



Pasco FNP Success Stories—July 2012



Linda Tesar, Brenda Borjas, and Karen Faverty

All three program assistants teamed-up in June-July-August to teach at six Pasco County Parks & Recreation sites for summer day camps, as well as individually visit four low-income Elderly Nutrition sites.



MyPlate—Spread the Word!

The Family Nutrition Program (FNP) has worked hard to spread the word about good nutrition through its Pasco County Parks and Recreation Summer Program, *Surfin' through Summer—OrganWise Guys MyPlate Style*.

Through a series of three OrganWise Guys interactive slideshows, coupled with nutrition-themed physical activities, hundreds of students across Pasco County learned what foods go where on *MyPlate*, the four OrganWise Guys club rules (low fat, high fiber, lots of water, and exercise), and how different foods fit into them.

These lessons are having an impact on the families of those in attendance. To illustrate: One of the camp counselors shared that he had taught the four rules, along with the dance moves the students had learned as a memory aid, to his five-year-old nephews. He said they had it down so perfectly that their mom videotaped them. And, they share them with EVERYONE they meet!



Chanting the rules while doing the moves to the tune of the Macarena has been one of the campers' favorite things they've learned, repeating them at every opportunity since the first session when they learned them.

In addition to the 580 maximum campers, just imagine how many more people across Pasco County have learned about **low fat, high fiber, lots of water and exercise** since the summer program began in June!

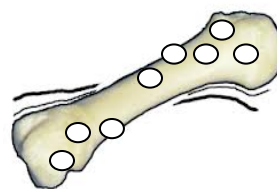
Another example of change: One young camper at Veterans Camp said that after the first lesson taught, he talked with his dad about eating healthier, and that his dad agreed to allow him to go shopping with him to purchase some healthier foods for snacks.

It Is Not Too Late To Build Strong Bones!



At four low-income Elder Nutrition Programs sites (Southgate, Shady Hills, Dade City, and Trilby),

participants were reminded why it is so important to know how much calcium our bodies need and how to meet those guidelines with the foods we eat daily. They also learned that some of the medications we take may interfere with the body's ability to absorb calcium. Due to our lack of exercise, nicotine and alcohol use, medication, family history and many other factors some people are more at risk



of developing osteoporosis. Making lifestyle changes for these individuals is even more important to help decrease their risk. Some participants commented seeing the model of a bone with holes punched

in it was a great visual aid to see how osteoporosis can rob the bones of calcium. They also liked the demonstration using bags of sand showing how much calcium we have at birth versus how much we may have as we age. Bottom line: It is never too late to start banking calcium to build strong bones and teeth as well as making any necessary changes to improve their lifestyles!

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