

**Extension Nutrition Program
&
Senior Extension Nutrition Program
Quarterly Update
April 1, 2012 – June 30, 2012**

	# of Classes Taught – 3 rd Quarter	# of Participants – 3 rd Quarter
Adult ENP	88	476
Youth ENP	311	5,740
TOTALS	399	6,216

Bonner County

Linda finished up the youth classes this quarter with lessons on Fruits & Veggies, My Plate and How Things Grow. Youngsters learned about the health benefits of including at least five fruits and veggies in their daily diets and tried to guess what fruit or vegetable Linda gave them clues about. They also were able to use the “Mystery Box” to try to guess what fruit or veggie she had brought for them. Most children were then eager to try the kiwi. Some were also “brave” enough to sample the jicama as well. Children at Priest River Kindergarten, Farmin Preschool, and Sandpoint Head Start also reviewed the different food groups with the large MyPlate pocket chart by putting food cards in the correct pockets. Jennifer, the cook at Sandpoint Head Start, followed up the lesson with some MyPlate activities as well, asking the children to figure out where on the My Plate chart the foods they were having for lunch would go.



Kindergarteners at Priest River also played the “What Am I?” game. They tried to guess what food Linda had taped on their backs by asking only “yes” and “no” questions. As usual, children were surprised at what they learned from the How Things Grow unit. They are always amazed that we eat all the parts of the plant, including the roots and stems! They finished the lesson with a loud singing of “Dirt Made My Lunch” and many danced to it as well. Head Start youngsters also were presented with a “diploma” from ENP, stating that they now know all about healthy eating.

A Younger Kids' Cooking class was offered at the Bonner County Extension office this quarter. Children from ages 4 to 6 years of age and a parent attended the class and were able to make a baked granola which they then enjoyed with yogurt. They learned about all the food groups from MyPlate and drew a favorite food for each group on their blank plate as they discussed the benefits of each group. They also made a MyPlate butterfly when they finished which included a food from each of the food groups. Parents were able to take home several easy recipes to make with their children. A second series of Kids' Cooking classes will be offered at the Bonner County Extension Office beginning on Tuesday, July 17. Linda will teach this series at two different times to accommodate working parents: at 1:30 PM and at 5:30 PM. Those interested parents should register by calling the Bonner Extension Office at 263-8511 and signing up for the time that works best for them.



Linda was at the Bonner Community Food Center in Sandpoint in May with homemade granola bars and in June with peanut butter bread for people to sample. In addition, she advertised her upcoming Kids' Cooking classes, and distributed flyers and newsletters through the local backpack program in the backpacks that go home with needy children in three different schools in Bonner County.

Two adult classes were held at the Priest River Food Bank this quarter, both on grains. Linda was at the food bank in early May with peanut butter bread to advertise the upcoming classes. At the first class participants learned about the benefits of including more whole grains in their diets and they were able to watch Linda make a simple skillet granola using oats. The granola with yogurt disappeared in no time! At the second class Linda focused on some of the more unfamiliar grains. Participants began the class by trying to identify the "mystery" grains in unlabeled baggies. They also learned about the health benefits of some of these more "unusual" grains. Afterward they sampled a fruit quinoa as well as a salad made with bulgar. Many people left, vowing to try some of the different grains they had sampled.

At Working Solutions Linda taught classes on reading Food Labels, the Grains Group and Eating Light & Right. Clients were able to sample peanut butter bread, granola and a low-fat spinach dip, all of which disappeared quickly. Several participants commented that they were motivated now to try to eat more home-cooked meals after they were made aware of the amount of fat in fast foods!

Linda visited the WIC office in Sandpoint to advertise her upcoming Kids' Cooking class series. She also had peanut butter bread for clients to sample which seemed to be a big hit! Parents liked the fact that this recipe used peanut butter that they can purchase with their WIC vouchers.

Finally, Linda has enjoyed working with clients in the Senior Extension Nutrition Program but especially with one man, "Troy", who has been through almost every lesson offered. As a single adult, he was often going out to eat or purchasing food from a store's deli. By the end of the series, he had become an avid label reader and told Linda that he makes sure he eats at least three different fruits each day. He often brings empty cartons to their meetings, even though they have "finished" the lesson on Food Labels, so that he can show her the pros and cons of different packaged foods!

Boundary County

Youngsters at Boundary Head Start were also exposed to the last three lessons from ENP: fruits & veggies, MyPlate and How Things Grow. They, too, sampled kiwi and jicama; classified foods in the large MyPlate pocket chart, and sang and danced to “Dirt Made My Lunch” at the end of the How Things Grow unit. In addition they each received a “diploma” from ENP, stating that they now know all about healthy eating.



Linda’s last visit to the Boundary After School program focused on handwashing and food safety. Youngsters were able to use the “purple bug” to see how well (or not so well!) they each washed their hands. Many had to go back a few times to really scrub the germs from their hands! Afterwards they each were able to make their own “germ bug” from crackers, peanut butter and pretzels.

Linda was at a Learning Fair at Naples School in May to advertise her upcoming Kids’ Cooking classes in Bonners Ferry. In addition, she was able to meet those in charge of the backpack program at Naples School and was able to make sure the Kids’ Cooking flyers and the ENP newsletters went home in the backpacks. Gini Woodward, one of the backpack supporters, asked Linda if she could use one of her Kids’ Cooking flyers in her grant application for the backpack program for the next school year. Of course, Linda agreed and she is happy to report that the grant was received for the next school year!

The Kids’ Cooking classes in Bonners Ferry will begin on Wednesday, July 11 at 11:00 AM. These are for children from age 8 to 14 with an adult companion. Call the Boundary Office at 267-3235 to enroll. They will be offered at the Extension Office.

A Younger Kids’ Cooking class was also held at the Boundary County Extension Office in June. Just as in Bonner County, children and their parents learned all about MyPlate by drawing their favorite foods in each section of the plate and making MyPlate butterflies. They also made granola and were happy with the results.

Just one class was held at Working Solutions in Bonners Ferry this quarter. Linda focused on the Grain Group specifically on encouraging more whole grains and had granola for participants to sample.

Linda was at the Boundary Hospital’s annual health fair in May with the purple glow bug for children to test their handwashing skills where she also advertised her upcoming Kids Cooking classes.

Finally, Linda participated in the 2nd Harvest/Thrivent Food Distribution at the Lutheran Church in Bonners Ferry at the end of June. In addition to helping with the food distribution, she also advertised her upcoming Kids’ Cooking class in July. She has also been at the Middle School during lunchtime to promote the class.

Clearwater County

In April Mackenzie finished up with the Orofino Head Start by teaching the children about fruits and vegetables. They talked about different colors, how each fruit or vegetable grows, and played a matching game with flash cards. As a special treat they made granola to top their yogurt parfaits and Back Yard Harvest donated apples so everyone could go home with a healthy snack!

Orofino Elementary ended another successful year. This year there Mackenzie worked with 2 first grade classes, 2 fifth grade classes and 1 fifth/sixth grade combo class. The kids were an absolute delight. Mackenzie worked with most of the kids either at the Head Start or in previous years at the elementary. Mackenzie felt the kids had most fun with learning about MyPlate. She brought MyPlate placemats and fake rubber food and broke the kids up into groups and had them make one breakfast with 3 different food groups, and one lunch and one dinner with 4 or 5 food groups. From the activity the kids learned why it is important to include more food groups on your plate, more about serving sizes and got a piece of menu planning.

Working Solutions has had participants monthly for participating in ENP classes. Mackenzie taught them about the Protein Group, Grain Group and Fruit & Vegetable Groups. After each class the participants said they learned something new and were happy they took the class!

The Lifeline Food Bank is making its presence known in Orofino. It is a newer food bank, and Mackenzie has partnered with them to give cooking classes right before they are open every fourth Monday of the month. She has two sessions participants can attend. For attending, participants get a ticket to get to the front of the line, extra food, plus fresh produce from Back Yard Harvest. Not to mention a sample of a recipe that Mackenzie prepares! This program is growing and people are excited for the upcoming classes.

Idaho & Lewis Counties

Adult Education Outreach

A very exciting development occurred this quarter at the Camas Prairie Food Bank (formerly the Evergreen Food Bank). The food bank is now housed in a new location which will soon allow Lisa a venue to teach nutrition and cooking classes. Lisa truly appreciates the enthusiasm, encouragement, and support of the Camas Prairie Food Bank board, and looks forward to offering a series of classes to clients in the Grangeville area. In the meantime, Lisa continues to give food demos using food commodities, and hand out newsletters and recipes once a month at distribution. In April, Lisa demoed a low-fat spinach dip served with carrots and bell peppers, and handed out vouchers for free garden seeds to those interested. The seeds could be picked up at the University of Idaho Extension office. In June, due to the high volume of white beans on hand, Lisa demoed a Spicy White Bean Dip served with cucumber. Lisa is often thanked for providing interesting recipes and ideas for the food items being distributed.

Lisa was invited to the Grangeville Head Start parent meeting in April, where she gave a presentation on "Making the Most of Your Food Dollar." She then demoed how to make skillet granola, which was used as a basis for a fruit parfait snack that was enjoyed by parents and kids alike. A few of the parents in attendance expressed interest in other cooking/nutrition classes in the future, which Lisa hopes to put together before summer's end.

At Grangeville Working Solutions, Lisa has had the pleasure of working with several new clients and giving new presentations. In April, Lisa presented the revamped fruit and vegetable lesson. After the

lesson, those in attendance were taught how to make newspaper peat pots, given free garden seeds and the chance to sample the low-fat spinach dip. In May, Lisa gave a lesson on whole grains, and taught participants how to make skillet granola. In June, Lisa gave a lesson on healthy snacks and sent clients home with a small recipe book loaded with easy and nutritional snack ideas.

Lisa continues to enjoy and teach her faithful and loyal adult participants at the Tamarack and Pleasant Valley Apartments in Grangeville. Lisa taught “Charlie” and his helper how to make skillet granola one month, demonstrated to several others how to make newspaper peat pots the next month, and in June Lisa gave the summer hydration/MyPlate presentation to her “ladies” at Pleasant Valley Apartments.

Lisa was very pleased this past quarter to partner with Community Action Partnership (CAP) and the Emergency Feeding Outreach (EFO) in offering a food safety class to several clients in the Kamiah community. Food safety, canning safety, care and use of a pressure canner were the major topics discussed. Participants engaged in hands on, step-by-step process of canning salmon, which was so generously donated by the EFO. At the end of the class, participants were able to take home their own jar of processed salmon. The class was a huge success, and without the help and support of CAP and EFO, this class would not have been possible.

Lisa was invited to present a nutrition topic to the monthly soup canteen sponsored by the EFO. In June, Lisa’s presentation was on the importance of hydration & MyPlate, especially in the hot summer months. Lisa emphasized that one of the ways to ensure adequate hydration is to eat plenty of fruits and vegetables as demonstrated by MyPlate. The class was well received and attended, thanks to the Nez Perce First Presbyterian Church which served Indian tacos for lunch!

CAP and EFO assisted Lisa in distributing free vegetable garden seeds to several clients in the Kamiah and surrounding areas. The seed has also now been sown for the hopes of a couple of community gardens by next summer.

Lisa was invited to the Nez Perce Early Childhood Program family fun night to teach about the Grain Group and how to make skillet granola. Lisa had some of the children assist in making the granola to demonstrate how quick and easy it is to make, and how to get kids involved in the kitchen. Using the granola, those in attendance made delicious fruit parfaits. About a month after the class, one of the parents e-mailed Lisa in desperation for the granola recipe she had misplaced. Apparently, her kids really loved the granola and were anxious to make it again. It’s good to know ENP has a positive impact in many ways.

Youth Education Outreach

With great enthusiasm and appreciation, Lisa continues her important youth education in Idaho and Lewis Counties.

Lisa uses the Little “D” curriculum to supplement the Building a Healthy Me curriculum, to teach her 2nd grade classes from Riggins, to Grangeville (2/3rd grade), to Kamiah to Cottonwood. The kids love the lessons and Lisa is always greeted with smiles and exuberance from the kids. One teacher commented, “You are like a rock star when you come to the school!” Lisa just hopes the kids will take the information home and infuse the same enthusiasm for healthy eating to their families.

From April to June, Lisa taught lessons on the Grain Group, Fruit and Vegetable groups, Healthy Snacks, and putting it all together with a MyPlate/food group review. To teach the importance of healthy snacking, Lisa employed the use of the “Very Hungry Caterpillar” book in conjunction with “Pricilla Catapilla” (the model caterpillar made out of drain pipe!) at the Riggins Head Start, Craigmont Head Start, Kamiah Head Start, Nez Perce Early Childhood Program, and Kamiah kindergarten

during the month of April. Students were given the opportunity to select a food out of a bag and determine if this food was a food “Pricilla” could eat all the time or some of the time in order to grow big and healthy. Students could then “feed” the caterpillar the healthy food. If students picked a “sometimes” food, they had the chance to exchange it for a “strawberry” and feed the caterpillar. This lesson was a lot of fun, as most of the kids had either studied, or were getting ready to study real life caterpillars. Lisa also taught healthy snacking to the 1st graders at Kamiah elementary, Riggins kindergarten and 4th graders in the month of April.

During the month of May, Lisa reviewed the MyPlate and 5 food groups for all age levels. Using either the MyPlate spin game for older kids, or the Little Old Lady who ate a cheeseburger for the kindergarteners, Lisa tried to drive home the point of the importance of eating from all five food groups to obtain the necessary nutrients to grow strong and healthy.

The Riggins 4th graders learned how to read labels and understand serving sizes, and at the end of the class, got to “eat their homework” of a bowl of cereal and carrot and apple slices.

Lisa also enjoyed working with the K/1 classes at Grangeville Elementary. Carbohydrates and the protein group were taught for the months of April, May respectively. Students had the opportunity to grind grain in April, and then played the activity dice game in May to compliment the lesson on the Protein Group/Physical Activity. Students continued to learn about each food group and then color their MyPlate and attach the appropriate food to the plate. Finally students were encouraged to bring their completed and full MyPlate home to share with their family.

Lisa continues to be involved in several of the after school programs in the area as well. The after school programs provide an opportunity to put some of the class work to practical use. Snacks or projects are designed to help solidify some of the things that the kids learned during the lessons provided during the school day. Kids learned how to make and plant newspaper peat pots at the Kids Klub in Grangeville and A.S.K. in Riggins. Students at A.S.K., Discovery Center in Kooskia, and Kids Klub had the chance to make and eat the MyPlate chicken wrap for snack. This snack includes ingredients from all food groups, and combines tastes that most kids would never think would go together. One student from Grangeville shouted, “This snack rocks!” The Discovery Center kids learned about vitamin A and its importance for good vision, and then made sweet potato fries. Summer Feeding Sights—Lisa is also working with the Kids Klub this summer in conjunction with the summer feeding sight. Lisa visited the Kids Klub 3 times in June. One week the kids made soft pretzels while learning about the Grain Group. The next week, kids help make skillet granola and then assembled fruit parfaits While learning about the importance of the Fruit Group. The next week, kids ground wheat berries by hand, and helped Lisa grind corn with an electric grinder, and then made corn bread while learning about Healthy Snacks. This corn bread was made in a Dutch oven, as another gentleman from the Grangeville area was demonstrating Dutch oven cooking on the same day.

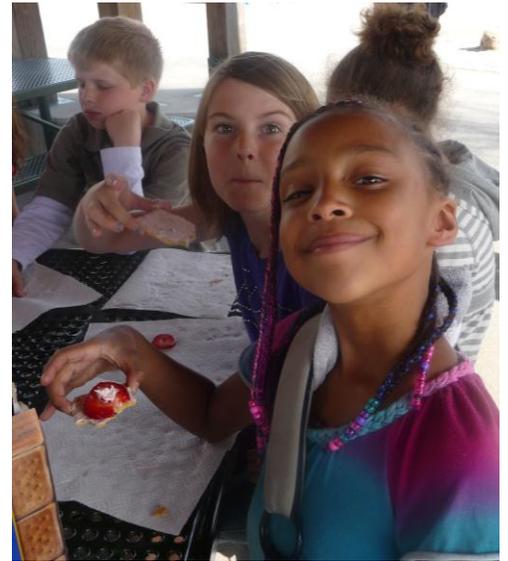
The kids at the Discovery Center summer feeding sight made soft pretzels to learn about the Grain Group one week and then ice cream in a can the next while learning about the Dairy Group. The kids enjoyed the simplicity of the recipes and the delicious results.

Kootenai, Benewah & Shoshone Counties

April and May were very busy months for the Extension Nutrition Program in Kootenai County. Miranda wrapped up her youth programming at Fernan Elementary where she taught the entire student body about the nutritional and health benefits of calcium and protein for growing bodies. The students were able to sample a "banana-orange frosty" as well as "after-school hummus" and take

the recipes home to share with their families. This was a fun and successful partnership between ENP, Fernan Elementary and the Idaho Dairy Council who very generously provided the funding for the food samples.

Other exciting youth programming in Kootenai County includes the long standing partnership with CDA4Kids. Miranda finished her fourth year teaching nutrition to the kids in the after school program. In April she taught the "Moving - A Healthy Me" physical activity lesson and in May she wrapped her lessons up with providing an overview of MyPlate and she invited the coordinator of Community Roots, Kara Carleton to talk about Community Supported Agriculture and the benefits of eating locally grown foods. In celebration of another successful school year, Miranda and the CDA4Kids students made "strawberry pizzas".



In addition, the Head Start students from the 3 centers in Kootenai County, and those from Shoshone and Benewah County "graduated" from ENP after spending the school year learning about how to keep their growing bodies healthy through good nutrition. The children were each awarded their very own healthy eating diploma.

The food bank programming continues to be a success in Kootenai County as well. In April, Miranda had the pleasure of presenting at the 3rd Annual Second Harvest Conference where she was able to introduce the "Eat Well for Less Food Bank Program" to several representatives of food banks throughout Northern Idaho. Miranda offered classes on the second and fourth Wednesday of April and May at Real Life Food Room in Post Falls and the first and third Monday of April and May at the Altar Food Bank in Coeur d'Alene.

In addition, classes continue to grow in numbers at the local Working Solutions offices in Shoshone and Kootenai Counties. We look forward to continue to offer this wellness education to attendees at these sites.

Another new project started this quarter is the initiation of classes at a Prairie Run Senior Housing where limited resource seniors can be reached with research based education. Linda was able to work with a group of 7 seniors on personalizing MyPlate to meet their nutritional needs. All in attendance appreciated the information. Classes at this site will continue in the coming months.

In collaboration with Mountain States Early Head Start (MSEHS) funding was obtained from the Idaho Department of Education to offer a series entitled "Gardens to Groceries" at the Coeur d'Alene and Rathdrum MSEHS centers. This series is targeted to MSEHS families and their young children and will revolve around the importance of eating a variety of fruits and vegetables and growing their own healthy foods. Through this funding the Rathdrum center was able to get their own raised bed gardens, the supplies for planting these gardens and participants at both centers get a nutrition related book to take home at the conclusion of each session. It should be a great series for the families.

Additionally, this quarter Miranda was able to offer a few home visits through referrals from the Senior Extension Nutrition Program allowing for the opportunity to provide nutrition lessons to at-risk seniors and link them to resources for food.

This quarter was also a quarter of change for our staff as Miranda and Emily left their positions with ENP. Their contributions to ENP programming will be greatly missed. We are working to fill these vacancies and hope to have new people hired and trained to resume ENP education in the coming month.

Latah County

Trinity Food Bank and the Potlatch Food Bank classes are going well! The word is getting out that the classes aren't just a one-time event and that they are here to stay. In June Mackenzie did a demo for a Mexican rice dish that uses a number of foods from food bank food boxes and it was a huge hit. The participants liked they could have it as a side dish, in a burrito or as a soup.

In May at Sojourners Alliance the class was on Fruits & Vegetables and they made Kale Slaw! There was only one participant familiar with kale, the others had never even heard of it. Everyone took the recipe and Mackenzie actually saw one of the participants later on at Winco buying kale.

At Hawthorne village in May Mackenzie talked about food labels and made baked chicken fingers and kale slaw together. Some of the participants had their children there and the kids pretty much licked their plates clean! One mom said she was really surprised her twins even tried the kale slaw, let alone wanted a second sample!

Mackenzie wrapped up Moscow Head Start and Juliaetta Elementary schools with How Things Grow. She brought cauliflower, broccoli, pumpkins and beans to plant. To Mackenzie's surprise most of the students wanted to plant the cauliflower and broccoli since they found out they were flowers we eat.

Moscow School District's West Park feeding site is averaging 100 children per meal. Mackenzie's first parent-child cooking classes started in June, on one of the rainiest days of the year, so participation was low but she still had 4 participants come to the class and they talked about the Grain Group and made granola together and used in parfait samples. The kids were excited and the

parents left happy! The cook at the summer feeding site even took the recipe because it was so easy and everyone really liked it.

At the last class at Working Solutions in Moscow the class focused on the Fruit and Vegetable Groups and one participant said she just loves these workshops and though she hopes to find a job soon she is happy to be able to come to these workshops. She is happy to learn something new and try a new recipe.

Nez Perce County

Working Solutions in Lewiston has been quite successful. In March Mackenzie taught about the Grain Group and one participant said she will never buy white or enriched bread again. In May they explored food labels and one gal didn't realize the ingredients were in order by weight. Then in June they talked about the Fruits and Vegetable Groups. Talking about storage of fruits and vegetables was a big hit and all who attended learned something new.

Mackenzie did a food demo on Mexican rice at the CAP food bank in June while advertising her upcoming classes. One man makes sure to come when Mackenzie is there every fourth Wednesday of the month and he said this was his favorite recipe yet. In addition, participants who get food boxes get ALL of the ingredients in their box, so no groceries required.

In May, Mackenzie finished up at Orchards and Whitman Elementary schools with How Things Grow. The kids got to plant beans! Their favorite part was identifying different parts of the plants they eat. No one knew broccoli and cauliflower were flowers! The kids are so great, Mackenzie can't wait until next year.