

Pasco County FNP Success Stories

October - November 2010



2010	Schools	Elderly Nutrition	Health Department
October	Healthy Celebrations, MyPyramid & Physical Activity	Antioxidants & Brain Health	Breakfast: "Rise and Shine, It's Breakfast Time"
November		(Eating Healthy to Avoid...) Diabetes	

Brenda Borjas - Teachers were delighted to learn different ways to make healthy choices to celebrate special occasions in the classroom instead of the traditional cake, chips and soda. Food demonstrations included making "MyPyramid Pockets" which include an item from each of the food groups that we should eat every day. Flowerpots, sailboats, bugs, monster faces were also created. The kids got into the creative part of the activity and forgot that they would be tasting food they never would consider eating. The kids did a double-take when it was announced that "you may now eat your creations." They said, "That is so cool!" The kiwi fruit was introduced to students in 2nd and 5th grade classes. More than half the students admitted they had never tasted it before; one refused to even try it; all but two said they liked it! At another school, VPK to 5th grade classes as well as VPK parents were introduced to various veggies and non-fat ranch dressing. Parents said that they really love the quick, easy, and tasty idea and requested copies of the recipes to make at home.

Karen Faverty - A student at a middle school said after sampling 'Fresh Tomato Basil Linguini' after a *Super Foods* power point presentation, "My Grandma always cooks stuff like this and I ALWAYS just pushed it away without tasting it. This is good!! I won't be pushing it away any more!" At the culinary arts class at Marchman, the chef said, "The Family Nutrition Program has definitely enhanced this program!" After the FCS teacher at a middle school took extended leave, the substitute teacher questioned the extensive use of FNP curriculum and passed it to the principal for review—it passed with flying colors! The permanent substitute is now back to using the FNP materials and welcomes the PA back to teach on a weekly basis. All have agreed to the value of what the Family Nutrition Program is providing.

Cynthia Jones - Hand washing classes are still popular, especially after and outbreak in a couple of the elementary schools. Still, the majority of the classes taught featured Healthy Celebrations. Approximately 1,190 students were taught in these two months and another 600 at the Great American Teach In. The students were excited about sampling "Berry Good Banana Splits." Teachers prepared the food while PA taught. Upon leaving the classroom, children were heard saying "There goes GG!" When PA asked "Who?" one little boy said "You know, the

Germ Girl!" Two classes had an apple taste-test while discussing colors, shapes, and flavors and then enjoyed making fresh applesauce. "Pyramid Pockets" were made and eaten in five kindergarten classes while students learned all about *MyPyramid*.

Becky Lawhead - Healthy Halloween Celebrations were held for 90 kindergarten students. Kids enjoyed creating Frankenstein fingers made with part skim mozzarella sticks and pieces of green bell pepper cut into the shape of finger nails and also sampled vampire blood punch made with cranberry juice, pineapple juice, with a splash of seltzer water for fizz! At the Great American Teach-In, students at an elementary school learned about the foods that were eaten by pilgrims at the first Thanksgiving. Two other elementary schools participated in hand washing lessons. Healthy Celebrations/MyPyramid lessons at two elementary schools included "Walk-Around Trail Mix." Many students had never tried dried blueberries and were impressed at how good they were mixed in with the sunflower seeds. Two other elementary school's VPK & K students participated in healthy celebrations featuring "Banana Wheels" (smashed cereal in snack bags; add a couple banana slices; shake it up; dip in vanilla low-fat yogurt and eat!).

Sonia Rodriguez - Interest in hand washing classes continued at two elementary schools. Several students were heard calling out to "the germ lady" (PA). One student said proudly, "I went home and taught my little brothers how to wash their hands properly". Another student shared "I am happy to report that I no longer bite my finger nails." PA commented "It is so rewarding to see these FNP classes make such a difference in child's life!"

Linda Tesar - "Berry Good Banana Splits" were featured during this campaign. Several children declared "I don't eat yogurt!" but they were convinced to give it a try and admitted with glee "I like it!" Four elementary classes made "Cat Crudite Platters" and "Apple Bites" (made with apples and almonds as a mouth with long teeth) for their Halloween parties. Students, as well as teachers, were introduced to healthy party food options to prepare in class and at home!

Submitted by Betsy Crisp, MS, LD, FCS Faculty and FNP
Coordinator, Pasco County Extension
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