

Pasco County FNP Success Stories

February - March 2011



2011	Schools	Elderly Nutrition	Health Department
February	Whole Grains & Breakfast	Dental Health & Nutrition	Oral Health: "A Healthy Smile for You & Your Family"
March		Nutrition Month: Nutrition & You - Making Changes	

Brenda Borjas - As much as I tried to keep the sad news from the children, they overheard me explain to the teachers that our USDA funding was severely cut and that as a result, I would not be coming back. They all said how much they would miss seeing me and learning about nutrition through our program!

Karen Faverty - A Registered Nurse who covers several schools in Pasco County said, *"I really hate to see your program cut. I hope that funds can be restored somehow.... Thanks for all the wonderful things you and your coworkers have done. It saddens me to think the program has been cut so drastically."* This is only a sample of the great appreciation shown by our partners across the county. They LOVE the Family Nutrition Program and are cheering the program on as it meets its challenges, now and into the future.

Cynthia Jones - In the past two months, I continued "Vegetables and Fruits" lessons at my schools. When I mentioned to the teachers that I was no longer allowed to buy food for demos, two teachers purchased snow peas out-of-pocket for their classes while I used a bottle low fat ranch dressing we had on hand as the dip.

One VPK teacher assistant mentioned that her son is in the 4th grade and had seen me demonstrate how to make the "Berry Good Banana Split" in his class as part of a "Healthy Celebrations" lesson. I gave each student a copy of the recipe to take home. She went on to say that when she went grocery shopping, he tagged along with the recipe in hand, picked up all the items needed, and once they were back at home, he made it for the whole family.

Sonia Rodriguez - My husband and I attended the Pasco County Fair Saturday night - "C'mon Get Happy" (theme). We stopped at our Family Nutrition Program booth. As I straightened the table and restocked it with "Healthy Celebrations" materials, a volunteer at the opposite booth said to me, "I have been here all week watching, and this has been the kid's favorite! All the parents that walk by here with their kids stop to look and take recipes while the kids excitedly point to and name the characters (and organs) they recognize and tell what they have learned in school because of your program!" (54,300)



Linda Tesar - Teachers were very sad to hear about program cuts. Many said that the food sampling had really made a difference to their student's awareness of healthy eating. One teacher said "These kids would never have had the opportunity to taste these new foods if you didn't bring them!" In one middle school, students anxiously asked when the next fruit and vegetable of the month would be offered and I had to tell them funds were no longer available to purchase food. Teachers expressed a hope that we will be able to continue the classes despite the cuts to our budget. A kindergarten teacher purchased whole wheat bread and whole wheat crackers for two classes for students to sample when I did the lesson on "Whole Grains and Breakfast."

In one month, I had the opportunity to personally teach a total of 758 students about "Heart Health," "Whole Grains and the Importance of Eating Breakfast." It was an amazing day at Mary Giella in March when I re-visited the Kindergarten classes and several of the students were asking me about Hearty Heart from their Valentines Day lesson. They had learned the lesson well and were proud to tell me what they remembered. It was very rewarding to know that the information was retained.

As of January 2011, FNP was in 50 counties across Florida. Due to drastic cuts in funding there are now only 21. Fortunately, Pasco is one of the programs to survive but unfortunately, we were forced to reduce staff from 7 to only 1 program assistant. We thank you for your understanding, patience, and support. We will do our best to continue to meet your needs.

Submitted by Betsy Crisp, MS, LD. FCS Faculty / FNP Coordinator - 4/4/2011