These educational programs are presented by Pasco FNP program assistants: Brenda Borjas, Karen Faverty, and Linda Tesar

Pasco County Parks & Recreation

The Family Nutrition Program surfed out of summer in Pasco County with its last “Surfin’ Though Summer, OrganWise Guys Style” summer camp programs at the Holiday and Shady Hills Recreation Centers. All campers at the six sites scored well on post-test assessments (K-2nd showed an 17% increase in knowledge while the 3rd-5th age group increased by 9% county-wide), highlighting the ability of FNP to teach about good nutrition in a way that can be fun in any setting.

Pasco County Elderly Nutrition

This month, program assistants visited four ENP sites (Southgate, Shady Hills, Dade City and Trilby) to discuss the importance of eating healthy to prevent nutrient deficiencies using ENAFS (Elder Nutrition and Food Safety) materials developed by the University of Florida/IFAS. They discussed strategies when eating alone and how to include more nutrient-dense and easy-to-prepare foods. They also talked about how some physical and emotional changes occur as we age that may impact our eating habits.

Participants completed a survey at the end of the lesson that showed positive impacts. Comments included: “I will try to eat more nutritious food and less junk food,” “I plan to eat better for weight loss,” “I plan to change a lot of things because I have been sick with cancer,” “as always, this was very informative and I truly appreciate your coming.” The majority of participants said that they planned to share the information with a friend or family member.

Two National Institute on Aging books: “What’s On Your Plate” and “Your Everyday Guide for Exercise & Physical Activity” were made available, and each participant made sure they had a copy of each to take home to read!

These older adults bid a sad goodbye to the FNP program assistants as the last summer visit was completed. They really enjoy the visits and are always making it a point to say, “Your programs really help us! “I plan to eat more healthy foods!” and “Thank you!”

But for every season that closes, a new season begins! So it is with FNP, as PAs began meeting with teacher team leaders to outline nutrition education programming for the new school year.

Back-to-School

August was also time for rehearsal of the MyPlate, OrganWise Guys Style assembly program, to be presented in four FNP qualifying Healthy US Schools Challenge schools (Gulfside, Mary Giella, Northwest, Woodland—all elementary schools). These assemblies will be used to kick off the new school year and MyPlate September campaign. After that, the YUM (Youth Understanding MyPlate) curriculum, developed by University of Florida/IFAS, will be taught in all FNP qualifying schools across Pasco.

The Pasco County Family Nutrition Program continues to reach thousands with valuable nutrition information, as the 2012 summer season draws to a close and the 2012-2013 school year begins on August 20.

For more information, contact Betsy Crisp, MS, LD at UF/IFAS-Pasco County Extension 813-929-2725