



This year in Kane County, we have increased community awareness of Food \$ense and the Creates Curriculum. We have initiated several outreach activities, and we are partnering with South Central Communications to film and broadcast classes on the local cable channel. The first class was filmed on November 20 and aired in December. We have also increased exposure in the local newspaper through articles and advertising of classes.



1

Number of
volunteers
in Kane
County

WORK PERFORMED BY VOLUNTEERS

Our volunteer assists in setting up and cleaning up; she also helps by referring others to the classes.



IMPACTS SPECIFIC TO INTAKE OF FRUITS AND VEGETABLES AND ACCESS TO FOOD

- Increase intake of fruits and vegetables: Several participants have reported not only an increase in fruit and vegetable consumption for themselves, but also for their family members (husbands in particular).
- Access to food: One participant who has been unable to work expressed excitement in realizing that when you understand how to cook, you have access to many more affordable food options. She had grown accustomed to eating fast food and heavily processed food; now she can cook with fresh ingredients.



PARTNERSHIPS WITH LOCAL ORGANIZATIONS AND AGENCIES

We have partnered with the Kane School District and Southwestern Utah Public Health Department. The school district is great for allowing us to teach at their facilities, even during class time. The health department has helped with supplies and collaboration at health promotion events.

Since we are just getting restarted in Kane County, we decided to do a tabling event at the Kanab 4th of July celebration. We had information about Food \$ense, My Plate, and other Extension programs. Specifically, we gave out the 2010 Food \$ense Heart Healthy cookbooks and had a game for kids (and adults) using fake food and My Plate. They got to build their own plate with the available foods and put them in the correct food groups. I was so surprised at how much the kids liked this activity! The fake food looked (and felt) very real, and they enjoyed picking their favorites and filling up their plates. They had the hardest time figuring out what the grains were, so I showed them the corn cob and then the tortilla chips and explained the difference. The game also taught them about the food groups and portion sizes. One boy said he thought he knew them; he filled his plate really fast, and I said that was great. He said "I learned that from you!" We had done a Farm Field Day activity at the school and he had obviously listened and learned! In addition, several of the kids came back a few times to play, and they went to look for friends to bring back! They would help the younger kids fill their plates, too. All in all it was a very positive experience.



SUCCESS STORIES

- “Even though I have cooked for years and watched a few programs on the cooking channel, I have been very happy and excited from what I’ve learned at the classes.”
- “Rather than fry or sauté in oil, I use a small amount of vegetable broth. The broth containers are too much for us, so I freeze the broth in ice cube trays and store cubes in a plastic bag to use later.”
- “I have loved all the recipes and combinations. I never thought about adding more vegetables to spaghetti or to a Mexican burrito, but it tastes great and is so much healthier. Adding spinach or kale at the end is so good.”
- “These classes came at a good time as my husband and I have been making an effort to eat healthier.”
- “Yesterday I had fresh kale, so I made the Mexican dish. It is also good with kale instead of spinach plus cumin and chili powder since we like the flavor and the heat.”

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PARTICIPANT

- “Leesa is a wonderful, natural teacher. Her voice is just right to be heard throughout the room. Thank you for sharing your knowledge with us. I am looking forward to the rest of the classes.” -*Susan Clark*
- “For the stir fry, I had never heard of marinating in apple juice and that added so much flavor. I have heard of fried tofu, so I was glad to get to cook it myself although I don’t eat much of it because of the estrogen. I am getting more bold with adding ginger, which is so nutritious.”