

PROGRAM HIGHLIGHTS
NUTRITION AND FAMILY RESOURCE MANAGEMENT
OCTOBER 2006

- ❖ Our 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. Our nutrition programs have been affiliated with the Phillies Bridge Farm Project for the past nine growing seasons. Phillies Bridge's "Farm to Families" project provides freshly harvested vegetables that are used in sessions with our EFNEP and ESNY participants. In early October, the end of the season, the entire nutrition team (Eileen Polk, Ron Baatz, Deanna Young, Pablo Shine, Joan Baglio, JM Alexis Smalec) hosted a gathering of 21 people, which included participants in EFNEP, ESNY, the Healthy Start Parenting Program, and staff from Phillies Bridge. Various groups prepared "End of Summer Vegetable Frittata," Eggplant Caponata," "Bulgarian Tomato Soup with Dumplings," (which was the biggest hit!), and the children made "Pumpkin Cranberry Cookies." This was a wonderful collaborative, community event in which families from diverse backgrounds came together to share, learn and celebrate in a festive atmosphere.

- ❖ Two orientation sessions on our nutrition programs were held in October for Food Stamps and Temporary Assistance Staff of the Department of Social Services. Presentations, display stations, discussions, educational games and snack preparation were on the agenda. Both sessions resulted in additional knowledge gained by staff, of the respective programs and many suggestions for improved functioning and interaction. The sessions were planned following a meeting with personnel from DSS held earlier this year. That meeting had been called to discuss: current operations/implementation of Food Stamp, Temporary Assistance and Food Stamp Nutrition Education Programs (FSNE) and collaboration of program staff; new audience categories for FSNEP; and how all teams could work together for greater reach of target audience, improved quality and efficiency of programs and more effective interaction of program personnel with participants.

- ❖ As part of an EmPower New York agreement with CCE Tompkins County, our Financial Education team will conduct workshops on Energy Use Management and Financial Management for Ulster County residents. Ruth Hirsch, who attended the annual CCE/EmPower New York In-service in September of this year, will lead the workshops.

- ❖ The Nutrition and Family Resource Management team welcomed Elizabeth Higgins, the new Youth and Family Services Extension Educator, in September. Of primary focus for Liz will be Parenting Education programs in the county. This work will complement other activities in the Family Resource Management Issue Area, aimed at improving the quality of life of families and communities. Liz will also be helping to design and implement plans for widening the current scope and functioning of 'Bringing Agencies Together' (BAT), and the Hudson Valley List Serve, based on formal and informal needs assessments.

Team Members

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