



Educating for a Nutritious Future

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10/13/2011



UNIVERSITY OF
MARYLAND
EXTENSION
Solutions in your community

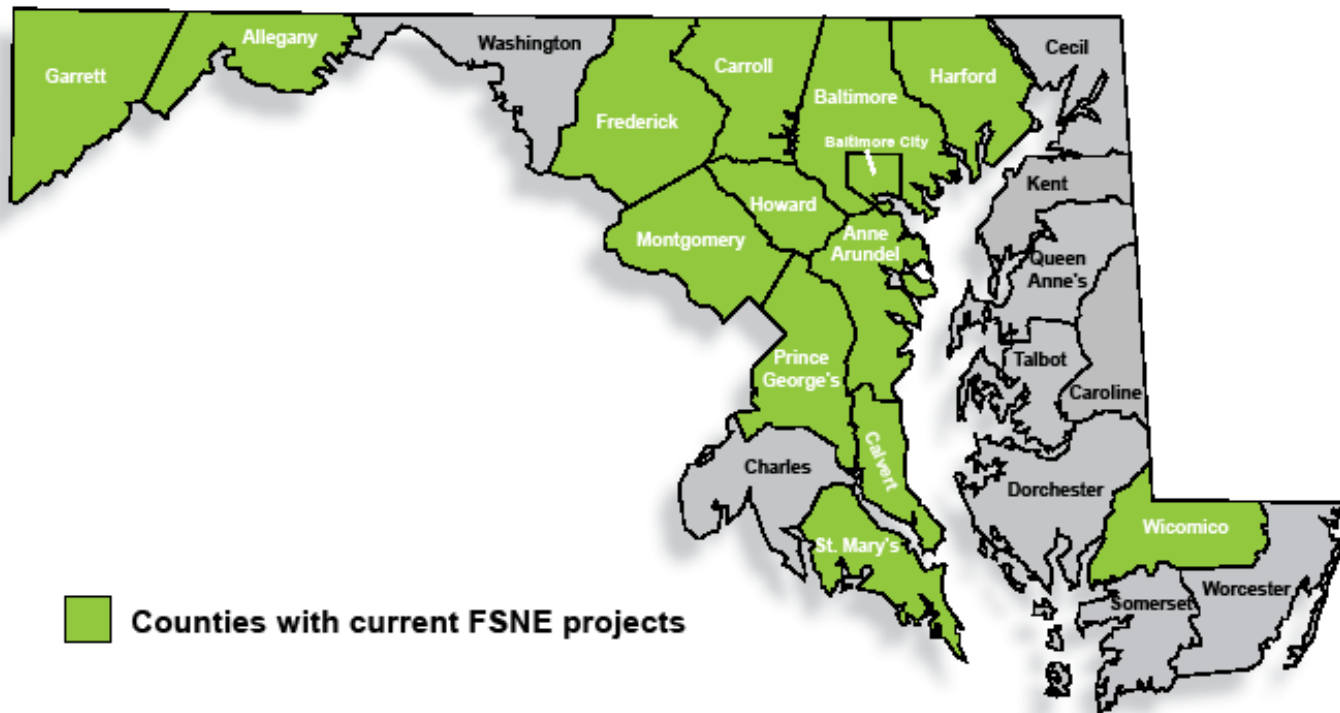
Overview of FSNE

- ▶ Food Supplement Nutrition Education Program
- ▶ University of Maryland Extension
- ▶ Educators in 13 counties and Baltimore City
- ▶ Work with low-income populations including Title 1 schools, health departments, afterschool programs, Judy Centers, etc.
- ▶ Focus on creating lasting partnerships and train-the-trainer models instead of one time events





MARYLAND FOOD SUPPLEMENT NUTRITION EDUCATION - FY11



 Counties with current FSNE projects

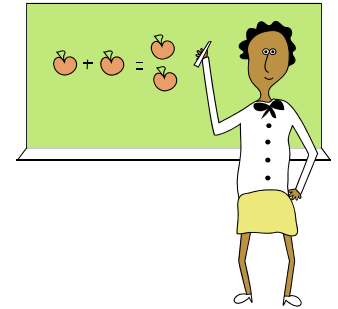


This material was funded by USDA's Supplemental Nutrition Assistance Program in cooperation with the Maryland Department of Human Resources and the University of Maryland. University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Maryland Department of Human Resources at 1-800-332-4347 or apply online at www.maryland.gov.



FY10 Annual Report

- ▶ **92 state and local organizations**
- ▶ **36,648 direct participants**
- ▶ **160,638 direct contacts**
- ▶ **759 collaborators trained on curricula**
- ▶ Collaborators reached **23,429 participants**
- ▶ Collaborators made **126,613 contacts**



Maryland Health and Nutrition Literacy Study

- ▶ Recruited participants from the waiting rooms of 11 DSS offices in 5 counties of Maryland
- ▶ Face to face surveys, lasting between 30 mins to 2 hours
 - 219 SNAP-eligible adults
 - 76% female, 64% have children
 - Average age: 37
 - 46% Black, 41% White, 6% Latino
 - 41% from non-metropolitan and 61% from metropolitan counties



*Stephanie Grutzmacher, PHD Principal Investigator

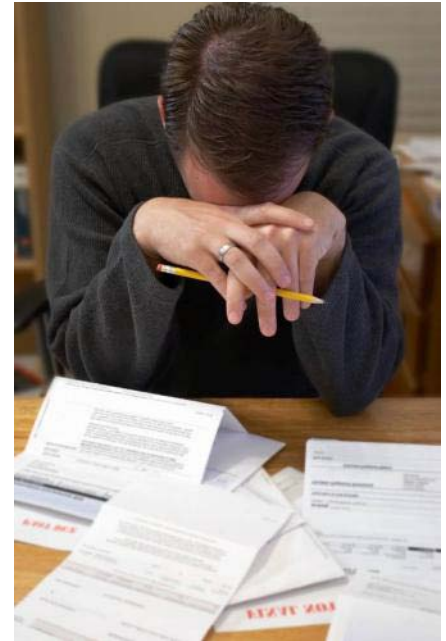
Maryland Health and Nutrition Literacy Study

- ▶ 53% earn less than \$10,000
- ▶ 37% unemployed
- ▶ 41% uninsured
- ▶ 59% needed to go to the D_x this year, but couldn't go b/c of cost
- ▶ 73% worry they'll run out of food
- ▶ 43% ate 0 fruits yesterday, 27% ate 0 vegetables yesterday



Barriers to Healthy Eating

- ▶ Cost
- ▶ Access
- ▶ Nutrition Education/ Information
- ▶ Motivation
- ▶ Chronic High Stress
- ▶ Numeracy issues



What makes a successful nutrition education program

- ▶ Dialogue learning method
- ▶ Interactive classes
- ▶ Food demonstrations/ props
- ▶ Stick to a few main messages
- ▶ Consistency
- ▶ Healthy Environment





Resources



University of Maryland FSNE - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://md.nutrition-ed.org/index.php?err=5

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Inbox - Outlook Web A... Pandora Radio - Listen ... University of Maryl... Report_06_HN_Literac... FY10_FSNE_Impact_Re... Gmail - Inbox (2995) - ... Screen shots / Screen c...



University of Maryland
Food Supplement Nutrition Education
Program





FSNE Public Documents

Login:

Password:

After opening a document category, click on the File Name of a document to view or download the document. Right mouse click a file name and select "download", or "Save File As..." to copy it to your computer.

- [+ Growing Healthy Habits](#)
- [+ Growing Healthy Habits Curriculum](#)
- [+ Nutrition Nuggets](#)
- [+ Read for Health](#)
- [+ Youth Gardening Training](#)

www.fsnep.org

Done

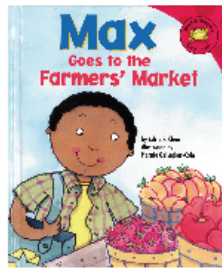




Read For Health



READ FOR HEALTH



A Visit to the Farmers' Market
Your child took a "trip" to the farmers' market this week when we read "Max Goes to the Farmers' Market". In this book, Max and his Mom find all sorts of colorful fruits and vegetables to bring home to eat.

What's So Great About Fruits and Vegetables?

- Fresh fruits and vegetables have lots of vitamins, minerals, and fiber... things your child needs to grow and be healthy!
- Eating lots of different colored fruits and vegetables is a great way to provide your child with a variety of vitamins and minerals.
- The fruits and vegetables at farmers' markets are typically picked that day. That's why they taste so good.

Did You Know...

- There are over 100 farmers' markets in Maryland.
- Many farmers' markets now accept vouchers and EBT cards to purchase fresh produce.



• Visit this website to find a market near you:
<http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>

• There are 13 kinds of apples grown in Maryland. The look, shape, flavors, and textures vary with each type. Trying different varieties of the same fruit or vegetable can help you and your children discover your favorites!

• Maryland schools now include more locally grown fruits and vegetables into the school meal. Visit the Farm to School website for more information:
www.mda.state.md.us/mdfarmtoschool/Index.php

Take Action!

Try these activities with your child. See how many you can check off this week!



- Visit a local farmers' market this week. Encourage your children (and yourself) to choose one new fruit or vegetable to try.
- Involve your children in washing and preparing their fruit and vegetable choices. Children involved in kitchen activities often are willing to try new foods.
- Your children learn from watching you. Eat fruits and veggies and your kids will too!
- Find a book on farmers' markets at your local library to read with your child.



This material was produced by various organizations in a similar audience program in cooperation with the Maryland Department of General Services and the University of Maryland, College of Agricultural and Environmental Sciences. It is provided as a service to the public and is not intended to be used for any other purpose. It is not intended to be used for any other purpose. It is not intended to be used for any other purpose. It is not intended to be used for any other purpose.



Unit Sequence and Gardening Schedule for Schoolyear Programs



Growing Healthy Habits

Unit #	Title	Recommended Month	Plant	Harvest	Other
1	What's So Great About Gardening?	September	<u>Transplant:</u> Collards, kale, lettuce <u>Direct seed:</u> Radishes	Tomatoes for taste test, if you had a summer garden.	General garden maintenance.
2	Parts of the Plant That We Eat	October	<u>Direct Seed:</u> Garlic Cover crop (late October)	Lettuce and radishes for "Plant Parts Salad"; other salad vegetables may be available.	Sow cover crop seeds; general garden maintenance.
3	Feed the Soil...and the Soil Will Feed You!	November	None	Lettuce and leafy greens for "Soil Salad"; any other vegetables that may still be available in your fall garden.	Pull out spent plants and make compost pile; cover garden soil with leaves or other mulch.
4	Variety: The Spice of Life!	January	None	None	Use seed catalogues to select any special varieties you want to grow in the garden this year.
5	Plan Your Planting	February	<u>Start transplants indoors (mid to late February):</u> Cabbage, lettuce	None	Students help create a garden map and planting schedule; teachers and volunteers meet to create a supply list, a plan for acquiring materials, and maintenance schedule.
6	Seed Magic	March	<u>Start transplants indoors:</u> Broccoli, collards, kale <u>Transplant (mid-March):</u> Cabbage, lettuce <u>Direct seed (mid-March):</u> Peas, radishes, spinach	None	Work compost or other organic matter into the garden a week of two before planting; build trellis for peas; thin radishes (a few weeks after planting); thin any other direct seed items if overplanted.
7	Keep It Growing	April	<u>Transplant:</u> Broccoli, collards, kale <u>Direct seed:</u> Carrots <u>Start indoors:</u> Sweet potato slips	Leafy greens, lettuce, and spinach to send home with students (late April).	Thin carrots (a few weeks after planting); water, weed, and mulch your garden to reinforce the concepts learned in this unit.
8	Healthy Harvest	May	<u>Transplant:</u> Cucumbers, eggplant, peppers, squash, sweet potatoes, and tomatoes (if garden will be maintained through summer)	<u>Mid-to late-May:</u> Baby carrots, garlic, leafy greens, and radishes for "Garden Stir-fry" (Note: carrots and garlic will need some time to mature; harvest the biggest for the recipe and leave the rest to grow until the end of the school year.	Plan for summer garden care; general garden maintenance.
9	Garden Fitness is an extra unit that may be incorporated at anytime during the schoolyear.				



Make Meals and Memories Together



Make Family Meals a Priority!

Involve Your Family in Planning Meals for the Week.

Any Meal Can Be a Family Meal.

Enjoy "Meal Talk". Turn off the Television, Phone, and Computer. Talk About Everyone's Day.

"Dinners are hard for us because everyone's schedules are just too busy. So, we make breakfast our family mealtime."

"I try to involve my kids in planning and making meals. They love to help wash the fruits and vegetables and set the table."

"The picky eaters in my family are willing to try new foods when we all eat together."

"I heard that children who eat with their families are more likely to do well in school."



Funding for the SNAP-Ed program provided by USDA in cooperation with the Maryland Department of Human Resources and the University of Maryland. It is the policy of the University of Maryland, College of Agriculture and Natural Resources, Maryland Agricultural Experiment Station, and University of Maryland Extension that all persons have equal opportunity and access to programs and facilities without regard to race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability.



Nutrition to Go



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Team Nutrition: Educators - Mozilla Firefox

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http://teammnutrition.usda.gov/educators.html

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USDA United States Department of Agriculture
Food and Nutrition Service

TEAM NUTRITION

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You are here: Home > Resource Library > Educators

Educators

Teachers tell us they want to promote peak performance by teaching students to eat well. They want to help themselves and their students to the beauty and joy of good food and good health. But teachers just don't have the time. Time is such a precious commodity for everyone, but especially for those molding young minds. We want to help. We recognize the extra effort that it takes to bring Team Nutrition into the classroom and we're doing everything we can to make it easier for you.

Team Nutrition is making the **MyPlate** materials and graphics available for download, as they become available. Educators may continue to use the MyPyramid materials and resources for their nutrition education efforts until revised materials are made available.

Available Resources for Preschools

- [Grow It! Try It! Like It!](#)
- [MyPyramid for Preschoolers](#)
- [MyPyramid Pointers to Help Your Preschooler Develop Healthy Habits](#)
- [Two-Bite Club](#)

Available Resources for K-12 Schools

- [Changing the Scene: Improving the School Nutrition Environment](#)
- [Community Nutrition Action Kit](#)
- [Connections, Volume 9](#)
- [Eat Smart. Play Hard. Materials](#)
- [Empowering Youth with Nutrition and Physical Activity - Online Modules](#)
- [Fruit and Vegetable Challenge Packet](#)
- [Getting It Started and Keeping It Going, Team Nutrition](#)
- [It's Up to You](#)
- [Making It Happen! School Nutrition Success Stories](#)
- [MyPyramid Anatomy](#)
- [MyPyramid Mini Poster](#)

Available Resources for Elementary Schools

- [Eat Smart. Play Hard. Materials](#)
- [Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices](#)
- [Enjoy Moving Flyer](#)

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- Search all USDA
- Search Tips
- Topics A-Z

Email Updates

Sign-up to receive free email updates

Browse by Audience

Information For ...

Browse by Subject

- ▶ Join the Team
- ▶ HealthierUS Schools
- ▶ Local Wellness Policy
- ▶ Training Grants
- ▶ Resource Library
- ▶ Graphics Library
- ▶ MyPyramid for Kids
- ▶ Eat Smart. Play Hard.

Resources A to Z

Healthy Meals Resource System (HMRS)

National Food Service Management Institute (NFSMI)

Team Nutrition Resources



Eat Smart Be Fit | The University of Maryland - Mozilla Firefox

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http://eatsmart.umd.edu/ fms resources

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EAT SMART, BE FIT Maryland

FEED YOUR MIND COOKING CLASS STAY CONNECTED ACTIVITIES

SEARCH

KIDS ZONE

RECIPE BOX

Today's Poll

How often does your child eat lunch provided by the school?

5 times a week

3-4 times a week

1-2 times a week

My child takes their lunch

Submit

view results

view archives



Welcome!

This website is for Marylanders who want to know more about how to live healthy.

- Find information for your family on eating right and being active.
- Connect with your local community in [Stay Connected](#).

WHAT'S NEW

[How to Use your EBT Card at Farmers' Markets \[Spanish version\]](#)

[Getting Food Stamps in Maryland, 2011 Edition](#)

[The New MyPlate](#)

[The Dietary Guidelines and You](#)

[Balancing Calories](#)

[Cutting the Sodium in Your Diet](#)

[Eat Less of These Foods for a Healthier You!](#)

[The 2010 Dietary Guidelines -- Foods to Increase](#)

[Harvest Calendar \[Spanish version\]](#)

TIP OF THE DAY

Eat regular meals to avoid overeating at any one meal.

ASK AN EXPERT

Have a question about how to eat healthy or be active? [Ask an expert](#) or find the answers to your questions [here](#).

SUGGESTION BOX

www.eatsmart.umd.edu



Farmers' Market Directory - Mozilla Firefox

http://www.mda.state.md.us/md_products/farmers_market_dir.php#baltcity

Problem Solver | Maryland.gov | Online Services | State Agencies | Phone Directory

DEPARTMENT OF AGRICULTURE

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MARYLAND PRODUCTS

- Renewable Fuels Incentive Board
- International Trade
 - Advertising Agricultural Products as Local or Locally Grown
- Selling Maryland Products
- Wine and Grapes
 - Agritourism Sites/Farms
- Seafood/Aquaculture
- Farmers' Markets
 - 2011 Farmers Market Conference
 - Turkey Farms
 - Organic Certification Program
 - Poultry & Eggs
 - Fruits & Vegetables
 - Grain
 - Hay and Straw
 - Christmas Trees
 - Fee Fishing
 - Turf and Seed
 - Horses
 - Nurseries & Plant Dealers
- MDA INFORMATION
 - About MDA
 - News Room
 - Calendar

2011 Farmers' Market Directory

For further information call 410-841-5770.
For more information on the Maryland Farmers' Market Nutrition Program please [click here](#).

For a listing of WIC and Senior FMNP farmers please [click here](#).
Click on the county below to find a Maryland Farmers' Market near you.

Allegany | Anne Arundel | Baltimore | Baltimore City | Calvert | Caroline | Carroll | Cecil Charles | Dorchester | Frederick | Garrett | Harford | Howard | Kent | Montgomery Prince George's | Queen Anne's | St. Mary's | Somerset | Talbot | Washington | Wicomico | Worcester

ALLEGANY COUNTY

Downtown Cumberland Farmers' Market
Cumberland: Downtown Pedestrian Mall
Thursday: 9:30 a.m. to 1:00 p.m. June 2 - October 13
Saturday: 9:30 a.m. to 1:00 p.m. June 18 - October 15
Contact: Jack Miltenberger 304-738-1093
FMNP Checks (WIC & Senior) & FVC Accepted

Frostburg Farmers' Market
Frostburg: Main Street, Downtown
Friday: 9:30 a.m. to 12:30 p.m. June 3 - October 14
Contact: Jack Miltenberger 304-738-1093
FMNP Checks (WIC & Senior) & FVC Accepted

LaVale Farmers' Market Country Club Mall: Center Court
Tuesday: 9:30 a.m. to 2:00 p.m. June 7 - October 11
Contact: Jack Miltenberger 304-738-1093
FMNP Checks (WIC & Senior) & FVC Accepted

ANNE ARUNDEL COUNTY

Annapolis FRESHFARM Market
Annapolis: Donner Parking Lot - Compromise Street
Sunday: 8:30 a.m. to Noon May 1 - November 20
Contact: Bernadine Prince 202-362-8889
info@freshfarmmarkets.org
FMNP Checks (WIC & Senior) & FVC Accepted

Anne Arundel County Farmers' Market
Annapolis: Riva Road & Harry S. Truman Parkway

More Info PDF

- 6/1 FMNP-FVC Training Field Day at Crossroads
- Processing & Selling Value Added Food Products in Maryland
- Starting a Farmers' Market in Maryland
- Information on the Farmers' Market Nutrition Program (FMNP)
- 2011 Authorized FMNP Market Policy
- 2011 FMNP Farmer Application-Agreement
- 2011 FMNP Rules, Dates, and Procedures
- FMNP and FVC Comparison Chart
- 2011 FMNP Market Application Agreement

More Info WWW

- Maryland's Best Farmers' Markets Map
- Fruits & Vegetables Check "FVC" Program at Market
- Supplemental Nutrition Assistance Program ("SNAP", formerly Food Stamps)



USDA's MyPlate - Home page - Mozilla Firefox

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http://www.choosemyplate.gov/ fms resources

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 United States Department of Agriculture



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MyPlate

FRUITS & VEGGIES VIDEO CHALLENGE

What does YOUR MyPlate look like?

Create a short video showing how you build a healthy plate with fruits and veggies on a budget. Learn more & register to enter at FruitsAndVeggies.challenge.gov.

Search website

Go

Subjects

- The Basics
 - Food Groups
 - Tips & Resources
 - Print Materials
 - Interactive Tools
- Specific Audiences
 - General Population
 - Pregnant & Breastfeeding
 - Preschoolers
 - Kids
 - Weight Loss
- Multimedia
- For Professionals
- Partnering Program
- Related Links
- Questions?







ChooseMyPlate.gov

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks. [\[PDF\]](#)

I Want To...

- Eat healthy on a budget
- Get information *en español*
- Look up a food
- Learn about food groups
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss information
- Plan a healthy menu
- Analyze my diet
- Get MyPlate updates
- Ask a question

Tip of the Day

For the best nutritional value make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

[Click here for more tips](#)

Get MyPlate updates
 Join our Partnership

10 tips
 Nutrition

Done



Contact

- ▶ Feel free to contact me with questions:

Michelle Riley

mriley14@umd.edu

- ▶ To locate your local FSNE office:
<http://extension.umd.edu/>

