

COUNTY IMPACT REPORT

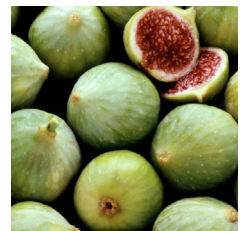


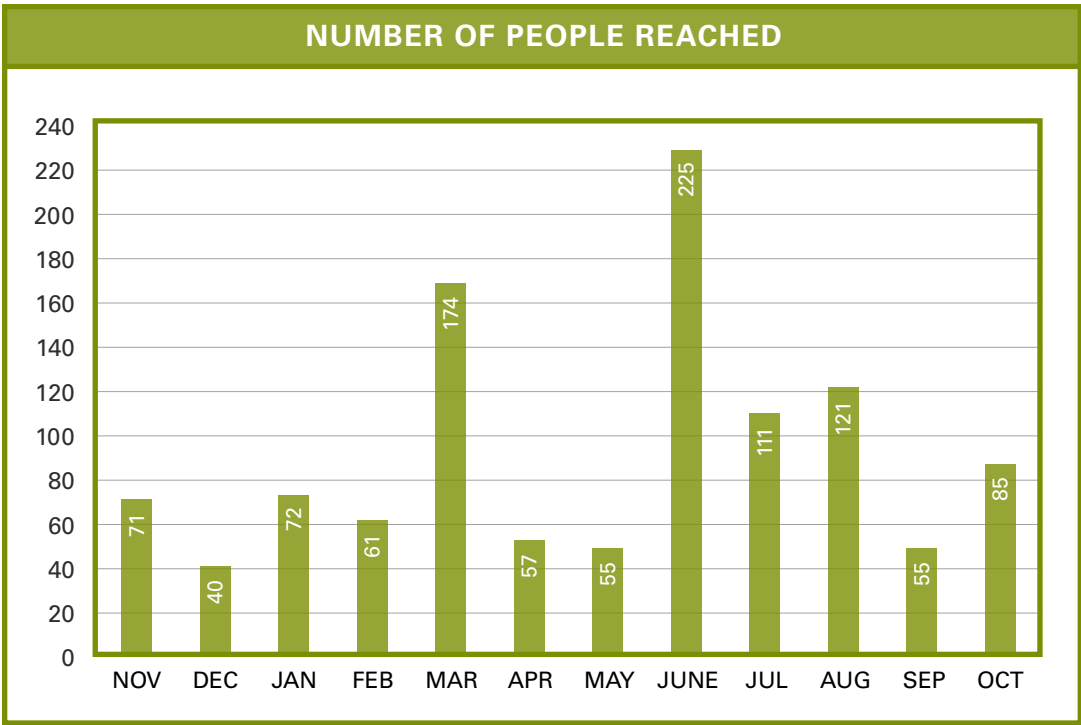
PROGRAMS

- Drug Court: Create nutrition/cooking classes
- Castle Valley Youth Center: Create nutrition/cooking classes
- Four Corners, New Heights Clubhouse: Create cooking class
- Food Bank/Commodities: Create cooking/nutrition classes
- Food Bank: Recipe books
- Deseret Industries: Create nutrition/cooking classes
- Family Services and Children's Justice Center: Create nutrition/cooking/gardening class
- Head Start: Veggie Vibes classes
- 3rd graders Farm Field Day: Food safety classes
- Department of Workforce Services, Work Success: Create nutrition/cooking classes
- 4-H day camp: Serving Up My Plate nutrition/healthy snacks
- 4-H science camp: Serving Up My Plate classes
- 4-H summer camp at Sally Mauro Elementary: Serving Up My Plate classes
- 4-H summer camp at Wellington Elementary: Serving Up My Plate classes
- Boys and Girls Club of Carbon County: Create nutrition/cooking classes
- Carbon County Fair: booth, recruiting, information
- High Desert Growers Farmers Market: Recipe books
- Community Clothes Closet: Recruiting, information

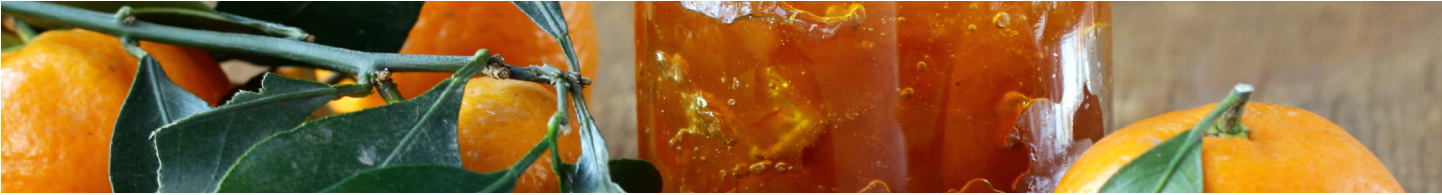


NUMBER OF PEOPLE REACHED THROUGH FOOD \$ENSE





Others have received Food \$ense materials that are handed out at the food bank and at the local farmers market. Approximately 300 people have received this information.



IMPACT SPECIFIC TO FOOD SECURITY, INCREASE INTAKE OF FRUITS AND VEGETABLES, AND ACCESS TO FOOD SUCCESS STORIES

- One participant said she now makes a list to shop from; it helps her buy more whole foods, and she has food left at the end of the week. Before participating in the program, she would usually run out of food after a few days.
- Another participant said he stopped buying protein powder and started eating healthy foods. He feels better, and he enjoys his food.
- Participants in the commodities class get extra food from the food bank. Recipes using items that are plentiful at the food bank have been developed so the patrons may more fully utilize the food they receive.



PARTNERSHIPS WITH LOCAL ORGANIZATIONS AND AGENCIES

- The sheriff requested a series of lessons be taught to people in drug court rehab. Participants learned to make better food choices and budget their food money.
- The Head Start and the Family Support/ Children’s Justice Center requested lessons on planting a garden and utilizing the vegetables from that garden.

- DWS Work Success Coach requested a series of lessons to improve the financial situation and health of the Work Success participants.
 - A meeting of service organizations takes place monthly in Carbon County. ICC has given me a soap box to let other organizations know that I am available to teach cooking and nutrition lessons to their patrons. They appreciate that Food \$ense expands their budgets and resources.
 - The Boys and Girls Club of Carbon County allows me to teach cooking and food classes to at-risk children.
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HOW AM I FIGHTING HUNGER?

- I use the lessons from the Food \$ense archives and the Create lessons in my own life so that I can tell participants how they work with my own family.
- I grow a garden, sometimes using excess produce for lessons. For instance, I took corn to the commodities class to show participants how to blanch and freeze it.
- Extra food from my garden regularly goes to the local food bank to be distributed among the patrons.
- I recommend growing gardens, even small plots or container gardens, as a way to eat healthy, get exercise, and save on the food budget.