

# Pasco FNP Success Stories

## March 2014

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

### Brenda Borjas—Healthy Eating on a Budget



Parents (19) of youth attending elementary schools in east and west Pasco County (Pasco, Moon Lake, and Veterans Elementary schools) learned useful information from the Family Nutrition Program on how to eat healthy on a budget. Although there were three small groups, parents were very attentive and 95% felt the workshops were very helpful. The recipe featured was “Dill and Cheese Dip,” the same one their children were taste-testing in the K-2<sup>nd</sup> grades during the *MyPlate: Delicious Dairy* month. Although some parents were hesitant to try the cottage cheese mixture, they commented how great it tasted and learned another way to have dairy in their diet. At the end of the class parents participated in a survey. As a result of the lesson, 84% said they intended to plan their meals for the whole next week before shopping; 79% said they would change their eating habits to be healthier; and 74% pledged to be more physically active. One participant remarked, “Explaining the amounts of fat in products, such as milk, was very helpful in showing me just how different the calories and fat can be. Normally, I would just consider all milk healthy so that helped me change my view.”

### Karen Faverty—“I’m So Grateful!”

At Gulfside Elementary the majority of students are from low income families (nearly 90% qualify for the free lunch program). The school invites its communities’ children to the school for free lunches and hits the road to offer kids without



transportation, in its highest concentration of low-income families with children, a free lunch during spring break.

Parents were offered written nutrition information, and students received fun, child-friendly incentives with nutrition messages provided by the Family Nutrition Program assistant, with 65 served at the school on the two days the program assistant attended. FNP also provides fresh fruit samples to promote healthy choices for lunch.

The playground is also open for the children to be physically active before and after enjoying a nutritious lunch, another component necessary for good health.

One mother who brings her children each day to enjoy a nutritious lunch at Gulfside Elementary shared with the FNP program assistant that she was stressed about how to feed her kids over spring break until she heard about the program being offered by the school. She said, “It made the difference between my kids having a healthy lunch or not for a week. I’m so grateful for this, and all the good information, too!”

### Linda Tesar—A First Grader “Teaches” His Family How to Make Healthier Choices

“Thank you so much for coming and teaching nutrition to my first-grade students. They look forward to your classes and learn so much. I know firsthand how these classes can impact choices students make. When my son Braden was in first grade you came and taught nutrition to his class. He is now in third grade and will still tell me how we should always choose whole wheat and drink skim milk.



He likes to “teach” the family about the amount of fat in whole milk because he remembers the models from your class. My family only drinks skim milk now. I appreciate your enthusiasm as both a teacher and a mother.” This is a letter from a teacher at Moon Lake Elementary School.

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