

# Pasco FNP Success Stories

## June-July-August 2014



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

### JUNE—Hurricane Food Safety and Storage



Three Elderly Nutrition sites were visited by the Family Nutrition Program (FNP) staff person. A total of 51 persons participated in the lesson that focused on safe handling of food and water in a hurricane or related disaster.

The importance of planning for nutritious meals and having an adequate amount of safe water for cleaning, drinking and possible meal preparation was presented. Several in the audience thought it was safe to re-use milk containers that are simply washed. The need to properly sanitize containers and to use only food-grade containers for storing was shared by the program assistant.

After the session many were eager to ask questions and receive more information. Several commented, "Thank you for the good information." So that they would benefit from what they had learned in class, an informational sheet was left for them to take home.

### JULY—Let's YUM-ERCISE!



The Land O' Lakes Recreation Complex was one of thirteen Parks and Recreation camp sites where **Lets YUM-ERCISE!**, a nutrition-themed exercise program, was presented by the University of Florida IFAS Extension's Family Nutrition Program.

In addition, a series of five Florida Department of Agriculture and Consumer Services **Xtreme Cuisine** cooking classes were presented for one group of approximately 30 campers.

A total of 541 campers learned that two things are necessary for a healthy lifestyle: Choosing healthy foods each day using MyPlate as a guide and getting at least 60 minutes of physical activity every day. The consumer messages attached to each food group were highlighted. And then everyone got to get up and "move to the music" with nutrition-themed dances and physical activities! After the presentation one program assistant was approached by a nine- or 10- year-old girl commenting, "Thank you!



This has helped me so much! My mom said I need to start losing some weight. Now I know what to do!"

The purpose of the Family Nutrition Program is to give young people, adults and seniors relevant and valuable information they can use to improve their lives.

### August—Xtreme Cuisine Cooking School

A series of five Florida Department of Agriculture and Consumer Services **Xtreme Cuisine** cooking classes were presented for a group of campers nine years and older at the Parks and Recreation site at the Land O' Lakes Community Center.



Students learned about food safety, how to follow a recipe, knife safety, measuring, small kitchen equipment basics and how to properly set a table—both for every day and for a formal, multiple-course meal. The campers practiced their skills as they prepared the food and then enjoyed eating their creations.

After completing all five lessons and pre/post-surveys, a comparison of the two surveys follows:

*Youth (n=17) completed surveys. Participants completed a 12-item pre- and post-evaluation related to food safety and food preparation. Example knowledge questions were: (1) "Where should I store leftover pizza?" (2) "What is the safest place to thaw frozen chicken?" The average score increased from 4.71 to 5.23 out of a total score of 6 from pre- to post- evaluations.*

Many kids expressed their excitement and appreciation for the information and skills they gained from the school.

*Credit for above articles to FNP program assistants: Brenda Borjas, Darla Fernandez, Linda Tesar, Stacey Struhar, and Tabitha Villa*

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