The new cookbooks were sent out last Friday (8/12). These cookbooks place a much higher emphasis on Family Mealtime. Recipes revolve around promoting and discussing the benefits of FMT. This was a limited printing of the cookbooks. If there is enough demand, we may be able to print more next fiscal year.

In addition to promoting Family Mealtime through the cookbooks mentioned above, we have distributed several “pledge cards” to each county included with the cookbooks. Participants sign the pledge and take the top part of the pledge card, while we keep the data on the bottom part of the survey cards.

Thank you all for your effort with the furlough. We know it was a sacrifice for many of you, and appreciate it is such.

In August, it is mostly back-to-school posts about healthy lunchboxes and after-school snacks. In the month of September, there will be a focus on Family Mealtime in order to support FMT month.

Laurie has a tool that she uses to teach youth. She has a box with a hole in one end. She will place a fruit or vegetable in the box and have the kids feel it and guess what the vegetable is. After the kids all guess, she will reveal what the fruit or vegetable is and teach them about it. She also had a success story. A student of Laurie’s class approached her in a grocery store. He showed her that he was shopping using a list and handouts from the class.