

# Pasco FNP Success Stories

## November 2013

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

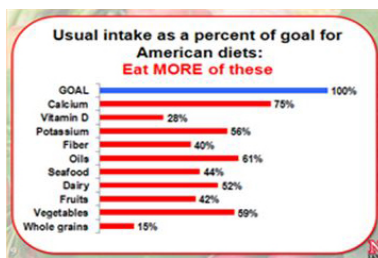
### Brenda Borjas – “Healthy Snacks on a Budget”

With a little time and using store coupons you can eat healthy and stay on-budget. It is “almost” as if you are getting paid to shop! Two parents’ groups (of students attending two elementary schools on eastside) will be starting a couponing club to help anyone interested to learn the tricks they learned in FNP class this month. They will be bringing in any coupons not being used by their household to the school meeting and help other parents learn how it is done. One parent of a child attending New River Elementary said, “I get paid to shop!” (Everyone’s eyes popped out with amazement!) I explained how we do it at our office, and the parent coordinator at the school said she would start a couponing club like ours so that parents could share their coupons and successes. The FNP program assistant pointed out that even if they get to save 50% of their \$100 weekly grocery bill by spending only two hours researching sales and clipping, it is as if they were getting paid \$25 an hour! (Much more than most of our SNAP families make hourly in today’s economy).

One of the parents at a parent group asked, “Were you at Woodland Elementary yesterday? My daughter is a student there and came home asking me to buy more healthy snacks and shared the sample trail mix that was the tastest that day in school.” I told her that that is the same sample she was getting and gave them a brief lesson on why whole grains are so important.

### Karen Faverty – “Starting Early: What Is a Whole Grain?”

Whole grains *have the lowest percentage of all* in relationship to reaching the 2010 Dietary Guidelines recommended goal of 100%.



Snap-Ed is working in Pasco County in partnership with the Pasco County school district to address these issues early by teaching the basics of making healthier choices to kindergarten through second-grade students.

In November, Hudson and Gulfside elementary students learned what makes a whole grain “whole.” They also learned which foods are whole grain foods, as well as how to tell if a food is whole grain or not.



The lesson, “The Goods on Grains” from the University of Florida’s YUM curriculum, ended with a rousing *Whole Grains Freeze Dance*, doing moves like the brown rice stretch, the whole grain noodle wiggle, the whole grain cracker stomp and the popcorn pop to music!

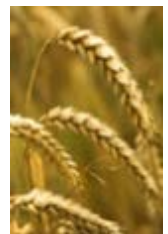
### Linda Tesar – “Are we reaching them?”

While teaching students at Northwest Elementary school during the Great American Teach-in, a second-grade boy said that he knew a song that he would like to sing for the class. He was invited up to the front and proudly sang the song he had learned the previous school year during our Organ Wise Guys Assembly. “Low fat-high fiber, lots of water, exercise!” he sang out loud to the entire class. Soon the entire group was singing and exercising along with him. He said that he remembered the assembly that was presented by FNP last fall and has been singing that same song to everyone since then!

During a “The Goods on Grains” lesson at Northwest Elementary a first-grader recognized the wheat display and said that she knew what it was because I taught her in kindergarten and she remembered it. “Don’t you remember me, Mrs. T? You taught my class last year!”



At Fox Hollow Elementary an instructional aide said that she overheard students in the cafeteria line talking about the hummus they had tasted in the FNP class. She watched the students choose hummus that was being offered that day in the cafeteria, commenting they had tasted it in class and now liked it.



More proof that we are getting the message out and the children are remembering!!!