Pasco FNP Success Stories
October-November-December 2011

Brenda Borjas (covers mostly elementary schools on east side)

The handwashing and food safety classes usually start the new school year but due to being in such high-demand, they are still being requested in February! (There have been several outbreaks that could have been avoided or at least lessened this year, which helped to prove the importance of these programs)

October started a little slower this year as two program assistants returned to work and started making contacts. The one PA, Linda, who had remained all year and was covering the entire county, had nine teachers (east side only) and taught 1,344 students and donated 35.50/hours.

In November, Brenda taught 26 classes to 338 new students in 18.75 hrs and 14 teachers taught 3,557 students and donated 35.50/hrours.

In December, Brenda taught 33 classes to 854 new students in 16.75 hrs and 42 teachers taught 23,867 students and donated 455.75/hrs.

Brenda noticed that the schools who participated very little last year are much more involved this year, saying they are delighted to have us back.

Several schools have Brenda concentrating her handwashing education efforts on all lower grades, hoping to make a big impact because of their close interaction with other students. She teaches how quickly and easily the germs can spread from one person/object to another and emphasizes not to touch the “T-zone.” She uses glow germ powder and a black light to make sure kids understand not only when they must wash but also the proper way and length of time they must do it to be successful and stay healthy. She tells students, “We can FIGHT the Germs; we are smarter than they are, and yes we can!”

Karen Faverty (covers mostly middle/high schools)

It took a month of getting back in the swing of things but overall, the reduced budget and reduction of staff has not slowed down the nutrition education in Pasco County.

Much was accomplished at the middle and high school levels, even with the lesser number of teaching days in December due to winter break

Indirect educational contacts for December were at 52,165! A total of 25 hours were spent by Karen teaching in the classrooms.

At Hudson Middle School 124 students were updated with the new dietary guidelines in the form of a slideshow presentation and “Build YOUR Plate” activity. There was even press coverage for this event in two local newspapers.

Culinary Arts students at Marchman Technical Institute, under the direction of Chef Peter Kern, received weekly nutrition information from the Family Nutrition Program to supplement the food preparation and career curriculum. Students also receive all follow-up handouts electronically each week to eliminate costs associated with printing.

Materials for “Can of Worms,” a lively, interactive activity to teach skills for saving food dollars developed by the Pasco County program assistants, were supplied to Liz Diaz, Family and Consumer Sciences teacher at Gulf High School. The activity was used with her students in her classroom the same day she was observed and evaluated with comment made, “What a great activity!”

Much is being accomplished in empowering teens in Pasco County with the knowledge and life skills to successfully manage their nutritional choices in adulthood.

Linda Tesar (covers mostly elementary schools on the west side)

The topic for the month has been “Fruits and Vegetables.” At least 350 students from one elementary school tasted sugar snap peas, carrots, and kumquats. Several children had never tasted raw carrots—hard to believe because they are served regularly in our schools. The children admitted that they were reluctant to taste things they had never eaten at home. Only a handful of students did not taste the sugar snap peas that they could dip into the low-fat ranch dressing that we provided.

For more information, contact Betsy Crisp, MS, LD
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