



### COMMUNITY NIGHT OUT, ALCOHOL AND GUN SAFETY

This event was held in Juab County at the Junior High School in Nephi. The Food \$ense SNAP-ED Program display was based on family mealtime - why it matters and makes a difference with family members. It is a wonderful way to bond with the people who mean the most. The handout was on communication and guidelines that will encourage family mealtime. Frequent family meals have been shown to help in physical, emotional, and behavioral development. I pointed out that no two families are alike; the important thing is to just make it work for their family. Food \$ense SNAP-ED program helped with the door prizes by providing family talk jars to help families start talking to each other at the dinner table and learn more about each other. An older woman wanted to know if she could have four of the handouts because she would like to make a "Family Talk Jar" for each of her older children's families. This event increased awareness about the importance of family meal time.

### DAY CARES IN JUAB COUNTY

- This is my first year teaching at the day care centers. The Food \$ense SNAP-ED Program and I provide instruction and stories for children ages 4-8, helping them learn to make healthy food choices. I teach the "Fun, Food and Reading" and Myplate lessons, and I highlight one food group a month, building the lesson around that food group.
- A parent letter is sent home about the lesson that was taught and how to reinforce at home the things the children learned that day. It has helped the children try new foods and learn about foods in a fun way.

A participant who attended one of my classes came up to me in the supermarket to let me know that she has been using our "Live Well Utah" booklet. Her family has been choosing a new vegetable recipe each week to try. It is introducing her family to new vegetables, and they are enjoying the recipes. She asked me what some of my favorite recipes in the booklet are. I told her the kale and pasta is one I use with fish; when I have company it looks fancy. The little kale dippers and the zucchini slaw are favorites, too. It was her turn to pick and she picked the kale and pasta. This is a wonderful way to get our families to eat new foods.

### FALL PUMPKIN PUREE VIDEO GOES WORLDWIDE

- Laurie's 'Fall Pumpkin Puree' video clip, produced in Juab County, was selected by USDA and posted on their website at <http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/pumpkin>.
- Bates, L., Memmott, M. P. (2014). Fall Pumpkin Puree Video. USU Food Sense, SNAP ED, USDA. <http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce/pumpkin>.



## WORK PERFORMED BY VOLUNTEERS



In Juab County in 2014, 146 volunteers helped the Food \$ense/SNAP-Ed program by setting up class rooms, going shopping for food supplies, helping children wash hands, or handing out worksheets and crayons. In four of my classes each month, two adults present in the lessons and each one assists in shopping for food and helping with games and worksheets. The total hours volunteered was 152.

## NUMBER OF PEOPLE REACHED



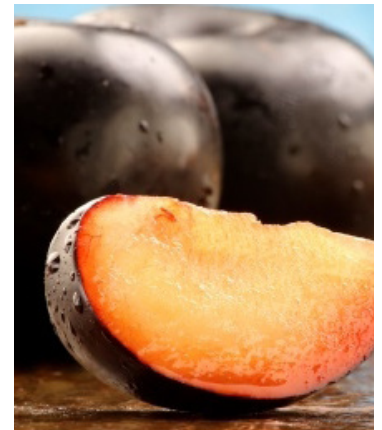
Juab County provided nutrition education to 5,552 clients in 173 classes, in addition to demonstrations, workshops, camps, fairs, and special events. Clientele evaluations show significant improvements in nutrition practices.



## IMPACTS SPECIFIC TO FOOD SECURITY INCREASE INTAKE OF FRUITS AND VEGETABLES AND ACCESS TO FOOD

See Juab FS online reports. (3rd quarter is the only data entered for Juab)

I had a young mother stop me and ask if I was the person who taught nutrition classes at the day care. She said her daughter came home so excited about the class and told her she tried a blackberry muffin just like the moose had in the story that was read in class. I asked if her daughter liked the muffin; she said she did, and they have made some at home since that class. It makes me smile when children and parents are enjoying the things that are taught.



## PARTNERSHIPS WITH LOCAL ORGANIZATIONS AND AGENCIES

### COLLABORATE WITH/ GROUP 1

- Times News
- JFLC (Juab Family Life Council)
- JUMP-KIC
- LIC (Local Interagency Council)

### TEACHING/ GROUP 2

- WIC
- DWS
- Head Start
- Day care centers (3)
- Central Utah Counseling Center
- Low income housing
- Food bank
- Schools
- Free lunch program
- Assisted living centers
- Christmas Festival
- Juab County Fair
- Community Nights Out
- Community Garden
- Farmers Market
- Supermarket
- 4-H Food Camp, Afterschool, and Summer in the Park programs
- Center for Women and Children in Crisis
- Parent meetings through Head Start



## INFORMATION ABOUT HOW YOU ARE FIGHTING HUNGER

- “It takes more than food to end hunger!”
- I teach families how to connect with each other by eating together. I also teach individuals how to keep food on the table every day by having a well-stocked pantry. I teach individuals and families how to menu plan, buy, and cook nutritious, low-cost meals.
- By educating children, I teach them to use nutrition information to make healthier food choices every day. As they grow to be adults, the information helps them for the rest of their lives and the lives of their children.
- By educating adults with the lessons developed by the Food \$ense SNAP-ED program, I help adults make healthy food choices with knowledge, food budgets, menu planning, and low-cost nutritious cooking.
- I encourage others to take part in activities that keep them healthy.
- This is all accomplished through the Food \$ense SNAP-ED program with help from local partnerships and agencies. The Food \$ense program helps break down the barriers that keep adults and kids from eating healthy foods.