

FAMILY & CONSUMER SCIENCES

Fun in the Kitchen with Food & Nutrition Programming

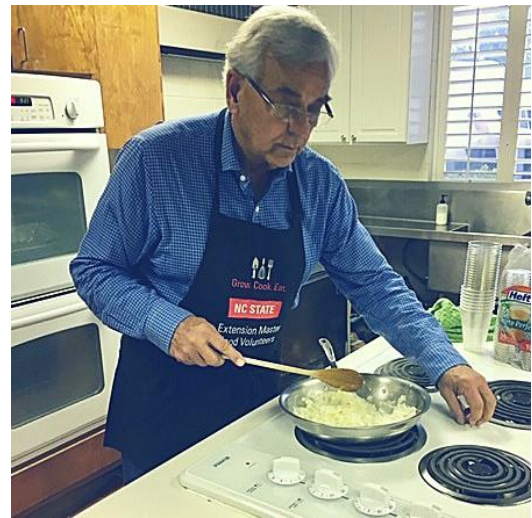
FOOD PANTRY WORK & DONATION STATIONS

Work with food pantries and the Food Bank of CENC continues into the new year with demos occurring most recently at the South Brunswick Interchurch Council. Two Saturdays in December, clients at the pantry enjoyed a cooking demo showing how to create healthy meals with common pantry items and adaptations for using things they already have on hand. During the first demo, 60 taste tests were given out. Many people said they tried it and liked it and twenty-one people said they would definitely make it again! Forty-five ingredient bundles were given out so that participants could remake it at home. This included sweet potatoes, beans, and a homemade seasoning that didn't have any salt!

In addition to the cooking demos, we are continuing to work on getting more fresh, local produce into the pantries through a program called Donation Stations. Key players in this effort met in early December to talk about logistics of the program. Booths will be set up at two farmers' markets from April-September 2019 and volunteers will be collecting donations from customers at the markets. Produce is then donated to two area food pantries for distribution to their clients. We are very excited about this opportunity and reaching more goals related to food access and availability!

WHAT YOU'LL FIND INSIDE:

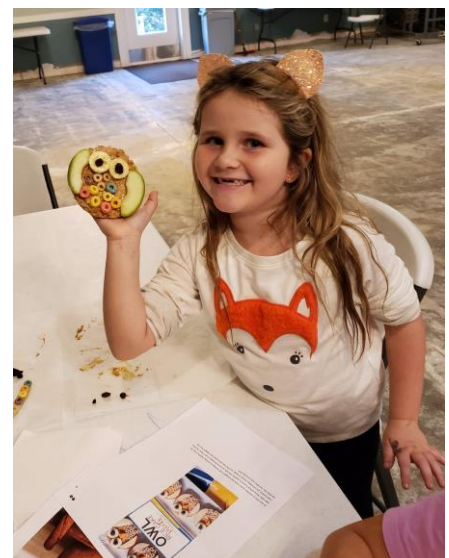
FOOD PANTRY WORK RIPPLE EFFECT MAPPING AFTER SCHOOL WRAP UP



Create Healthy Habits!

RIPPLE EFFECT MAPPING

In order to grasp the impacts Extension Master Food Volunteers (EMFV) have had in New Hanover, Brunswick, and Pender Counties, the evaluation team conducted a Ripple Effect Mapping (REM) session with the agent and EMFV volunteers. According to Scott Chazdon, "REM is a participatory group method for evaluating the impact of complex programs or collaboratives." 1 Volunteers were asked to share their experiences, identifying the key successes and indirect impacts as well as lessons learned. With the goal of facilitating open and positive sharing, the evaluation team guided volunteers through a series of interview questions and then mapped the key themes and subsequent impacts together on poster paper. Four core themes were identified from this process representing the impacts of the EMFV program in our three counties: exposure to new foods, relationships and community interactions, expanded Extension impacts. and personal growth.



WRAPPING UP THE YEAR WITH AFTER SCHOOLS

This year, the FCS Team worked with the after school groups held at the Boiling Springs Lake Community Center and Malpass Corner Elementary School. Each week students learn about healthy eating, food preparation, and this year we even spanned into team building. Helping the students become more familiar with food preparation techniques and allowing them to explore and experience food practices helps them gain confidence in the kitchen. At our Malpass Corner location, students cut out foods from sales ad and glued them into the food group sections on a blank MyPlate. They also got to taste test healthy snacks that they can recreate at home. One student tried a cucumber for the first time and fourteen students tried hummus for the first time! We have had a blast working with the K-5 students at these locations and are looking forward to adding Burgaw Elementary School to the list in the Spring as well as 6th-8th graders at the New Hanover County Communities In Schools (CIS) after school.

