

FNP-Pasco County Success Stories

December 2009 - January 2010



Educational campaign in schools for this two-month period was “**Fruits and Vegetables**”

Four new VPK programs have signed-on to participate in the FNP program this campaign. PAs read “**I Will Never Not Ever Eat a Tomato!**” about Lola, a picky eater. The students loved the book and said that they would be sure to give some fruits and vegetables a second chance from now on. One teacher was amazed to see one of her students try the new food and commented “she never tries anything new!” “I will be sure to let her parents know and hope they encourage her at home, too.” One teacher assistant made sure the PA knew how pleased she was to have her class participate and how much they enjoyed trying fruits and vegetables in different forms (dehydrated/dried). She said “Even I learned a lot from your class!” Older students also did the “taste test” and learned about the many benefits of eating a variety of colorful fruits and vegetables.

Middle school students are still amazed by the “**Fizzics of Soda**” and that a 12-ounce can contains 10 teaspoons of sugar. The Family and Consumer Sciences teacher told the Ag teacher about her class. So, the Ag teacher came to see for herself and may join the program next month. At another school, two teachers confessed that they drank A LOT of soda. One who drank four, 24-ounce drinks a day reported that after hearing the lesson, had cut down her intake to just one. The other teacher was drinking three, 12-ounce cans a day and cut back to just one but also started drinking a bottle of fruit and vegetable blended drink instead.

High school students are also amazed to find out all the places that germs can hide and how easy it is to cross-contaminate. In the “**Grandma’s Secret Recipe**” food safety lab, they gasp in horror as they learn how easily the bacteria on raw chicken can end up on cutting boards, counter tops, utensils, hands, cabinets and more!

Middle and high school classes can be very rewarding in many ways. The students are very inquisitive and the teachers greatly appreciate the new materials. As a result, the teachers (FCS and culinary) have become the biggest supporters of our program, providing a large amount of match/in-kind (sometimes as much as 25% of total).

Attendees at four Elderly Nutrition Program (ENP) sites enjoyed playing the “Stretching Your Food Dollars” match game. They even taught the young PA some tips she had not mentioned.

Participants at Suncoast Harvest Food Bank’s mass food distribution learned about healthy food choices and easy recipe ideas as they passed through line and talked to nutritionists at local sites.

Our biggest success this month came in praise from Chasco Middle. They just received word that they won a national **Alliance for a Healthier Generation—Health Schools Champion Bronze Award** (sponsored by American Heart Association and Clinton Foundations). They highlighted FNP our program and materials used by one 7th-grade FCS teacher and said “We had to document that one class had a full term of nutrition and health instruction.” “Without the help of your PA and the FNP materials, I don’t think we could have won this award—Thank you!”

Betsy Crisp, MS, LD

Extension Faculty IV-FCS / FNP Coordinator



The Family Nutrition Program in Pasco is a collaborative effort of UF/IFAS— Pasco County Extension, the Pasco County Health Department, and the District School Board of Pasco County.

