

FNP-Pasco County Success Stories

April - June 2010



2010	Schools	Elderly Nutrition	Health Department
April	Health Snacks & Think Your Drink	Senior Nutrition	Physical Activity
May		Weight Management	
June		Hurricane Preparedness	

FCS/FNP ADVISORY COMMITTEE - Worked to plan nutrition education campaigns through 2011 and developed 2010-2011 grant proposal for \$850,000 targeting a total of 54 eligible public schools and other sites (listed below). Pasco FNP moved into their new space in Land O' Lakes on June 1st!

IN-SERVICE TRAINING - All 7 PAs and FCS agent-coordinator attended the annual Spring training in Ocala. Pasco staff actively participated in the county sharing of ideas through a display ("What's Cooking in Pasco" featuring demonstration recipes) and presentations on new technologies (Flip Video and Turning Point Technology).

ELEMENTARY SCHOOLS - Pasco County Schools released students on June 9th after completing the last out of 5, 2-month campaigns: "Think Your Drink and Healthy Snacks" Students from VPK through 5th grades enjoyed the hands-on activities that the PAs bring to class. The Organ Wise Guys visited VPK classes where children learned about nutrition and how it affects their bodies. One VPK grandparent commented about the impact FNP has made on her family. At mealtime her grand daughter shares the nutrition lesson she learned at school - "She had us all join the two-bite club and we really enjoy it!" There are 2 VPK programs in session this summer - some students tasted humus for the first time and liked it! Coaches comment that they can tell which students have participated in FNP classroom lessons because they have all the answers when they play the nutrition activities during PE.

MIDDLE SCHOOLS/HIGH SCHOOLS - Coordinator just compiled data from a 7-week course at a local middle school. PA taught a PowerPoint class called "Cold Pizza for Breakfast" (food safety) It included an interactive game called "Keep or Toss." There was a pre-test, a post-test, and a 7-week follow-up 15-question exam done using Turning Point Technology. One student remarked "I wish all my tests were done this way!" Another middle school learned how to make

10 different healthy, ethnic vegetable-based soups and the teacher reported "FNP has definitely had a positive impact on my classes by creating awareness within the students about how nutrition can impact their health." Culinary Arts Chef-Instructor at a local high school spent an entire week working with students talking about healthy proteins and preparing low-fat chicken recipes.

HEALTH DEPARTMENT CLINICS & ELDERLY NUTRITION PROGRAMS - Programming continues in 6 clinics and 4 elderly nutrition sites teaming up with health department staff on a variety of topics. New partnership with a cooking school concept has been well-received. FNP is able to provide groceries for nutrition educators to do the educational component while cooking on new induction cook tops.

PARKS & RECREATION - Now that school is out, FNP is teaming-up with Pasco County Parks & Recreation for their Summer Day Camp Program. Our 6 FNP program assistants are busy presenting "Munchy Summer Adventures" at 6 (Holiday, Veteran's, Shady Hills, James Irvin, Cox, and Lacoochee) of the 10 total county-wide sites. Maximum participation at those 6 low-income sites is 640 campers. PAs started June 29th with a pre-test and introduction to "Chef Nicky" character (guinea pig who leads them through an activities workbook). They return once a week (Tuesday/Wednesday) for 6 weeks with a lesson, physical activity and a taste-test. More food facts, nutritious nibbles, fun and games to come!

Pasco Family Nutrition Program reached the highest month of match (in-kind) contributions in the month of March totaling \$108,445 (36% of the total needed for the entire year - Amazing!).

*Submitted by Betsy Crisp, MS, LD
Extension FCS Agent & FNP Coordinator*