

PROGRAM HIGHLIGHTS - APRIL 2006 NUTRITION AND FAMILY RESOURCE MANAGEMENT

- ❖ The Nutrition Educators continued their work, assisting food stamp applicants/recipients and other limited resource audiences to adopt healthy eating and lifestyle behaviors, and to develop positive practices related to thrifty shopping and preparation of nutritious foods. Pablo Shine did a cooking demonstration at the Kingston Hospital Baby Fair on April 1. He also conducted a cooking session for the Kingston Head Start Parents' Group. Ronald Baatz did a presentation for the Phoenicia Head Start Parents' Group, which included the new My Pyramid. The parents prepared 'Pasta Bean Salad', which included chickpeas and baby spinach leaves. Parents and children alike enjoyed the dish.

- ❖ All ESNY staff from CCEU attended the FSNE Annual Conference held at The Albany Marriott, on Tuesday, April 11, 2006. The theme for this year's conference was Families Striving for Nutritional Empowerment. Staff were enthused by the keynote speaker Christopher Lloyd, a middle school media teacher, who spoke on 'Images and Marketing: Who's Telling the Stories?' Mr. Lloyd's focus was on the influence of media on youth specifically their self-esteem, food choices, eating habits, obesity and related issues. ESNY staff selected from a number of workshops on topics ranging from '*Plot To Container – Pick the type of gardening that will work for you*'; '*Healthy Cooking with Herbs/How to Flavor Foods on a Budget*' – an interactive workshop pairing a chef with a nutritionist; and '*Family Influences On Children's Eating Habits*'. All CCEU ESNY staff attended the very interesting afternoon workshop entitled 'Time and Stress Management.' The ESNY team benefited considerably from the conference, learning and sharing ideas that will be used in the ESNY nutrition education program for participants in Ulster County.

- ❖ During the conference, Eileen Polk, Nutrition Education Coordinator and JM Alexis Smalec Issue Leader attended the ESNY Managers Meeting during which changes in the new guidelines for submission of ESNY Program Plans for FFY 2007, were addressed as well as other related matters.

- ❖ The Nutrition and Family Resource Management team began discussions in preparation for the development of the ESNY Plan FFY 2007, during the last area meeting. Issue Leader, JM Alexis Smalec, emphasized the need for input from all concerned, during the process of plan preparation. The ESNY grant is one of the major sources of funding for CCEU.

- ❖ CCEU is participating in a program pilot opportunity offered by the US Department of Labor, Women's Bureau Region 2, to deliver WiSeUP modules to female participants, 22-35 years of age, "Generation X". Ruth Hirsch, Financial Educator will implement two modules this summer. She will also attend a pre-ACCEE conference in-service next week, conducted by Patricia Gaviria, the DOL Program Development Specialist. Participants will discuss a possible expansion of the program with CCE for FY 2007.
Participation in WiSe Up is planned to enable Generation X women to understand:
 - What one needs to know about money and how to organize oneself for taking action.
 - How to set financial goals, prepare a realistic written budget that reflects financial goals.
 - How to assess debt status and manage the use of credit.
 - How to manage risk as it relates to financial planning, including various types of insurance and how to achieve financial security.

Team Members

Nutrition: Coordinator-Eileen Polk; NPEs-- Ron Baatz, Joan Baglio, Denise Reid, Pablo Shine, Deanna Young
Family Resource Management: FEs--Tom Heffernan, Ruth Hirsch,
Team Secretary: Barbara Grumberg
Issue Leader: JM Alexis Smalec