



Oregon State University Extension Service Marion County

Marion County SNAP-Ed and Farm to School Fall Program Update

By Carly Kristofik, SNAP-Ed Program Coordinator

This fall, the Marion County OSU Extension SNAP-Ed team launched a new effort to offer engaging nutrition and cooking education for 2nd graders throughout Marion County remotely. In September, 2nd grade classrooms at SNAP-Ed qualifying schools were invited to participate in the Kids in the Kitchen education series. Registration was limited to 12 classrooms, and all spots were filled by 2nd grade teachers from both Salem-Keizer School District and Gervais School District.

Kids in the Kitchen (KIK) is an evidence-based curriculum that has been adapted for live, online instruction. The virtual adaptation includes 7, half hour lessons that help students learn about the importance of choosing nutritious food and drink options and moving more every day. Students also learn practical, age-appropriate healthy recipe preparation skills in each lesson, either by watching a [Food Hero](#) recipe video demonstration or a demonstration led by Marion County SNAP-Ed educators, Yolanda Rodriguez and Francisca Lopez. The Marion County SNAP-Ed team has also collaborated with teachers to provide opportunities for their students to taste the featured recipe during each lesson, despite teaching remotely. A few of the recipes the students learned to prepare and were able to taste are Food Hero's [Overnight Oatmeal](#), [Lemony Garbanzo Bean Dip](#), and [Creamy Fruit Salad](#)!

Overall, the remote KIK series went very well, with teachers signing on weekly for lessons and students actively engaged throughout each lesson. Teaching the KIK series remotely enabled the Marion SNAP-Ed team to lead meaningful nutrition and cooking education for over 260, 2nd graders in Marion County!

Two additional exciting projects that the Marion County SNAP-Ed and Farm to School team (Yolanda Rodriguez, Sarah Contreras and Carly Kristofik) wrapped up this fall, were a healthy living mural project, as well as distribution of classroom garden toolkits to teachers who registered at a local elementary school. In early 2020, the OSU

Extension Marion County SNAP-Ed and 4-H programs received an Oregon Department of Education (ODE) Farm to School education grant to connect students with Oregon agriculture including garden education at school. With the help of the school's health team, the Marion County SNAP-Ed and Farm to School team planned a robust classroom garden toolkit that teachers can use to provide hands-on opportunities for students to grow their own herbs and vegetables in the classroom. Each toolkit includes a rolling storage container, a variety of greens and herb seeds, soil, peat pots, plastic



trays, a collapsible plant stand, multiple LED grow lights, larger felt pots, spray bottles, watering cans and an educational binder with growing resources and sample classroom garden lessons. In October, teachers participated in a virtual introductory garden toolkit training, so they'd understand what was included in their kit and how they could use it with their students throughout the year. Then, their classroom garden toolkits were delivered! We're excited to see what they grow and how they use these resources throughout the year with their students.

Additionally, in partnership with the school's health team, we came up with ideas for a school-specific, healthy living mural. Last spring these mural ideas were shared with a local organization located in Dallas, Oregon, called [Wall Together Now](#). They specialize in team-building, paint-by-number mural projects with youth and adults. They were able to take our ideas and design a beautiful, paint-by-number healthy living mural that students and staff at the school helped paint this fall. It turned out wonderfully and features their school mascot, bear cubs, doing healthy activities such as gardening, biking, playing soccer and reading. Students and staff were excited to be able to participate in the painting process and see the mural come to life! Now, students and staff have a permanent art feature that brightens up the outdoor courtyard space and reminds them of the many ways they can make healthy choices!

See mural photos on next page...



Students Painting by Number at Four Corners



The finished mural at Four Corners