The following educational programs were presented by three Pasco FNP program assistants:

**Brenda Borjas—“Teachable Moments”** I taught a total of four programs to the 55 VPK parents and 16 programs to 148 elementary students at schools: USDA MyPlate: 10 Tips on Eating on a Budget; Be a Healthy Role Model; Healthy Celebrations; and Build a Healthy Plate. Also to students: Date with MyPlate and Fun with Fruits and Vegetables.

One PreK parent reported that she has made personal healthy changes since attending my lecture at the parents’ group at Pine View Elementary. She explained that before that class she kept gaining weight. Now she is happy to share that she has stopped gaining weight due to changing to fat-free milk and reducing sugar in drinks she purchases and shares with her family. She added that she saved the red cap on the gallon of whole milk and even took off the label so her family didn’t know they were consuming the fat-free milk. I asked at this group of parents if they plan on making small changes with everything they learned today; like making healthier beverage choices and over 50% attending said enthusiastically, “You bet!”

At New River Elementary school, the PreK social worker who set up the parent meeting said that she heard the participants making positive comments as they left (“The meeting was wonderful!”; “I am so happy that I came.”; “I really enjoyed all the nutrition information and tips!”)

The coordinator at Moore-Mickens Education Center said that her younger parents in the group have made it a special treat to purchase a cereal (“kids’ choice”) to make the trail mix they sampled at the last program. Their kids are happy to make their own snacks for the week. Over 75% of the parents who attended pledged to make changes in the beverage choices they purchase and serve to their family.

**Karen Faverty—“Salad Day”** I conducted several classes on November 26, 2012, with Chef Vince from the Chefs Move to Schools program at Gulfside Elementary School. The second grade students harvested cucumbers and lettuce from the “Pelican Patch” (school garden). After savoring their success as gardeners and handing over their freshly picked cucumbers and lettuce to Chef Vince for preparation, the students enjoyed a lesson on “The Goods on Grains.” They learned from visuals what makes a grain a “whole” grain.

The students were delighted as Chef Vince passed out samples of whole-grain, open-faced sandwiches with cucumbers and lettuce, garnished with a dollop of fat-free sour cream.

Two of the second grade teachers approached me to say that they did not have a clue what the difference was between grain and whole grain and the benefits of whole grains before the class.

They said, “Excellent material; now we know!”

**Linda Tesar—“Five Food Groups Combine into One Tasty, Healthy Dip!”**

Children at Fox Hollow and Moon Lake Elementary Schools learned how to enjoy all the food groups in the MyPlate Dip (a bean dip that includes beans, salsa, cheese, and avocado) and eaten with a few multigrain chips. At first some were reluctant and said it looked “strange” but with a bit of encouragement to be adventurous eaters almost every student tried the dip and really liked it!

Most students even asked for more and several requested a copy of the recipe to take home! I even received e-mails from teachers, because they were asked by parents to send home the recipe that their children talked about and how much they loved it. Teachers are encouraged to set an example for students by trying the food samples at the same time as the students. A few of the teachers who claimed to be really fussy eaters said they were going to start making it at home because they, too, liked it so well!