

Now that public schools are out for the summer, the Pasco FNP program focus shifted to six Pasco County Parks & Recreation sites for summer day camps, as well as the opportunity to revisit the four, low-income Elderly Nutrition sites.



Brenda Borjas—Stop and Think About the Germs!

At the East sites of the Elderly Nutrition program, the participants were reminded why it is so important to keep food safety a top priority due to the impact that it may cause on their health. We become more vulnerable to bacteria as we age. We reminded all participants that it is very easy to get sick because someone forgot to properly wash their hands with warm water and scrub the germs off their hands before handling ready-to-eat food. They had a basic review on where Salmonella, E. coli and other bacteria are found and how they can be easily removed by simply washing their hands. After the program a lady passed by and said the presentation on food safety scared her. She said that she was going to wash her hands more often and scrub longer with soap and water to get rid of the germs she was exposed to everyday. She never thought about how easy it is to cross-contaminate while preparing her meals and how others can make her sick because they don't practice good hygiene. Many confirmed that the simple action of placing a purse on the bathroom floor was very common. But they never stopped to think it is also very common to place purses on the kitchen counters and tabletops. So, I asked, "Where are the germs now?"

Jump Start Summer Camps

Summer camps got started with a new introduction to the Organ Wise Guys (OWG) and MyPlate. The assembly program is fun and interesting. Even the younger kids wanted to participate when they saw the characters introduce MyPlate to them. They are learning about nutrition and see the connection between healthy eating and their bodies - how we must eat healthy to help our bodies grow healthy and strong.



Linda Tesar—Healthy Habits and Summer Fun

The Elderly Nutrition site I visited was a delight due to the enthusiasm and positive feedback from the attendees. We discussed the importance of being food-safe by washing hands, preventing cross-contamination, refrigerating and thawing foods properly.



Some of the comments in the survey taken were: "Thank you for refreshing our minds with good information;" "I plan to practice what you preached;" "I take a lot of the precautions that were discussed. I plan do all of the above suggestions."

We started our summer camp visits by introducing the *Organ Wise Guys—MyPlate* to the children and exercised to the OWG "low-fat, high fiber, lots of water, exercise" mantra to the tune of the *Macarena*. Some of the children were excited to see the counselors they knew from their school nutrition classes. It was a fun time for the children and the Program Assistants.

We also had a very successful meeting with staff from Fox Hollow Elementary School and discussed plans to partner in a student and parent nutrition-wellness group in the fall.

Karen Faverty—Surfin' Through Summer

To make sure students in Pasco don't forget the healthy eating lessons taught by the Family Nutrition Program in area schools, the FNP Program Assistants kicked off *Surfin' Through Summer—MyPlate, Organ Wise Guys Style* at Veterans Memorial Recreation Center, as Parks and Recreation began there summer camp programs across the county.



Approximately 39 students were introduced to the *Organ Wise Guys* club members, one by one, as Sir Rebrum called the club to order with roll call to share the research he had done on MyPlate.gov. The campers proved it was no rumor that they were REALLY smart as they guessed each organ that was introduced.

The fun and learning moved right along with several fast-paced rounds of "Spin That Wheel of Health." Contestants from among the campers spun the wheel to determine the physical activity the group would be led in, with everyone following along and getting a great workout!

The programming, spread over the summer with three different "club meetings" per camp location, will be sure to keep the healthy eating lessons from melting from the students' minds over the hot days of summer, as well as reminding them to keep their bodies active so all their organs will be happy and healthy.

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