

Program Highlights: Nutrition Education Programs March 2008

Saugerties Boys & Girls Club invited EFNEP to collaborate in doing nutrition education. With their “Smart Girls” groups. There are two groups: one for 8 to 12 year olds, and one for 13 to 18 year olds. A Nutrition Program Educator and a supervisor worked with each group. The focus was on developing food preparation skills, following a recipe, and producing a healthy dish. The program was well received, the “Smart Girls” tried some of the recipes at home, and the Boys & Girls Club staff was impressed and very appreciative of the collaboration. In addition, the opportunity to participate in training for public presentations, 4-H style, was offered to the “Smart Girls” groups. One teen and five of the younger girls participated.

All My Money – a series of six lessons following this curriculum and jointly presented by nutrition and financial education staff will begin on April 3 at the CCE Education Center.

Office for the Aging - programming is currently being done with the participants in the senior lunch programs in Kingston and Rosendale, and will eventually expand to the Saugerties and Ellenville sites.

Making Healthful Decisions for Mindful Living Conference – will be held on April 2. We are participating on the conference planning committee and nutrition and RAPP staff will attend.

FCS and Nutrition Staff will be making two professional presentations in April, one at the Child Care Council Annual Conference, and one at the Mid-Hudson Staff Development Day.

Staff Vacancy – Two part-time Nutrition Program Educators recently resigned. We are recruiting now for one full time position.