

Pasco FNP Success Stories

October 2014

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

Pasco County Kids Fight BAC

The **Family Nutrition Program (FNP)** program assistants were able to teach 120 classes and reach out to a total of 2,448 students in our county. The hand-washing classes were an absolute blast for these kids. Whether they



were in Pre-K or fifth grade, they all loved it. Many of them were washing their hands twice to make sure they were clean. One child was shocked to learn there were

bacteria on money. He was big on putting coins in his mouth, but after learning about the bacteria on money he said, "I will never put money in my mouth again."

We also discovered one of our teachers at Rodney B. Cox learned something. She commented that she was astonished that all of her life she was washing her hands incorrectly and because of our class she learned how to correctly wash her hands. She stated, "Thanks to our class I will be able to get all the bacteria off my hands by rinsing my hands first, applying soap and then washing for a full 20 seconds." She was extremely thankful for the class and also stated, "I will work harder with the kids to make sure they do it correctly as well as with my family at home."

Mrs. Townley's San Antonio fifth-grade class was excited to see how dirty their hands were under the UV light as well as how clean they were after being washed as we had instructed. They also learned while washing their hands they didn't have to become bored counting to 20 but have fun singing a song. They were amazed and excited that hand washing is fun and interesting.

Eating Healthy While Stretching Your Dollars

There were nine attendees at Lacoochee Elementary for the "Eating Healthy on a Budget Campaign." As a result from the parent surveys, seven attendees will be making healthy changes and they agreed that the program was informative. They believed the generic brand was tastier and were happy to learn they had chosen the cheaper brand as it was 30 percent less than the brand name. They also were appreciative of the couponing information which they shared together to help them stretch their dollars.



I Seafood and I Eat It

Pasco County Elderly Nutrition (3 sites/62 people) participants learned all about "Sensational Seafood" in the month of October.

The **Family Nutrition Program (FNP)** covered information on the benefits of eating seafood, the importance of safe handling and selecting and purchasing from reputable vendors. Some of the participants offered information about their past experiences with fishing in Florida and



asked questions about mercury content. They also expressed concern about the high price of purchasing fresh. Our FNP program assistant explained that frozen seafood is a "good catch" at the market, especially when it is on sale!

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