

# Pasco FNP Success Stories

## February 2014

THE FOLLOWING EDUCATIONAL PROGRAMS WERE PRESENTED BY THREE PASCO FNP PROGRAM ASSISTANTS:

### Brenda Borjas—I Now Like Cottage Cheese

Parents and their elementary students from across Pasco have said, “I know my kids and I don’t like cottage cheese, but we do like this *Dill & Cottage Cheese Dip* recipe so please share the recipe with me.” That comment was also repeated by many teachers who participated in the *YUM MyPlate Delicious Dairy* lesson or parent class that included a taste test of the delicious dip with a couple of whole grain crackers. It was good to hear that they were now going to eat more cottage cheese due to their liking it because they tried it in a new way and found it much tastier.



Parents who attended the “Eating Healthy on a Budget” class commented that they did not realize that they can actually eat more by simply making better/healthier choices when planning their meals. Nutrition posters were used to visually show comparisons of better and best choices, explaining simply the differences their choices would be regarding calories consumed and how much better they would feel, as well as their being more satisfied from eating healthy.

Participants are amazed and shocked at the large “Fizzics of Soda” soda can model used for the lesson. They did not realize how much sugar they had actually been consuming.

### Karen Faverty—Using the Knowledge They’re Getting

A kindergarten student at a Pasco County school was called to the office for a behavior issue and had to call his grandma. The student started his conversation with her by saying in a serious tone of voice, “Gwamma, I learned something vewy important today.”



The principal, who was waiting for the youngster to get to why he had to call, suppressed a smile,

as she knew this was a diversionary tactic to avoid the “distasteful” subject of his behavior with his grandmother. She couldn’t wait to hear what he had to say!

He continued, “I learned that I need to have three gwasses of milk each day. So when I get home today, make sure I have a gwass of milk - and with no chocwit in it!” he added emphatically.

The principal had seen the FNP program assistant in the halls, doing her rounds for the month with the kindergarten classrooms, so she sought her out after classes to share the story. She was delighted to see how the nutrition messages taught by the Family Nutrition Program are reaching the students at her elementary school, even though she witnessed this demonstration of knowledge in a somewhat odd and humorous setting!

### Linda Tesar—Who Else Is Listening to Our Nutrition Message?

FNP program assistant had just completed a Whole Grains lesson to a kindergarten class at Northwest Elementary when the teacher began to tell the students that she has decided to change her eating habits. She explained that when she was their age, she was not as lucky as they are because now they have nutrition lessons to help them to make healthier choices for their meals. She said that she loved to eat junk food most of her life. She explained that now they can be healthier because they are learning about eating healthy foods.

The FNP program assistant then reinforced the message by telling students that she noticed many of them had a vegetable on their lunch tray when she played “I spy” in the cafeteria. It is exciting to see the “fruits” (and vegetables, too) of our labor.

