

COUNTY IMPACT REPORT



Kailey Roberts, the Beaver County Food \$ense NEA, teaches a nutrition lesson once a month in the Afterschool Achievement Program at Belknap Elementary, Milford Elementary, and Minersville School. There are approximately 85 youth who receive these services. So far this year they have learned about tomatoes, black beans, and sweet potatoes. Each month they learn about nutrition, sample a new food, and play a game to reinforce the lesson. Kailey has also provided nutrition education through the 4-H program to over 100 youth, 3rd-12th grade. These young students learned the correct way to measure, how to read a recipe, the importance of handwashing, cross contamination prevention, MyPlate, meal planning, table setting, food safety, understanding food labels, science of making ice cream, and healthy snacks. Her Creates 4-H Cooking Club follows the Creates Curriculum.

NUMBER OF PEOPLE REACHED THROUGH FOOD \$ENSE



“ She had a variety of kids between kindergarten and 6th grade, and they all enjoyed it. It helped make for a successful lesson when teaching about tomatoes, because all the kids were willing to try a moon squisher (tomato). A lot of the kids told her that they loved tomatoes after they had tried them with our snack. ”



INCREASED CONSUMPTION OF FRUITS AND VEGETABLES

Food \$ense is a valuable part of the Beaver Extension Healthy Habits Wellness program, which encourages fruit and vegetable intake and provides support and education for participants. Kailey has taught adults in the program about making healthy food choices when eating out and has helped with health assessments. She also co-presented at Beaver High School Community Awareness Night teaching about the benefits of family mealtime and eating at home.

“ Kailey taught a Chef Extraordinaire 4-H Cooking Class which was a great success. She taught youth from 7th-12th grade. She taught them about quick breads along with other concepts such as MyPlate and using common pantry items to make a meal. The kids had a great time making bread and loved how easy it was to make a delicious savory bread. They also learned how to make homemade spaghetti sauce using common pantry items. The kids thought the cooking class was great and said they were going to make this meal for their families at home! ”





PARTNERSHIPS WITH LOCAL ORGANIZATIONS AND AGENCIES

Beginning in October 2014, Food \$ense was invited into Belknap Elementary and Minersville School to teach nutrition lessons to grades K-8. This is in response to the national nutrition/wellness mandates and Beaver County School District Wellness Policy. This has been a great partnership and in two months has already impacted 244 youth in the 5th-8th grades. They have been taught about dairy products as an important source of calcium, and the dangers of sugary drinks, like soda pop and energy drinks.

“ While teaching in the Afterschool Achievement Program throughout Beaver County, Kailey read the book, “I Will Never NOT EVER Eat a Tomato.” This book was a great resource when teaching the children about tomatoes. “I Will Never NOT EVER Eat a Tomato” is about a little girl is a very picky eater, but one day her sister tricks her into eating all kinds of food such as orange twiglets (carrots), green drops (peas), cloud fluff (potatoes), and more. The little girl in the story then decides to try moon squishers (tomatoes) and likes them. The kids thought this book was really funny. ”