



### CACHE HIGH SCHOOL

In January 2014, Cache High School contacted us about the possibility of using their greenhouse produce to make lunch for their students once or twice a month. Cache High is an alternative high school that does not have a school lunch program. The Food \$ense program and USU interns agreed to take on this worthwhile project. Using the produce from the gardens, we usually made a huge green, leafy salad for the students. We also added protein, including meat, beans, rice, cheese, etc. to make taco salads, chicken fajita salads, etc. From January through May of 2014, we served seven lunches. Approximately 60 students ate these lunches each week for a total of 420 student lunches. The bulk of supplies were from the Cache High greenhouse.

“You guys are so great to do this! These lunches are the best!”

CACHE HIGH STUDENT

During the summer months, we assisted with the planting, weeding, and harvesting of the Cache High garden plot and greenhouse. Several charities benefited from this produce including the Cache Refugee Group and the Cache Food Pantry. In addition, we were able to bottle several pints of tomatoes, salsa, and jam for use in the Cache High lunch program for the coming school year.

During the fall months, we served lunch nearly every Monday because of the huge amount of produce in the garden and greenhouse. From August through November 2014, 10 lunches were served to approximately 60 students per lunch for a total of 600 student lunches.

Comments from students included: “It’s Food \$ense day! I’m so happy because I’m starving!” “You guys are so great to do this! These lunches are the best.” “Can I have your recipes?” “How many times can I come back for seconds?” “Why don’t you guys come everyday?”



### MOMMY AND ME

We began Mommy and Me classes in June of 2011. Since that time we have had steady growth with the program. Our average attendance each month is 15 adults and 25 youth. We teach the class 11 times a year giving us a total of 165 adults and 275 youth taught. Parents are encouraged to bring their children to class with them. Through our advertising we specifically target young families, especially young mothers. During class we divide our room in half. We teach the adults on one side of the room and teach the youth on the other side of the room. In addition to the lesson, each group participated in food demonstrations. At the end of class we have the children go up to the front of the room and do a food demonstration for their parents. Our staff, interns, and volunteers assist the kids with the demonstration. Everyone’s favorite part of the class is watching the kids share with their parents the new information they have learned.



“ I made the recipe from last month’s class at home and my family loved it! ”  
PARTICIPANT

On average, at each class we have five to eight interns and/or volunteers. The volunteers assist with setting up for class, food prep, serving lunch, and assisting with the youth lessons.

These classes teach young families how to use their food dollars wisely through menu planning and smart shopping. They were also introduced to new foods and how to prepare them and how to prepare meals from scratch. We feel great satisfaction in the education we are able to provide, especially to the children. They are being introduced to many different kinds of foods at a young age which increases

the chance they will accept a new food when it is presented to them. We are also teaching them many different ways to prepare food. We know that both the familiarity with different types of foods and knowing how to prepare them is a great benefit. Each week we are excited to hear from our participants the new things they have tried at home and how our classes are making many of their children more accepting of new foods. We often hear things like, “I made the recipe from last month’s class at home and my family loved it;” “I saved money on my grocery bill this month because I learned how to cook once, eat twice,” and “My kids have started helping me cook at home.”

As we advertise, we make sure to let other agencies know they can send parents and children to our classes. Some of the agencies we advertise to are The Child and Family Support Center, CAPSA, DWS, and Headstart.

“ I saved money on my grocery bill this month because I learned how to cook once, eat twice. ”  
PARTICIPANT