

## COUNTY IMPACT REPORT



### NUMBER OF PARTICIPANTS



Classes have been taught in Afterschool programs in Cleveland and Huntington at the public libraries. 90% of all youth in 4th, 5th and 6th grades at Cleveland Elementary participate in the Afterschool program.

### IMPACTS

Commodity Cooking class at the Emery County Food Bank has increased from an average of 6 people to 15 each month.



### IMPACTS FROM BARBRA JONES

- The Farmers Market has been a good place to encourage consumption of more vegetables. I have baked beets and passed out samples. More people are eating them after finding out you can cook them without all the drippy, red boiling mess. The oven just tends them for you. I also made samples of homemade salsa, baked onions, refrigerator pickles, and carrot salad, using whatever produce was available each week. Although the numbers of vendors is small, people are learning that good, reasonably priced food is there. I have also tried to encourage the consumption of more fruit by having samples and recipes for banana bread and recipes using peaches such as chicken salad, peach cobbler, and peachy corn bread. Those recipes were prepared for distribution at the fair and I was thrilled at how many Ferron residents took them - especially those who made something for the Ferron Peach Days cooking contest.
- At Head Start we have eaten pomegranates and have had fun learning the word and guessing how many seeds are in one. We have also tried fresh pineapple and kiwi fruit - new to a lot of the kids. Kids will try anything as long as their parents aren't there with their food prejudices. That is an issue I addressed this past year in the monthly Head Start newsletter. I have also encouraged Head Start parents to let their children help them in the kitchen and stressed the importance of family meal time.

- I try to send something in the Head Start newsletter that will encourage good eating habits. My favorite one was the vegetable soup recipe that had the pictures to tell what the ingredients were. Several of the parents have told me the kids love to make that soup because they can “read” the recipe. This month, Head Start is talking about exercise so I sent a puzzle: “Crunchy Vegetables Exercise Your Teeth.” You can color and name the vegetables before you cut the puzzle apart. It also included information on “Fight Bac,” featuring hand washing this cold and flu season. Every month, the Head Start director and staff tell me how much they appreciate the newsletter and the information it gives for making stronger families.



## AFTERSCHOOL COOKING CLASSES AT THE LIBRARY

Many of our recent cooking classes have featured fun breakfast food. We have learned to make pancakes and tell when they are ready to be turned. We made waffles - once even with pumpkin. We will be making some with peanut butter in the next couple of months. We made French toast, both plain and very vanilla. I think learning to crack eggs is a great skill to have, so we made scrambled eggs with cheese, onions, peppers, and hash browns for breakfast burritos. We made “Toad in a Hole” and they loved it! We made blueberry smoothies; even kids who claim to hate yogurt wanted more. We made grilled cheese sandwiches in an electric fry pan. We have made microwave brownies. That was a good measuring and mixing experience as well as learning about portion control. The classes are very successful; there are between 45-50 attending now on days when the class isn’t split.