

COUNTY IMPACT REPORT



In 2014 I taught 11 classes at Canyon Cove Assisted Living Center, 22 classes for WIC, 27 Head Start classes, as well as reached a variety of other clients.

11 Classes taught at the **Canyon Cove Assisted Living Center**

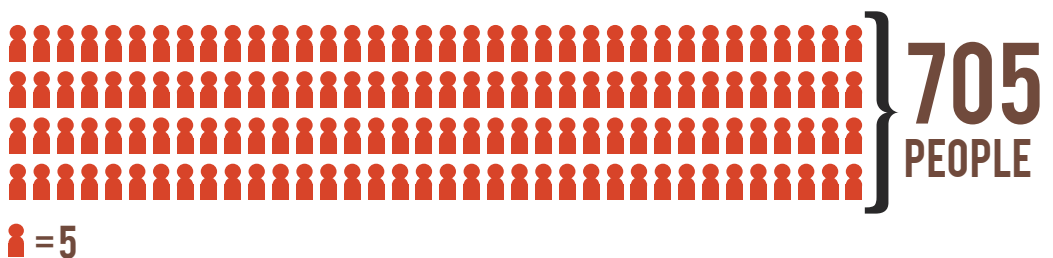
22 Classes for **WIC** (*Women, Infant & Children*)

27 Head Start classes at **Tooele and Grantsville**



One participant at Canyon Cove had a lot of health problems and weight issues. She used the information I had taught her to change her diet to include a large variety of fruits, vegetables, and whole grains. She reported back to me monthly when I came to teach about the health benefits she would notice because of the changes. She was losing an average of 6 pounds a month, her skin cleared up, blood pressure went down, as well as improvements noted by her doctors with many of her chronic health problems. She told me she would never have made these changes if she hadn't taken my classes because she didn't realize what a difference the foods she ate would make.

NUMBER OF PEOPLE REACHED THROUGH FOOD \$ENSE



Head Start has a hard time getting the preschoolers to try the foods they serve for lunch. They asked if I could figure out a way to help get the kids be more open to trying new foods. Whenever I teach a class for them, I bring along fun stories and activities that match whatever food we are talking about. This helps get the kids excited about the foods. I also bring the "I tried it" stickers to reward the kids for at least trying the new food. We also do peer encouragement and clap and cheer for everyone who tries the new food. We talk a lot about how fun it is to try new foods and that even though something might look strange to us, it usually tastes good. Because of the trust I've built with them, most of the kids will now try everything I bring in. The teachers are amazed that I've gotten some very picky eaters to try some unusual new foods. When we made spinach smoothies, I was able to get all but two children to try the raw spinach leaves, and they loved it!



A young man came to one of my WIC classes with his partner. He told me about how much trouble he'd had in school and how many different schools he had been to. He said he really liked my class and wanted information about coming to more classes. He said, "You've made me not want to sluff this class!" It sounds like a strange thing to say, but he was very sincere and he really meant it as a compliment!

I see former clients in the grocery store and they will come and chat with me about the changes that my classes have made in their lives and eating habits. I will also get calls from clients with questions about new nutrition information they've heard and want me to explain. I think it's awesome they feel comfortable enough with me and trust me enough to be a person they turn to.