

Pasco County

FNP Success Stories

December 2010 - January 2011



2010-2011	Schools	Elderly Nutrition	Health Department
December	Healthy Celebrations, <i>MyPyramid</i> & Physical Activity	Appetite	Breakfast
January		Resourceful Meals (Cooking for 1-2)	Oral Health

Brenda Borjas - "Superfood" was the new buzzword in elementary schools this campaign. Students learned what it meant and why they should eat some every day to help keep their bodies healthy. PA explained how they provided vitamins/minerals that help us taste food, build strong bones/teeth, heal wounds, fight bacteria, see better, as well as keep our five senses and brain stay alert. These foods also are rich in fiber that helps clean our stomachs and intestines as it picks up waste/toxins that our food may leave behind. Fiber helps move food through the body to avoid constipation along with drinking water and daily physical activity. PA read the book "Where Does My Food Go?" by Ruth Sundback. The book reinforces the importance of superfoods and helps the students better understand why each food is important and how they make their bodies work and grow. So at the end, the PA asked, "Who wants to eat superfoods?" and they all said, "We will eat more superfoods to keep our bodies healthy and clean from the inside out!"

Karen Faverty - The students at Hudson Elementary School were "seasoned" travelers after enjoying a "veggie vacation" in December. They visited three areas of the globe, learning how the "vegetable kids" in those parts of the world enjoy their vegetables. The students then marked their "passports" with a nutrition message sticker. The jicama, a root vegetable with a unique flavor and popular in many Latin American cuisines, was a huge hit with the students. One student exclaimed, "I like it!" with a look of surprise on his face. These students will be much more willing to taste new and different vegetables in the future as a result of their "vacation." In January, we continued our travels with a "fruit fiesta." The students tasted papaya, pineapple and fresh Florida blueberries. Students are well on their way to traveling across *MyPyramid*.

Xtreme Cuisine from the Florida Department of Agriculture was introduced at two middle schools in January. Bayonet Point Middle School started with an introduction and followed by a "Florida fruit parfait" lesson on fruits and food groups. It was a new semester and the students' first time in the kitchen, so they were excited. When one Hudson Middle School student came into the classroom, she sat in her chair and exclaimed with a smile, "I love coming into this class on Wednesdays!" (because FNP is here). The second lesson covered vegetables, what counts as a cup, and whole grains. It culminated with the students making Florida vegetable pizza on whole-wheat pita bread. They did a great job following instructions and enjoyed sampling their skills!

Cynthia Jones - PA reached approximately 380 elementary students over the two-month period. PA continued to teach "Healthy Celebrations" and "MyPyramid & Physical Activity" lessons to the schools that did not get to participate in the last campaign as well as a few classes from the present campaign. PA talked to the kindergarten classes at Richey Elementary School about *MyPyramid*, and students assembled their own "pyramid pockets" (whole-wheat, mini-pita pocket, carrot shreds, yogurt with dry ranch dressing mix, a slice of turkey, and a cup of fruit juice) as they learned about the five food groups. In December PA went to Trilby Community Center for outreach despite the very cold weather!

In December Elderly Nutrition participants learned about appetite and discussed the importance of eating less fat and more fiber in their diets. In January PA returned to discuss how to be resourceful and how to prepare meals for one or two. The elderly always appreciate when FNP PAs come to visit!

At the Health Department “colorful” quesadillas and frozen fruit cups (two tasty and easy-to-prepare recipes) were prepared in front of clients waiting to be seen. PA also scheduled two VPK parent groups to teach “Stretching your Food Dollars.”

Becky Lawhead - In December the Suncoast Harvest Food Bank personnel asked FNP for help. They had received a large quantity of plantains, and agencies were not taking advantage of this product. Two PAs collaborated to provide recipes and share tips on preparing plantains. The tasting went well, and agencies began taking advantage of the bargain!

Pine View Elementary School VPK students enjoyed making and eating a healthy new snack idea, “banana wheels.” They enjoyed crushing cereal in a bag, shaking, then adding a banana slice, shaking again, and then dipping it into yogurt. PA substituted for another PA for one day at Woodland Elementary School and was very impressed with their knowledge of the food groups. The children presented the PA with a stack of *MyPyramid* drawings to hang on the wall at the office. VPK parent groups at Mittye P. Locke, Northwest, and Gulfside elementary schools learned how to “stretch” food dollars. The families shared ideas and web sites that helped them get the best deals/coupons and quick tips for preparing healthy family meals. Paul R. Smith Middle School’s family and consumer sciences students participated in the “food safety/hand washing” lesson. They enjoyed Grandma’s secret recipe exercise using a fake chicken and “glow lotion” to see where the “germs” hide on their own hands.

Sonia Rodriguez - The vegetables and fruit campaign was a lot of fun for students at Lacooshee Elementary School. The children were very attentive as the PA read “Take a Trip to the Market with Kip.” In the story, Kip is an eggplant. PA came prepared with a real eggplant to touch and feel, and the students said, “It feels soft and smooth on the outside” and “It is so much fun getting to feel the real thing!” PA talked about different types of fruit and vegetables and how they benefit the body. PA offered samples of zucchini, yellow squash and papaya for the students to taste. One student remarked, “That papaya tastes really different, and I don’t think I would have tried it if you had not brought it to class.” The student went on to admit that he was a very picky eater, but he thought the class made the tasting fun. The teacher added, “That is a big compliment coming from one very picky child.”

Linda Tesar - Students (717) enjoyed tasting new fruits and vegetables during this campaign. They tasted cantaloupe, honeydew, pineapple, zucchini, yellow squash, cucumbers and snow peas. They were most interested in the jicama as they pretended to travel to Mexico for their lesson. They also visited the Middle East and Asia. We discussed the fact that everyone, everywhere needs to eat fruits and vegetables as part of a healthy diet. It was surprising that so many students said that they had never tasted something as common as a cucumber before. Children were excited to participate in the tastings and as a result, many say that they are now more willing to try new foods at home and school. PA is often greeted upon entering the classroom with big smiles and the question, “What are we tasting today?”

The Family Nutrition Program continues to bring not only nutrition information but excitement about good nutrition into the classrooms across Pasco County. It is obvious from the comments made that the program has made a definite positive impact on the community, and as a result the children will make healthier choices as they are given the opportunity to learn about and taste healthy foods.

Submitted by Betsy Crisp, MS, LD. FCS Faculty / FNP Coordinator - 2/7/2011