

# Pasco FNP Success Stories

## November 2014

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

Hudson Elementary had a very exciting day when one **Family Nutrition Program (FNP)** program assistant (P.A.) took the kids on a picnic. She gave them different colored strips of paper, one for each food group. One student stood up and had a color from each food group. She stated, "I am going on a picnic and I am bringing something from all five food groups. Pizza has bread from the grains group, cheese from the dairy group, pepperoni from the protein group, mushrooms from

the vegetable group and I am also bringing an apple from the fruit group." Everyone was so proud of her for including something from all five food groups. The class students gave her a big round of applause, and a huge smile came over her face. You could tell that she fully understood what



MyPlate was all about. Another child was able to name 19 items from the game *I am going on a picnic!*

One **Family Nutrition Program (FNP)** P.A. taught a parent group at Chester Taylor Elementary about **Healthy Eating on a Budget**. Midway through the presentation, the P.A. had all the participants stand up to do the exercises. In this activity, the parents had to name several different types of beans. At the end of the class, a parent said she could not wait to get home and teach her son the exercises she had learned in today's class. She thought it was a great—a really fun way of teaching her son about beans while being physically active.

Another **Family Nutrition Program (FNP)** P.A. taught an Exceptional Student Education class at Chester Taylor Elementary. All of the students showed how excited they were to learn about **MyPlate**. The P.A. introduced the five different food groups. When going back and doing a refresher for them, one boy had a hard time remembering a food from each group. Each time he would raise his hand to give an answer, but because he could not remember it he would say, "I lost my train of thought, I'm Sorry." Close to the program's conclusion, he raised his hand. When the P.A. called on him again, he got up very quickly and went to the poster at the

front of the room and called out a food from each of the food groups. He was VERY proud of himself and so was the P.A. During the 30-minute class he was challenged to just try to remember one food but by the time class was over he had remember the five different foods from each of the food groups. Everyone gave him a big round of applause.



This month, Summer Lakes was added to the list of Pasco County Elderly Nutrition Services meal sites visited by the **Family Nutrition Program (FNP)**. The P.A. taught a lesson focused on **Holiday Food Safety/Let's Talk Turkey**. The P.A. discussed

the importance of proper thawing, cooking by minimal internal temperature, and correct transporting and storage of leftovers after the holiday meal. Several people shared that they usually don't cook but bring home leftovers from their family's or friend's feast. Some participants thought it was OK to keep the leftovers without refrigeration until they were ready to leave the gathering as long as they refrigerated the meal when they got home. It was explained to them by the P.A. that leftovers must be refrigerated within two hours of being cooked and eaten within three to four days. Twenty-two people attended that lesson and including the three other Pasco County meal sites there was a total of eighty participants for the month.



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

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