
promote health

**Your Guide to Healthy Living in  
Weber & Morgan Counties**

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**For a PDF version of this document, please visit:**  
**[webermorganhealth.org](http://webermorganhealth.org)**

**Para leer esta guía en español, por favor visite:**  
**[webermorganhealth.org](http://webermorganhealth.org)**

# On Your Way to Wellness



*Are you looking for resources to eat healthy, be active, avoid or manage chronic disease, and be safe in Weber and Morgan counties? You have come to the right place! You will find tips, events, classes and more to help you on your way to wellness.*

Photo credit: Ogden Trails Network



# Nutrition

## Nutrition Tips: Family Meals\*

- **Family mealtime can happen any time of the day. When possible, schedule a set time for meals.**
- **Plan meals ahead of time. Try planning a 2–4 week cycle menu and/or theme nights to your week.**
- **Involve all family members in meal planning, shopping, preparation and clean-up, especially your picky eaters.**
- **Eliminate TV, phones or other devices while eating together, and focus on positive conversations.**

\*Most tips adapted from Utah State University Extension Food \$ense SNAP-Ed's Live Well Utah: Family Mealtime Edition Booklet.



## Resources

- ▲ **Create Better Health**, an online resource from the **Utah State University Extension Food \$ense SNAP-Ed Program**, provides nutrition information; quick mealtime ideas; low-cost, tasty and healthy recipes; meal planning tips and upcoming events. You can find more at [extension.usu.edu/createbetterhealth/](https://extension.usu.edu/createbetterhealth/). Two cookbooks focused on creating successful family meals are available at [extension.usu.edu/createbetterhealth/recipes/family-mealtime](https://extension.usu.edu/createbetterhealth/recipes/family-mealtime). Weber USU Extension also offers regular cooking classes; see page 7 for details.
- ▲ **The Family Dinner Project's** site, [thefamilydinnerproject.org](https://thefamilydinnerproject.org), provides a free guide with healthy recipes, dinner activities and conversation starters. They also have newsletters, reminders and blogs to help you stay involved.
- ▲ **Utah's Own's** site, [utahsown.org](https://utahsown.org), helps you find local food in Utah.
- ▲ The **Eat Together, Eat Better Resource Toolkit** from Washington State University Extension provides resources to support more enjoyable family meals and help families develop healthy habits.

## Introducing the New Nutrition Facts Label!

*The FDA announced the new Nutrition Facts label for packaged foods based on new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. For example, potassium content can help lower blood pressure. The new label will make it easier for you to make better, informed food choices. Some changes to the label include: 1. Portion size now appears in large black font, and some portion sizes have been updated. 2. Calories are now shown in a larger, black font, and the Daily Values have been updated. 3. Added sugars, Vitamin D, and potassium are now shown on the label. 4. Last, manufacturers must declare the quantity and percent Daily Value of vitamins/minerals. You may have already seen it on packages. All manufacturers must update their labels by July 1, 2021.*

*For more information and resources, see: [www.fda.gov/Food/LabelingNutrition](https://www.fda.gov/Food/LabelingNutrition)*

# Nutrition Resources: Cooking Classes

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



*Are you searching for how to improve your cooking skills on a budget? Look no further! Below are some fun, mostly FREE/low-cost cooking classes, many of which highlight healthy recipes.*

## **USU Extension CREATE Better Health**

**Cost: FREE**

USU Extension – Weber County Office  
1181 N. Fairgrounds Dr., Ogden

For information, call: 801-399-8207

Free cooking & nutrition workshops taught by Food \$ense SNAP-Ed from Weber USU Extension. (Some classes are for families on limited incomes, and others are open to the general public.)

## **Kitchen Kneads Classes**

**Cost: Varies, many are FREE**

3030 Grant Avenue, Ogden

For information, call: 888-881-9957

## **Lagniappe Private Classes Ogden**

**Cost: Varies**

Private cooking classes for all ages

For more information, call: 504-655-5318

## **Roads to Independence**

**Cost: FREE**

Currently offering virtual cooking classes for those with disabilities.

For more information, call: 801-317-2857,  
or email: [karen@roadstoind.org](mailto:karen@roadstoind.org)

## **Spoon & Spatula Classes**

**Cost: Varies**

1867 E. Skyline Drive, South Ogden

Kid and adult classes are offered.

For information, call: 801-319-5748, and/or visit:

[spoonandspatula.net](http://spoonandspatula.net) or Spoon and Spatula Facebook Page

# Garden Support/Community Gardens

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Utah State University (USU) Extension Weber County & Morgan County

These County Extensions offer various gardening classes and workshops.

**For more information, call 801-399-8080**

Helen is available Tuesday–Friday.



**Helen Muntz,**  
Horticulture  
Educator

## Oasis Community Garden

2445 Monroe Blvd., Ogden

Financial assistance is available.

**\$25 per plot.**

Participants are expected to help maintain the common garden grounds and their own plot for the season. They are encouraged to donate extra produce to those in need.

**For more information, email: [oasis@juniorleagueogden.org](mailto:oasis@juniorleagueogden.org), or visit: [juniorleagueogden.org/oasis](http://juniorleagueogden.org/oasis)**

## The Common Ground

(North Ogden Community Garden)

2550 North 550 East, North Ogden

**\$25 per plot (4' x 12' box) per year**

All are welcome! Space is limited, applications open in February. Must apply at the Parks and Recreation office at 2705 North 550 East. **Call 801-737-0587 for questions.**

## Sunflower Community Garden

Directly behind (west of) Grounds for Coffee

**\$25 per plot (3' x 12')**

**per year.**

1775 30th Street, Ogden, UT

**For more information, call Suzy at 801-633-7253.**

Participants are expected to help with clean-up projects in the spring and fall and general maintenance throughout the season.

# Farmers Markets

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



*Farmers markets are a great way to buy fresh produce from the growers that may also be cheaper than in grocery stores. Check with your city to see if additional markets open up.*

## Farmers Market Ogden

Historic 25th Street, Ogden

For information, visit: [farmersmarketogden.com](http://farmersmarketogden.com) or their Facebook page; call: 385-389-1411 or email: [info@farmersmarketogden.com](mailto:info@farmersmarketogden.com).

Saturdays, June–October. Offers fresh produce, local products, art, entertainment and food vendors. Does accept Double Up Food Bucks, see next page for a description of the program.



Photos provided by Farmers Market Ogden.

## Winter Farmers Market Ogden

Historic 25th Street, Ogden

For information, visit: the [Farmers Market Ogden Facebook page](#) Saturdays, late January–February. Offers fresh produce, local products, art, entertainment and food vendors. Does NOT accept Double Up Food Bucks; however, does accept SNAP (Food Stamp) benefits.

## Ogden Valley Open Market

2405 N. Hwy 158, Eden

For information, visit: [ogdenvalleyopenmarket.com](http://ogdenvalleyopenmarket.com), their [Facebook page](#), or call: 801-686-8483

Thursdays, late July–September. Early evening–dusk. Does NOT accept Double Up Food Bucks.



Photo provided by Farmers Market Ogden.

## Double Up Food Bucks Program

Allows SNAP (Food Stamp) recipients to use their EBT Horizon (SNAP) card at a participating farmers market to receive double the value of produce they choose to spend up to \$30. This benefit can be used each week the market is open.



Contact Farmers Market Ogden for schedule. Currently only available in the summer/fall. For a full list of participating Utah markets, visit [doubleuputah.org](http://doubleuputah.org).

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

# Expert Nutrition Help

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

*A Registered Dietitian Nutritionist (RDN) is trained to provide personalized education to help people eat better. Costs vary and may or may not be covered by insurance. Call your insurance and/or clinic to check on cost. If your clinic is not listed below, ask your doctor for a referral.*



## McKay-Dee Hospital Dietitians

Monday–Friday, 9:00 am – 5:00 pm  
[mk.outpatientdietitians@imail.org](mailto:mk.outpatientdietitians@imail.org)

801-525-5707

## McKay-Dee Endocrine and Diabetes Clinic Dietitians

Monday–Thursday, 8:00 am – 5:00 pm  
[mk.outpatientdietitians@imail.org](mailto:mk.outpatientdietitians@imail.org)

801-387-7900

## Ogden Regional Medical Center Outpatient Dietitian

[Jennifer.James@Mountainstarhealth.com](mailto:Jennifer.James@Mountainstarhealth.com)

801-479-2133

## Midtown Community Health Center Dietitian

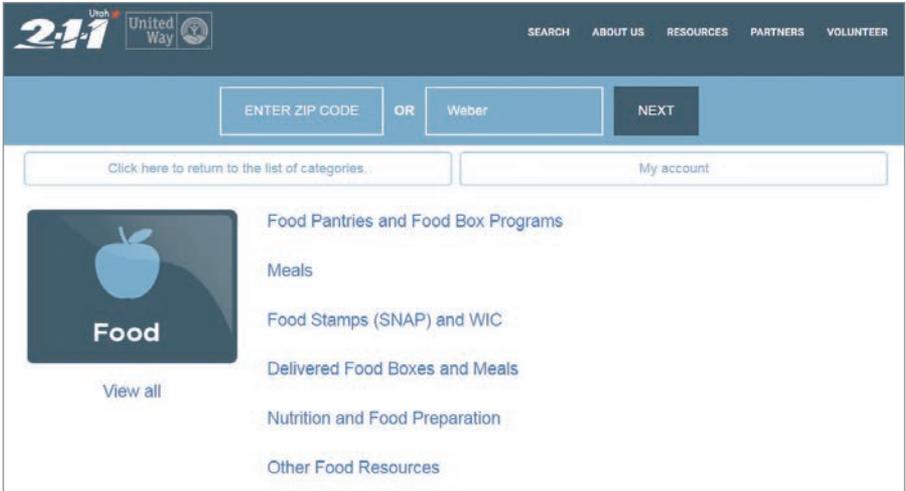
Sarimin Rivera-Llavona, [srivera@midtownchc.org](mailto:srivera@midtownchc.org)  
Must receive a referral from a Midtown clinician.

801-393-5355

# United Way 2-1-1 Resource Guide

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

This handy guide includes local information/resources for food pantries and food box programs; meal programs; Food Stamps (SNAP) and WIC; nutrition and food preparation; and other nutrition topics.



To access the guide, visit: [211utah.org/index.php/food](https://211utah.org/index.php/food) and search by county or zip code.



# Nutrition & Weight Management Programs

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Food Sense Nutrition Education SNAP-Ed Program

Free group education on healthy eating/budgeting and active living to individuals who qualify for (or receive) food stamp benefits. Classes are taught in English and Spanish.

**Cost: FREE**

(for families on limited incomes)

To register, contact Teresa Hunsaker at 801-399-8203 or [teresa.hunsaker@usu.edu](mailto:teresa.hunsaker@usu.edu)

## Intermountain Diabetes Self-Management Education Program

Taught for 3 hours each month per individual, this class helps people with diabetes practice self-care behaviors every day and be as healthy as possible.

**Cost: Call 801-387-7900  
for details**

Taught at McKay-Dee Hospital,  
4403 Harrison Blvd., Ogden



## Intermountain Weigh to Health (Diabetes Prevention Program)

### McKay-Dee Hospital

The goal of this year-long program is to help individuals lose weight and make changes that last a lifetime.

**Cost: Call for details**

To register, call:  
385-831-4897 or email:  
[nrweighthtohealth@imail.org](mailto:nrweighthtohealth@imail.org)

## Losing It and Loving It Program

### Ogden Regional Medical Center

This program is a weight loss/wellness class taught by a nutrition expert. It focuses on creating healthy habits to lose weight and improve overall health. It lasts 12 weeks, one meeting per week. The first session is 90 minutes and all the rest are 60 minutes.

**For cost/information, call:**

Jennifer James: 801-479-2133  
or email:  
[jennifer.james@mountainstarhealth.com](mailto:jennifer.james@mountainstarhealth.com)

To register call:  
866-887-3999

Classes are taught at the  
Heart Center Conference Room

## USU Extension Expanded Food and Nutrition Education Program

EFNEP is an in-home nutrition education program that teaches low-income families basic concepts of nutrition, buying skills, meal planning, and food safety. Spanish-speaking educators are available.

**Cost: FREE**

(for families on limited incomes)

To register, call  
Amanda Christensen at:  
801-829-3472 or email:  
[amanda.christensen@usu.edu](mailto:amanda.christensen@usu.edu)

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

# Meal Programs

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



## Lantern House

269 W. 33rd Street, Ogden

For information, call: 801-621-5036 or visit: [stannescenter.org](http://stannescenter.org).

Free lunch to “anyone who is hungry and doesn’t have the financial means or a place to prepare a nutritious meal.” Also provides “Emergency Food Boxes” to households in emergency food situations.

## Ogden Rescue Mission

2775 Wall Avenue, Ogden

For information, call: 801-399-3058.

Provides dinner for those who are homeless or low-income.

## Salvation Army

2615 Grant Avenue, Ogden

For more information on all programs, including specific hours, call: 801-621-3580. Provides breakfast for those who are homeless. Takes place each day during the week.

## USDA Summer Food (Meals) Program

For information, call: 801-737-7314.

Sponsored by Ogden and Weber School Districts to make sure children receive nutritious meals during the summer. Meals are free for children under 18. Program runs from the beginning of June to the end of July.

**Cost:** Free for children under 18; Adults may eat for a minimal cost.

## Meals on Wheels Program – Weber Human Services

For information, call: 801-399-8392.

Food delivery program for homebound seniors (60+ years) living in Weber/Morgan counties.

# Food Support



Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Food Banks, Pantries and Emergency Food

A map of the following food pantries – except Youth Futures, Open Hand and Weber Cares – can be found at [utahfoodbank.org/find-a-pantry/](http://utahfoodbank.org/find-a-pantry/).

### Catholic Community Services of Northern Utah

Temporarily located at  
3721 S. 250 W., Suite A., Ogden  
(behind the Newgate Mall)

Call 801-394-5944 for more information, including specific food bank and mealtime days of the week and hours. Their return to the permanent location – 2504 F Avenue in Ogden – will be around Spring 2021. Monthly food assistance to low-income households. Applications are required, and potential clients must provide identification for all members of the household, proof of address – including gas, water, or electric bill, or rental lease agreement – and proof of income. One person per address may apply, but everyone in the household may be listed on one card.

**First Baptist Church of Ogden** 2519 Jefferson Avenue, Ogden  
For more information, including current schedule, call: 801-621-1761.

**First Baptist Church of Roy** 2025 W. 5700 S., Roy  
For more information, including schedule, call: 801-825-7425.

**Griffin Memorial Church of God** 2424 E. Avenue, Ogden  
For more information, call: 801-399-1444.

Food pantry offering dry and canned food, fresh food when available. Public encouraged to bring grocery bags when possible.

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Hope Resurrected

2279 Jackson Avenue, Ogden

For more information, including schedule, call: 801-675-0919.

Volunteers provide free groceries to anyone over 18 years old.

Clients need to bring an empty, assembled box with them and will be given a box full of groceries in return. PICTURE ID IS REQUIRED.

## Morgan County Food Pantry

90 W. Young Street, Morgan

For more details, call: 801-829-8533.

Located within Morgan County Community Services office in the basement of the Morgan City Offices building. By appointment only. PICTURE ID IS REQUIRED.

## Ogden Weber Community Action Partnership (OWCAP)

3159 Grant Avenue, Ogden

For details, including specific hours and required documents,

visit: [owcap.org/our-programs/community-support/](http://owcap.org/our-programs/community-support/), or call:

801-399-9281.

Emergency food pantry; eligible families can get one (1) week of food once every three (3) months. Applications required to receive food.

## Ogden Seventh Day Adventist

2185 Taylor Avenue, Ogden

For more details, including pantry schedule, call: 801-393-6991.

Drivers license or other photo ID or verification of address is required.

## Open Hand Pantry

2890 S. 1900 W., West Haven

For complete information, call: 801-564-5964.

Provides a food box to feed a family of five (5) for meals up to five (5) days. Picture ID and proof of address is required.

## The Salvation Army

2615 Grant Avenue, Ogden

For more information, call: 801-621-3580.

Offers food boxes and access to free, fresh produce and canned goods.

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

**Weber Cares Program** Weber State University, Ogden Campus  
For information, call: 801-626-7737 or visit: [weber.edu/ccel/weber-cares.html](http://weber.edu/ccel/weber-cares.html)

Services provided by this program include a food pantry, a fresh food day of the week, and the Weber Cares Food Voucher Program. Services are only available for Weber State faculty, staff or students.

**Women, Infants and Children (WIC)** 455 23rd Street, Ogden  
For information, call: 801-399-7200.

The WIC program helps women, infants and children access healthy foods. Breastfeeding is encouraged, but formula may be available for babies who are not breastfed. Participants are provided nutrition education in addition to food benefits.

**Cost:** FREE – must meet income guidelines.

**Youth Futures** 2760 Adams Avenue, Ogden  
For information, call: 801-528-1214.

Offers a food pantry at no cost to youth in need of food. Youth need to be ages 12–18 years.

**Supplemental Nutrition Assistance Program**  
For information, call Department of Workforce Services at: 801-526-0950. Apply online at:

[jobs.utah.gov/customereducation/services/foodstamps/](http://jobs.utah.gov/customereducation/services/foodstamps/)

Formerly known as the “Food Stamps” program, SNAP helps people with little or no income have enough money to buy healthy foods. Applicants must meet income requirements to qualify.

**Note:** Other churches may have food pantries or other wellness activities. Reach out to them to see what they offer.

# Breastfeeding Education and Support

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

*Breast milk offers the best possible nutrition for babies. Breastfed babies receive temporary immunity to fight infections and may also be at a lower risk of developing obesity later in life. Of course, breastfeeding is not an option for everyone. Choose what works best for you.*



**Women, Infants and Children (WIC)** 455 23rd Street, Ogden  
For information, call: 801-399-7200

Provides breastfeeding education and support and peer counselors to WIC participants. Also provides breast pumps to clients, if needed, upon assessment by lactation staff.

**Cost:** FREE – must meet income guidelines.

**WIC Breastfeeding Support Group** 455 23rd Street, Ogden  
For information, call: 801-399-7200

Offered to WIC clients. Meet with other pregnant or nursing mothers and get answers to your breastfeeding questions/challenges. Any pregnant or breastfeeding woman is welcome. No appointment needed.

**Cost:** FREE

**WIC Breastfeeding Class** 455 23rd Street, Ogden  
For information, call: 801-399-7200

Designed for pregnant women who want to learn more about breastfeeding – its benefits, how it works and how to get started. Daytime and evening classes are available. Also available in Spanish. Call for dates and times of classes. No appointment needed.

**Cost:** FREE

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Hospital Based Classes

Call your hospital or clinic or visit their website to check for upcoming classes and related costs.

Many hospitals and clinics offer breastfeeding classes to pregnant or nursing women and their partners or support person. Classes are usually posted on the hospital's website. Costs will vary.

## Welcome Baby United Way of Northern Utah

For information, call: 801-399-5584 or visit: [uwnu.org/welcome-baby](http://uwnu.org/welcome-baby)

The United Way of Northern Utah's Welcome Baby Program is a free monthly home-visit program that provides one-on-one support for parents of young children (0-3 yrs.) within Weber and Box Elder counties. Welcome Baby offers resources on the benefits of breastfeeding as well as an International Board Certified Lactation Consultant that is available to answer questions.

## Lactation Services

Ogden Regional Medical Center

For information, call: 801-479-2111

Certified Lactation Consultants are available to answer questions or help with breastfeeding or pumping problems.

## Breastfeeding Matters

McKay-Dee Hospital

For information, call: 801-387-4132

Certified Lactation Consultants are available to answer questions.

## La Leche League

For information, call: 801-686-8012 or visit: [llluta.org](http://llluta.org)

Offers free monthly meetings, mother-to-mother support, a lending library and 24-hour telephone help. Meetings include topics like the importance of breastfeeding; childbirth and early days with baby; avoiding difficulties; and nutrition and weaning.



# Teaching Obesity Prevention in Early Child Care Settings: TOP Star Program



*Nationally, more than one in every four preschoolers are overweight or obese. This puts them at risk for many health problems later in life. Through the TOP Star Program, the Weber-Morgan Health Dept. helps early child care/preschool homes and centers improve their physical activity, nutrition and breastfeeding habits and settings. They must complete specific requirements to be TOP Star-recognized centers or homes; you can find a current list at [choosehealth.utah.gov/prek-12/childcare/top-star-program/endorsed-facilities.php](http://choosehealth.utah.gov/prek-12/childcare/top-star-program/endorsed-facilities.php)*



# Living Well Utah

*The Living Well Utah site lists workshops and programs that work to prevent and manage chronic diseases. Programs in our area include Weigh to Health at McKay-Dee Hospital (Diabetes Prevention); Stepping On (Senior Falls Prevention); the Diabetes Self-Management Education Program (DSME); Living Well with Chronic Conditions; and Living Well with Chronic Pain.*

*Find a class or workshop and schedules near you by visiting [www.livingwell.utah.gov](http://www.livingwell.utah.gov)*

Living Well Utah

Healthcare Provider | [Compass Login](#)

[Search](#)



[Find a Workshop](#)

[Explore Workshops](#)

[Health Education](#)

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Asthma

[Learn More](#)



Alzheimer's and Dementia

[Learn More](#)



Diabetes

[Learn More](#)



Falls Prevention

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Arthritis and Exercise

[Learn More](#)



Pain Management

[Search](#) [Learn More](#)



Prediabetes

[Search](#) [Learn More](#)



Health Screenings

[Learn More](#)



Way To Quit (Tobacco)

[Learn More](#)



# Physical Activity Tips

## Physical Activity Tips & Ideas:

Physical activity is any activity that includes movement. Doing chores around the house such as cleaning, washing the car, using a push mower, and taking care of your garden all count.

Consider getting help from someone experienced in an activity you are interested in to make sure you are doing it correctly. Remember to work with your health care provider if you have chronic conditions or symptoms.

Increase physical activity gradually over time. Mix up the variety of physical activity you engage in. Need ideas? Try some below.

- ▲ Download a free walking or running app to track steps.
- ▲ Try something completely new. Have you experienced the benefits of tai chi or Zumba?
- ▲ Find support by joining a walking group or sign up for a recreational class in the community, recruiting family and friends, to have others to help you maintain motivated and have constant support when needed.
- ▲ When you take a bus, get off an exit early to walk the rest of the way.
- ▲ Get the family involved. Play with your kids for at least 30 minutes each day – dancing, running in the yard, going to the park, etc. Try some stretches or fun movements while watching TV or during TV breaks.



# Introducing New Physical Activity Guidelines!

*In 2018, the U.S. Department of Health and Human Services released the 2nd Edition of the Physical Activity Guidelines for Americans based on the latest science. Any type and any amount of physical activity produces benefits. You can learn more about specific recommendations for toddlers, kids and adults by visiting [health.gov/our-work/physical-activity/current-guidelines](https://www.health.gov/our-work/physical-activity/current-guidelines).*

**MOVE YOUR WAY. 60 A DAY**

Kids and teens ages 6 to 17 need **60 minutes** of physical activity every day.

**MOVE YOUR WAY.**

**"You know what gets me moving? Knowing how good I'll feel when I'm done."**

**Do what's fun!**

Get your 60 minutes of activity all at once — or spread it out.

I have basketball practice for an hour after school.

Kickball at recess, PE, walk after dinner with...

Yep, they all add up!

**Physical activity isn't just sports.**

Lots of things count as part of your 60 minutes.

They all count!

**You can feel the benefits of physical activity today.**

- ✓ Less stress
- ✓ Better mood
- ✓ Better sleep

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity**  
Anything that gets your heart beating faster counts.

at least **150** minutes a week

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least **2** days a week

\*It's true — physical activity can actually help you do better in school.

# Physical Activity Resources

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Hiking, Biking & Trails

### Easy Hikes in Ogden Area Brochure

Contains a map of easy Ogden hikes. For printed copies, contact the Weber-Morgan Health Dept. at 801-399-7193.

### Trails Foundation of Northern Utah (formerly Weber Pathways) Weber County Trails Map

A list of organizations that provide paper copies can be found at:

[fnu.org/trail-map-availability](http://fnu.org/trail-map-availability)

### Goal Foundation Fitness Trail–Big D Park

376 Park Blvd., Ogden

Learn about the course and how to use the nine physical activity stations along the trail that circles the park. For more information, visit: [wmhealthyliving.blogspot.com/2016/06/fun-easy-exercise-at-your-local-big-dee.html](http://wmhealthyliving.blogspot.com/2016/06/fun-easy-exercise-at-your-local-big-dee.html)



### Ogden Bicycle Collective

936 28th Street, Ogden

The Ogden Bicycle Collective provides refurbished bikes and community education, focusing on children and lower-income households. The Collective also offers a community bike shop with tools for bicycle repair and bicycle mechanic courses and certifications. For more information, visit: [bicyclecollective.org/ogden](http://bicyclecollective.org/ogden), or call: 801-997-0336.



Photo Credit: Trent Longhurst

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## **Weber-Morgan Health Department Injury Prevention Program**

Offers reduced cost bike helmets to the public. Bike helmets may be purchased at the health department – Appointment required.

**Cost:** \$10\* for basic bike helmets (adult and child sizes) \$12\* for multi-sport helmets (child sizes only)

**For more information, call Jann: 801-399-7186**

\*Not all sizes are guaranteed in stock, prices may change

## **Ogden Bike Park**

**Trailhead, 9th St, Ogden, UT 84404**

Bike & BMX park that offers dirt trails & jumps for a variety of skill levels. **Call 801-629-8284 for more information.**

## **Trackline Bike Park**

**West Ogden, next to the Weber River, Centennial Trail and Ogden Business Exchange**

Features single-track bike trails and bike features, obstacles.

## **Riverdale Bike Park**

**4800 Weber River Dr., Riverdale, UT 84405**

Features a pump track. **Go to the Riverdale Bike Park Facebook page for more details.**

# Free Physical Activity Classes

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



## Weber County Library Classes

Classes related to physical activity are taught regularly for adults and kids at multiple Weber County Library locations. Some examples include yoga, stretching, meditation, and tai chi.

**For more details, visit the Weber County events page at: [weberpl.lib.ut.us/events/calendar](http://weberpl.lib.ut.us/events/calendar).**

## Living Well Site

Classes designed for arthritis management, such as EnhanceFitness and the Arthritis Foundation Exercise Program, are regularly offered in Utah. Other falls prevention courses are also listed.

**Visit: [livingwell.utah.gov](http://livingwell.utah.gov).**

## Senior Centers

Senior centers act as important places for older adults to receive many aging services.

**To find a center near you, visit: [careutah.com/list11\\_senior\\_centers.htm](http://careutah.com/list11_senior_centers.htm).**

# Other Free/Low-Cost Events

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



Photo credit: Trails Foundation of Northern Utah



Photo credit: East Canyon State Park

## Ogden Trails Network Events

OTN offers a number of free events throughout the year.

**For specific event information, visit the Ogden Trails Network Facebook page or contact 801-629-8000.**

### TrailFest

Every year, Trails Foundation of Northern Utah (formerly Weber Pathways) celebrates the connecting of 27 miles of trails at the Centennial Trail loop with a free event. Families can walk or bike at all or sections of the trail.

**For exact dates and more information, visit [tfnu.org](http://tfnu.org) or the Trails Foundation of Northern Utah Facebook page.**

### East Canyon State Park Events – Morgan County

Interested in ice fishing, cross country skiing, youth fishing tournaments, or other fun events? Stop by this park!

**For more details, visit [stateparks.utah.gov/parks/east-canyon/events/](http://stateparks.utah.gov/parks/east-canyon/events/) or call Chris Haramoto at 801-829-6866.**

# Other Free/Low-Cost Events continued

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## R.A.M.P. Summer Fun in Weber County

Lists free summer family activities in Weber County

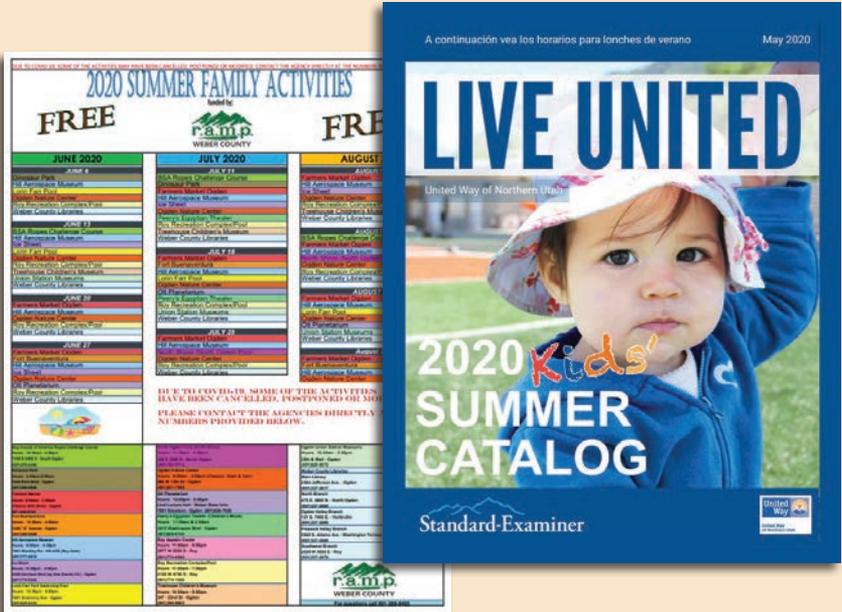
Check back in Spring 2021 at [webercountyutah.gov/County\\_Commission/ramp/](http://webercountyutah.gov/County_Commission/ramp/) for the most current version.

## Live United: Kids Summer Catalog

(United Way of Northern Utah and Standard-Examiner)

A guide put out each summer that includes summertime activities.

Check back in Spring 2021 at [uwnu.org](http://uwnu.org) for the most current guide.



## EnableUtah Excursion

Organized by EnableUtah in the fall, this short, free hike for the community focuses on celebrating the accomplishments of individuals with disabilities. The event will resume in 2021.

Reach out to [zeb@enableutah.org](mailto:zeb@enableutah.org) for more information.

# Parks and Recreation

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Parks

Public parks offer easy access to many physical activity resources (for example, soccer fields, baseball diamonds, tennis courts, basketball hoops and playgrounds.) Parks offer something for everyone!

**For more information: Call your city's parks department. Information may also be available on your city's website.**

## Local Schools

Most public schools offer much of their outdoor grounds to the public during non-school hours. Some schools in Ogden City School District and Weber School District have adapted playgrounds to include children of all abilities. Exactly what's offered – or whether or not the public is allowed – is up to each school.

**Please call your local school to find out if they allow access and at what hours.**

## YMCA of Northern Utah

Through the Healthy Eating and Physical Activity (HEPA) program, children are taught how to make healthy food choices that play a role in their social and physical development.

**For more information on the HEPA program, call: 801-839-3385 or visit: [ymcautah.org/programs](http://ymcautah.org/programs).**



# Parks and Recreation continued

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Roads to Independence – Therapeutic Recreation

3355 Washington Blvd, Ogden

Roads to Independence offers recreation services to those with disabilities. Current activities are both virtual and accessible and include yoga, Zumba, and scavengers hunts in the home. **Please contact Karen, Recreation Coordinator, at 801-317-2857 or [karen@roadstoind.org](mailto:karen@roadstoind.org) for more information.**

They also provide information and referral for other activities like horseback riding, rock wall climbing, snow skiing, and water skiing, etc. Individual recreation and community integration services are available. If there is an activity that you would like offered, please let Karen know. Last, they can provide information on free fishing licenses to people with disabilities, and the loan of some recreation equipment.

**Space is limited for some activities, please see their calendar of events in their newsletter at [www.roadstoind.org](http://www.roadstoind.org); the Roads to Independence Facebook Page; or contact Karen at 801-317-2857 or [karen@roadstoind.org](mailto:karen@roadstoind.org) for more information.**

## Adaptive Trail Chairs

Do you want to explore trails in the Ogden area but have mobility issues? Weber School Foundation has worked with several locations to provide adaptive trail chairs, which are lightweight, durable chairs guided by two people; while the front person pulls, the other pushes from behind. They are available at the following locations; each will have a different procedure for checking out equipment:

- Trails Foundation of Northern Utah – 801-393-2304
- Weber State REC Office – 801-626-6373
- Ogden Nature Center – 801-621-7595
- Dinosaur Park – 801-393-3466 ext. 56
- Weber School Foundation - 801-476-7896

# Parks and Recreation continued

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Adult and Youth Recreation

Most cities offer group sporting activities for kids and adults. Activities vary, but some cities will allow nonresidents to join their programs.

Contact your parks and recreation department or visit their website. For Morgan, visit <http://generationu.org/>

## Outdoor Pickleball Courts

For Ogden City, visit the Ogden City Rec Facebook Page or call 801-629-8253 for locations/cost. For Roy City, visit: [royrecreation.com](http://royrecreation.com) or call: 801-774-1048. For Pleasant View City, call: 801-782-8529. For West Haven City, call: 801-731-8882. For Huntsville City, call: 801-745-3420. Weber State University offers free drop-in play to the public at the Stromberg Complex when not in use by students/classes; visit: [weber.edu/strombergcomplex/tennis.html](http://weber.edu/strombergcomplex/tennis.html) to view calendar reservations. Treeo South Ogden has a court for the public when not in use by residents; call: 801-475-4004 to learn more.

## Your Community Connection (YCC) 2261 Adams Avenue, Ogden

YCC offers an open gym for youth ages 6–12. There is no cost, but you must call and register before using the gym.

**Cost: FREE. Registration is required. For more information, call: 801-394-9456.**

## Roy Recreation Complex

2150 W. 4700 S., Roy

Offers a swimming pool, basketball courts, racquetball courts, pickleball, an indoor track and aerobic/weight rooms.

For more information, visit: <https://www.royutah.org/214/Recreation-Complex> or call: 801-774-1050.



# Parks and Recreation continued

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Marshall White Recreation Center

222 28th Street, Ogden

Offers affordable recreation classes for children, adults and seniors. The center includes an indoor gym with basketball, pickleball, and volleyball courts; a weight and exercise room and multiple rooms for activities.

For more information, visit: [ogdencity.com/330/Marshall-White-Center](http://ogdencity.com/330/Marshall-White-Center) or call: 801-629-8346.

## Riverdale Community Center

4360 S. Parker Drive, Riverdale

Offers a gym, exercise room and two meeting rooms for residents and nonresidents. Has indoor pickleball play.

For more information, call: 801-621-6084.

## Farr West Recreational Center

1896 N. 1800 W., Farr West

Offers a full size exercise room with workout equipment, satellite TV's, a play area for small children, a full-size basketball court and volleyball setup. Has indoor pickleball play. Call for hours.

For more information, call: 801-409-0077.

## The Shed

2139 S. 4300 W., Ogden

Offers four permanent indoor pickleball courts.

For more information, call: 801-960-2650 or visit [theshedpb.com](http://theshedpb.com) for more information.

# Skate Parks

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



*Skate parks are a fun way for youth and teens to get physical activity. Parents – make sure your kids wear a helmet and protective gear (knee pads, shoulder pads, etc.) when skateboarding. Multi-sport helmets are available at reduced cost at the Weber-Morgan Health Dept. – see listing on page 18 under “Hiking, Biking & Trails.”*

## Lorin Farr Skate Park

619 Gramercy Avenue, Ogden

Offers 12,800 square feet of ramps and hills. Located behind the Lorin Farr Swimming Pool.

## Crossroads Skate Park and Shop

251 W. 12th Street, Ogden

Call: 801-605-3986 or visit: [facebook.com/crossroadsskate/](https://facebook.com/crossroadsskate/)

## Riverside Skate Park

195 E. 125 N., Morgan

Located within Riverside park.

## Roy Skate Park

2900 W. 4600 S., Roy

## North Ogden Skate Park

2750 N. 500 E., North Ogden

Visit: [northogdencity.com/parksrec/page/skate-park](https://northogdencity.com/parksrec/page/skate-park) for more information.

## Morgan Skate Park

100 E. 125 N., Morgan

# Splash Pads

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



*Splash pads are like playgrounds with water, offering a variety of water features without standing water for cool fun in the warm months. The following splash pads are usually free of charge and open from Memorial Day to Labor Day. Check city websites for more information.*

## South Ogden Nature Park & Splash Pad

(Behind the Ogden Athletic Club) **1175 E. 5875 S., South Ogden**

Includes a 50 foot diameter splash pad with 8 water features, plus bathrooms, pavilions, playgrounds and walking trails.

## Riverdale City Splash Pad **4300 South Parker Drive, Riverdale**

Includes an extra-large splash pad with 20 water features.

## Harrisville City Splash Pad **1350 North Hwy. 89, Harrisville**

Includes a 1,000 square foot pad with a funnel tree, arch bar, fire nozzle, arch jet, water bucket, water tent, stream jet and sit-and-stand soaker.

## George E. Wahlen Park Splash Pad **4200 S. 2175 W., Roy**

Open Memorial Day– Labor Day, Monday–Saturday, 9am–8pm

## Riverside Park Splash Pad **195 E. 125 N., Morgan**

Includes a 4,900 square foot pad, 9 above-ground and 17 in-ground water features.

# Swimming Pools

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

*To help prevent the spread of illness at pools, please don't swim if you have diarrhea. If you are diagnosed with cryptosporidiosis ("crypto"), don't swim for at least 2 weeks after diarrhea stops. Always shower before entering the water and be sure to wash children (especially their bums) with soap and water. All children under 3 must wear a swim diaper and plastic pants! Be sure to take little ones on frequent bathroom breaks, and check diapers often. Change diapers in the bathroom, not poolside, and wash bums with soap and water before going back to the pool. Call ahead for most recent prices and hours.*

## Roy Outdoor Aquatic Center

2977 W. 5200 S., Roy

Enjoy pools, slides, picnic areas and more!

For more information, call: 801-774-8590.

## Roy Recreation Complex

2150 W. 4700 S., Roy

Offers an indoor swimming pool plus a full recreation center. Also offers classes.

For more information, call: 801-774-1050.

## Lorin Farr Pool & Rampage Slide

1619 Gramercy Ave, Ogden

Includes an outdoor, Olympic sized pool and an extra tall "rampage" slide. Also offers lawn areas for picnics.

For more information, visit: [ogdenrecreation.com/327/Lorin-Farr-Pool](https://ogdenrecreation.com/327/Lorin-Farr-Pool)



# Swimming Pools continued

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



## Ben Lomond Community Pool

1049 7th Street, Ogden

For more information, call: 801-737-7913 or visit: [pools.ogdensd.org](http://pools.ogdensd.org)

## North Shore Aquatic Center

245 E. 2550 N., North Ogden

For more information, call: 801-782-9712.

## Ogden High Swimming Pool

2875 Tyler Avenue, Ogden

For more information, call: 801-737-8750 or visit: [pools.ogdensd.org](http://pools.ogdensd.org)

# Ice Skating

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.



*Don't let the winter chill stop you from having fun! Embrace what the season has to offer!*

## The Ice Sheet

4390 Harrison Blvd., Ogden

Offers open skate times, hockey leagues and skating lessons. Located on the west side of the Dee Events Center Parking lot – not directly on Harrison Blvd.

For more information, call: 801-778-6360 or visit: [webercountyutah.gov/Ice\\_Sheet/](http://webercountyutah.gov/Ice_Sheet/)

## Huntsville Town Park Ice Rink

7400 E. 200 S., Huntsville

An outdoor, seasonal ice skating rink is maintained by Huntsville in the winter.

For more information, call: 801-745-3420.

# City Wellness Programs



## Live Fit Riverdale City Program

This is a city wellness program with activities and resources for **Riverdale residents**. For more information, visit the **Riverdale Live Fit Facebook page** or the **Recreation page** at the Riverdale City website: [riverdalecity.com/departments/recreation/recreati.htm](http://riverdalecity.com/departments/recreation/recreati.htm)

# Safety Tips

*Share the Road!  
Safety is everyone's  
responsibility,  
whether you are  
walking, riding a  
bike, or driving a car.*



## MOTORISTS

**Always use seatbelts!**  
Walk around your vehicle to  
make sure there are no kids.  
**Install car seats properly.**  
Yield to pedestrians in school zones.

Share  
lanes.

Share road with  
cyclists.

## CYCLISTS

**Travel in the  
direction of traffic.**  
Always wear a helmet.  
**Remember,  
crosswalks are for  
pedestrians.**

Eliminate  
phone and  
other distractions.  
Make eye contact  
before turning/  
crossing.

**Watch for cars.**  
Wear reflective  
material at  
night.

## WALKERS

**When there is no  
sidewalk, face traffic  
& stay on the left side.**  
Look left, right, & left  
before crossing.  
**Cross roadways  
at marked  
areas.**

# Safety Resources

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Reduced Cost Helmets

### Weber-Morgan Health Dept. Injury Prevention Program

Offers reduced cost bike helmets to the public. Bike helmets may be obtained for a donation fee of \$10–\$12 at the Health Department. Appointments are required. Donation Fee: \$10\* for basic bike helmets (adult and child sizes), \$12\* for multi-sport helmets (child sizes only). \*Not all sizes are guaranteed in stock, prices may change.

**For more information, call Jann: 801-399-7186.**

## Car Seat Classes and Reduced Cost Car Seats

### Weber-Morgan Health Dept. Injury Prevention Program

*Children should always ride in the right car seat for them. New babies can't even leave the hospital without having a car seat to go home in. Please don't be tempted to buy a used car seat. Since you don't know the history, you can't be sure of the seat's safety. The seat could have been in a crash, which could damage the seat in ways you can't see. Seats can also expire – plastic and fabric only stay strong for so long.*



Offers reduced-cost car seats after completing a free 2-hour class. Learn proper installation of car seats with hands-on practice. Classes are offered eight times a year in English and three times a year in Spanish. Class size is limited, and registration is required.

**Cost: All classes are offered free of charge. Car seat pricing varies, based on income. To register, call Jann: 801-399-7186.**

# Safety Resources

Please reach out to each individual/organization for changes/adjustments to programming due to COVID-19.

## Car Seat Checks

*Did you know that 80% of all car seats are installed incorrectly? The following agencies offer FREE car seat checks by Certified Car Seat Technicians. Other agencies may offer to check your seat as well, but make sure that the person checking your seat has been certified through Safe Kids USA – the only group that certifies people as technicians. Car seat checks are by appointment only – call ahead to schedule an appointment.*

**McKay-Dee CHIC Center**

801-387-7800

**Weber-Morgan Health Dept.**

801-399-7186

**South Ogden City Police Dept.**

Bryan Hough – 801-622-2800

## Green Ribbon Month Packet

### Green Ribbon Month

An annual Utah Pedestrian Safety Program celebrated during the months of September and October. The goal is to help educate the community about the importance of pedestrian safety. This can especially help kids safely walk to school and get the recommended 60 minutes of physical activity each day. You can participate by requesting a Green Ribbon Month Packet, which contains information and activities.

**For more information, contact:**

**Jann Fawcett, 801-399-7186, [jfawcett@co.weber.ut.us](mailto:jfawcett@co.weber.ut.us) or**

**Travis Olsen, 801-399-7193, [tolsen@co.weber.ut.us](mailto:tolsen@co.weber.ut.us)**

### Safe Routes to School Maps

Each district in Utah is expected to work with schools to create and update maps with a description of the safest routes to schools. Safe Routes Utah is working to compile these maps. To view your school's map, go to [saferoutes.utah.gov](http://saferoutes.utah.gov) or talk to your principal.

# Appendix

## Resources on the Web

### MyPlate

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Introduced in 2011, this replaced the traditional “food pyramid” with a plate graphic. Go to the “SuperTracker” for customized nutrition and physical activity information.

### Let’s Move! <https://letsmove.obamawhitehouse.archives.gov/>

Has lots of information on physical activity, nutrition and what you can do in your community.

### Utah Department of Health – [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov) Healthy Living through Environment, Policy and Improved Clinical Care (EPICC).

Healthy living through Environment, Policy and Improved Clinic Care (EPICC). Utah-specific information on obesity, physical activity and nutrition.

### Have a Plant

[www.fruitsandveggies.org](http://www.fruitsandveggies.org)

Tons of information on how to get more fruits and veggies into everyone’s diets – even the pickiest of eaters!

### American Heart Association

[www.heart.org](http://www.heart.org)

Physical activity, nutrition and weight management information for preventing heart disease or for people who have heart disease.

### Check Your Health

[www.checkyourhealth.org](http://www.checkyourhealth.org)

A partnership between the Utah Dept. of Health, KUTV 2 News & Intermountain Healthcare. Offers a nutrition and activity tracker, supermarket survival guide, meal planner, Workouts on the Web and free materials.

### Safe Kids Worldwide

[www.safekids.org](http://www.safekids.org)

Information on child safety for every situation/stage of child development.

# Sources

*In addition to the sites listed previously, the following sources were used for information included within the guide.*

## **United States Department of Agriculture, Dietary Guidelines 2020–2025**

<https://www.dietaryguidelines.gov/>

## **Healthy Living through Environment, Policy and Improved Clinical Care (EPICC)**

<http://choosehealth.utah.gov/about-us/our-program.php>

## **Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Program – University of North Carolina, Chapel Hill**

<https://gonapsacc.org>

## **Physical Activity Guidelines for Americans, 2018**

<https://health.gov/paguidelines/second-edition/>