

Pasco FNP Success Stories

May 2014

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

Brenda Borjas—Never, Say Never!



This month one program assistant taught 700 students, however, the most comments came from one adult program: ■ “The sunflower seeds are great with this yogurt parfait.” ■ “What a great combination of foods!” ■ “We love the variety of colors and textures that make this amazing parfait: blueberries, strawberries, toasted oats, yogurt, and sunflower seeds!” These parfaits, featuring four of the food groups, were also appreciated by the children: ■ “This is really, really, really GOOD—love this snack!” A teacher added, “This is only my second time I have tasted yogurt. The first time was in another FNP class that featured Yummus dip.” (A yogurt and hummus mixture.) She wanted to set an example for her students since she learned from “Miss Brenda” that we all belong to the “Two Bite Club” and even she should follow the rule. As part of the club, everyone needs to take at least two bites of a new food before they decide if they like what they tasted. She reported that to her surprise, she liked it all! She told a story that when young, she was a picky eater who would not even try yogurt because she was sure that she would not like it. It wasn’t until she learned from FNP about YUM and the Two Bite Club that she had the courage to give it a try and now regrets not having experienced it earlier in her life. She encouraged her students not to make the same mistake she did as a child and to enjoy every bite now! This year they enjoyed the series of 6 YUM classes and one on Fight BAC. They are saying, “I can’t wait to see you back again next year!”

Karen Faverty—How Do You Measure Success?



How do you measure the success of a program? According to Dr. Jill L. Lane, Research Associate/Program Manager, Schreyer Institute for Teaching Excellence, Penn State, three steps have to be taken:

- Select appropriate evaluation methods
- Conduct evaluations
- Interpret results

With the YUM curriculum, developed by UF/IFAS and delivered by the Family Nutrition Program, the 2013/2014 school year started with the first step implemented. Over 600 students, grades one and two, in three Pasco County elementary schools were given pre-tests according to program protocols by one program assistant.

Post-tests were administered in the month of May and 326 post-tests matched up with pre-tests, according to assigned ID codes. In addition, 45 Teacher Surveys and 113 Parent Surveys were collected.

With all of the above evaluation results submitted, the third step, interpreting the results, should yield good results.

For the four hardworking, dedicated women who are the Pasco County Family Nutrition Program, success is measured in the memory of the excitement in the faces of the children in Pasco County classrooms this past school year who have received/absorbed nutritional knowledge that will help them to make healthier nutritional choices in the future.

Linda Tesar—How Do We Get the Children to Bring the Nutrition Message Home? Let Them Eat Parfait!!

While visiting Northwest Elementary School to pick up surveys from the teachers, a little girl called out for me to stop at her desk because she had something to tell me. She was very excited when she said, “Mrs. T, I made that special yogurt parfait we tasted last week for my mom—she loved it!”

Approximately 600 school children had tasted a yogurt parfait made with low-fat yogurt, blueberries, sunflower seeds (optional), and toasted oats. It was a great hit, and many of the children asked for a copy of the recipe to take home.



It’s always rewarding to hear that the children remember what they learned and share the knowledge with their family.

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