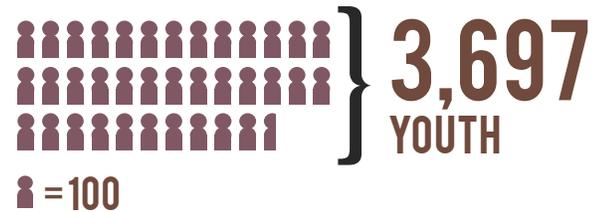
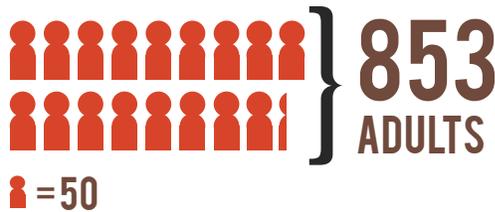


## COUNTY IMPACT REPORT



### NUMBER OF PEOPLE REACHED THROUGH FOOD \$ENSE

During the 2013-2014 Food \$ense fiscal year, I taught 696 adults and 3,526 youth in classes and reached 853 adults and 3,697 youth with recruiting efforts and indirect instruction. There were also many more adults reached through newsletters and handouts.



### FOOD \$ENSE YOUTH CURRICULUM: FOOD, FUN & READING, SERVING UP MYPLATE, AND VEGGIE VIBES

- Delta Head Start Preschool, Judy Peterson's classroom – *five times per class*
- Delta Head Start Preschool, Tracie Benson's classroom – *five times per class*
- Fillmore Head Start Preschool, Monica Dearden's classroom – *five times per class*
- Farm Field Days, all of Fillmore and Delta Elementary 3rd Grade Class – *one day only*
- Delta Youth Activity Center, Afterschool Food \$ense/4-H program – *held twice a month when school is in session*
- Delta Food \$ense SNAP Ed/4-H youth held at Millard County Extension, Delta Activity Room – *held 14 times a year*
- Fillmore Food \$ense SNAP Ed/4-H youth held at the American Legion Hall in Fillmore – *held 14 times a year*
- Fillmore Elementary – *five times per class*
- Ruthanne Weight, 1st Grade
- Cathy Monroe, 1st Grade
- Tamera Krause, 1st Grade
- Mary Monroe, 2nd Grade
- Kathy Kesler, 2nd Grade
- Lani Adams, 2nd Grade
- Connie Gillens, 2nd Grade
- Michelle Ramirez, 2nd Grade
- Stella Timms, 2nd Grade
- Vicki Allen, 3rd Grade
- Delta Elementary – *five times per class*
- Holly Nissen, 1st Grade
- Jackie Ludwig, 1st Grade
- Deb Fowles, 1st Grade
- Caralyne Comeaue, 1st Grade
- Carol Nielson, 1st Grade
- Portia Willoughby, 1st Grade
- Tammie Bean, 2nd Grade
- Sandy Ferrell, 2nd Grade
- Terry Ferris, 2nd Grade
- Lynette Lovell, 2nd Grade
- Nita Utley, 2nd Grade
- JoRae Lovell, 3rd Grade
- Renee Anderson, 4th Grade
- Karen Christensen, 4th Grade
- Margie Lisonbee, 4th Grade

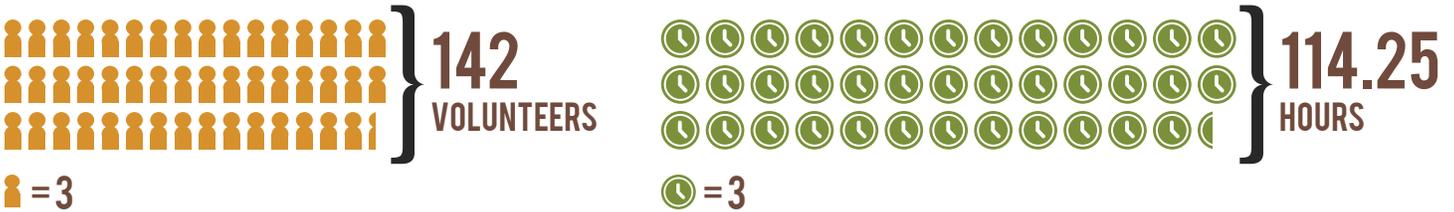


## FOOD \$ENSE ADULT CURRICULUM: CREATES

- Delta Sands Apartment Complex (Public Housing) – *once a month class*
- Mt. Catherine Manor, Fillmore (Public Housing) – *once a month class*
- Central Utah Mental Health– *once a month class*
- Kanosh Paiute Indian Reservation Community Band Building (this is an adult and youth combined class) – *once a month class*
- Millard County Extension, Delta Activity Room; Special Needs Adults – *once a month class*
- Central Utah Food Sharing (Food Bank, Delta) – *recruiting and mini lesson when time allowed during the summer months*
- Delta Head Start Parent Meeting, Judy Peterson’s classroom – *once a year class*
- Delta Head Start Parent Meeting, Tracie Benson’s classroom – *once a year class*
- Fillmore Head Start Parent Meeting, Monica Dearden’s classroom – *once a year class*
- ME Bird Senior Citizen’s Center – *twice a year*
- Pahvant Senior Citizen’s Center – *twice a year*

## WORK PERFORMED BY VOLUNTEERS

There were 142 Volunteers and 114.25 hours donated in time in my classes with a total of 232 classes taught throughout the year. Most of the volunteer time was in the classroom setting.



## NUTRITION EDUCATION ASSISTANT - MARY ANNA HENKE

- I enjoy teaching all of my classes, but I feel I have the most impact on the youth I reach through the schools. Parents will let me know when they try a recipe I taught their youth in a class and how they have enjoyed it. One parent came up to me and told me that after my class on dairy, her daughter was willing to eat string cheese where she had refused to eat it before my lesson. Another told me that they had to make the ham and cheese wraps for an after school snack with her daughter for quite a while after I had been to her class. The parent informed me of this almost a year later. I have had parents stop me in the halls and thank me when they realized who I, and that I am the one who had been had teaching their child nutrition lessons.
- I have had an influence on some of my special needs adults. There are several who have been coming to my classes for many years and over time, it started to sink in and they are making changes in their eating habits and physical activity levels. One said because she is diabetic, she really has to watch what she eats, and her parents had told her if she did not start eating healthier she would have to move home. I was able to teach her about whole foods and cutting back on the processed foods she ate and she improved and was able to stay in her own apartment. Her coach informed me that now her shopping cart is full of fresh produce and very little processed foods.
- Many of the adults I teach have told me that having me come is a good reminder to eat healthy on a regular basis.
- I have partnered with the Food Bank, and became a board member for them. I have volunteered with the food drives and helped pass out food, and I get to know those in my community who are in need. I also try to do demonstrations there to encourage their clients to come to my classes in the public housing areas that I teach. I give out information and class schedules so they feel welcome at my classes. I am also aware of when the Food Bank is open and have informed several participants where to get food and the hours they are open, which helps make their budgets work for them.