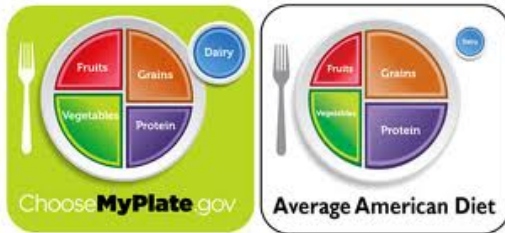


The following educational programs were presented by two Pasco FNP program assistants.

Brenda Borjas – “Be Smart—Think Nutrition This Hurricane Season”

The elderly nutrition sites in east Pasco (Dade City & Trilby) received a refresher course from FNP about the variety of options available to prepare when it comes to the hurricane season.



The older adults attending this month were able to see that there is a variety of foods from each of the food groups that they can select from *MyPlate* to stock their pantry.

They love the plate model we use to visually show them what/how much to eat every time they sit down for a meal. A copy of *MyPlate* was provided on a flyer to help remind them when they go home and establish a routine.

During a review of each of the food groups, there was a discussion about the variety available from each from which to choose and eat healthy. Also included was a reminder to keep a good supply of liquids on hand (1 gallon of water per person/per day, minimum) and that in a pinch, a bath tub/other containers could be used for other needs (not for drinking). One participant mentioned that during a past hurricane, she filled the two tubs in her home, and it was two weeks before power and water had been restored.

Participants were also encouraged to make sure that a friend/family member living outside of the affected area was notified that they were okay after the storm so they could serve as the contact person for other friends/family trying to contact them and get current updates on their situation.



Karen Faverty – “Young Children Can Be Taught Nutrition Early in Life”

Many parents miss valuable nutrition training opportunities with their young children. A recent “Cooking with WIC” food demonstration and lesson on “Healthy Snacking and Drinks” proved how receptive young ones are to nutrition information at an early age.

After an introduction of the reasons for healthy snacking and a demonstration of how much sugar is in soda, sports drinks and energy drinks, the program assistant demonstrated a healthy snack beverage: a low-fat, low-sugar smoothie.

One participant in the class had three young children, approximate ages 4, 5 and 6 with her. The three children gathered around attentively while the program assistant made the smoothies in the blender, while asking them questions about each ingredient that was added. The children knew the answers to almost every question about the nutritional value of strawberries, low-fat yogurt, orange juice and bananas and how it affects the various parts of the body.



How did they know? Their mother spoke up and said “I have been teaching them about nutrition since they were very young and they’ve never had soda.”

This is proof that even young children can be taught at a very young age and benefit by developing healthy habits for life!

