

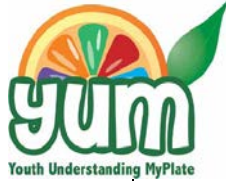
Pasco FNP Success Stories

October 2013

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

Brenda Borjas—"Yummm... I Like It!"

Trying a new food can be very rewarding and you will never know if you really like it until you give it a try. And then, eating healthy can be good for you and yummy, too!



Children attending east Pasco elementary schools learned how each color on MyPlate represents a different food group. They also experienced a new recipe called "Yummus" which includes all five food groups. Students who had joined the "Two Bite Club" knew that they needed to give a new food at least two bites before they decided if they liked it, or not. Many times when they hesitated to taste the food, they were influenced by comments made by their peers. Eventually, they gave in, they tried it, and they liked it!

Parent group attendees at one school learned about "Healthy Snacks on a Budget." Adults learned and shared new ways to reduce fat by simply making better choices when they eat out with their families or in ways they prepare food at home. They also had the opportunity to taste the "Yummus" dip and glad to add another dip recipe that was healthy and tasty to their collection.

Karen Faverty—"SnapEd Teaches Memorable Lesson"

One in three (1/3) children and two out of three (2/3) adults in the United States are over-weight or obese. One in ten (1/10) adults in the United States eat the recommended daily amount of both fruits and vegetables. Snap-Ed is working in Pasco County in partnership with the Pasco County school district to combat these issues.

At Hudson Elementary 78% of the student body qualifies for the free or reduced lunch program. The Family Nutrition Program works to reach students from kindergarten through second grades with monthly nutrition education that is interactive, hands-on and fun. The students also take nutrition information home in the form of parent letters and

newsletters as a reminder what they have learned in class.

On October 17th, 2013, a third grade student who has been receiving this education since kindergarten approached the program assistant in the office and shared amazing facts that proved he remembered the lessons learned.

Snap-Ed really works! Some schools reported a 50% decrease of overweight elementary school students and a 100% increase of fruit and vegetable consumption. These children do remember what they've been taught! (Source: www.phi.org)

Linda Tesar—"What is YUMMUS, Mrs. T?"

When "Mrs. T" arrived in class, children at two elementary schools in west Pasco anxiously asked "What are we going to taste today?" When she explained the new recipe was made from Garbanzo beans, most students said they had never heard of "those beans" before. It was quite amusing to see some of the students coaxing their classmates to try the "Yummus" (hummus) dip with their carrots, apple slices and pretzel sticks used for dipping. Some students said that they had tried hummus before and did not like it but they said this was much better! They were very surprised to hear that it has yogurt mixed into it which made it tastier and even more nutritious. The lesson on MyPlate demonstrated that this snack idea incorporated every food group. Food tasting has definitely proven to be a worthwhile teaching tool to use with the children as evidenced by their asking for the recipes and feedback received from parents. Now, when they see the familiar face of the FNP program assistant, they always ask enthusiastically, "What's new to taste today?"

This was a very successful food tasting for Kindergarten thru 5th grades at Fox Hollow and Moon Lake elementary schools (approximately 700 total students participated).

