


Pasco FNP Success Stories

January 2014

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

Brenda Borjas—Healthy Eating on a Budgeting



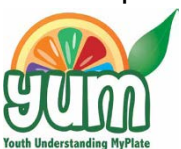
Participants in the “Healthy Eating on a Budget” classes (parents of students attending elementary schools in east and west Pasco) were happy to report the following survey with scale 1 to 5: 100% strongly agreed that info provided in the workshop was very useful; 50% strongly agreed to plan their meals for the following week + 25% agreed; 75% strongly agreed to change their eating habits; 50% strongly agreed to plan to be more active + 25% more agreed.

One group at Mary Giella Elementary enjoyed the “Groovy Green Smoothie” so much that they asked for a copy of the recipe to make it at home. Parents felt their children would think it would be cool to drink a “green” smoothie. Before leaving the class, they also requested more info/classes to learn about more ways to save money at the grocery store.

Karen Faverty—Busy Teachers Make Time for the Family Nutrition Program (FNP)

Florida teachers are working hard to implement the new Common Core State Standards which call for highly structured classroom schedules.

As a result, administrators and teachers are apprehensive about allowing time for something new/not required such as nutrition education classes provided by FNP.



Numerous classes from the University of Florida/IFAS curriculum, *Youth Understanding MyPlate* (YUM) series have been presented at

this elementary school (since September) but it wasn't until this month (January) that a Kindergarten teacher finally decided to sign her classroom up for their first class “Fun with Fruits and Vegetables.”

As the students were leaving the class, the teacher stopped to tell the PA, “That lesson was wonderful. It was absolutely grade appropriate, engaging and informative and so much fun for the students! All the teachers have been raving about these classes, and now I see why. I'll be signing up every month from now on.”

Adding this one new teacher makes participation in FNP classes for K-2nd grade classrooms 100% in the three schools this PA serves each month.

Linda Tesar—Q: How Do You Get Children to Like Spinach? A: Make a Green Smoothie!!

Students at Fox Hollow Elementary School (135) tasted a “Groovy Green Smoothie.” They were very excited and quite curious about the color of the smoothie but did not know at first what all the ingredients were. All but five students liked the drink and were surprised when the “secret ingredient” that made it green was actually spinach. Some reacted with the remark, “I don't like spinach but this is delicious.” Some made funny faces and wrinkled their noses when they learned about the spinach but still were quick to ask for more and for a copy of the recipe to take home.

The children learned about the importance of “eating a rainbow” of fruits and vegetables and how they can get all those colors in many different ways. The smoothie is just a fun and tasty example of one!

