



what's inside



**RECIPE OF THE MONTH:**  
Gobbly Good  
(Turkey) Sloppy Joes



**HEALTHY KIDZ CORNER:**  
Winners of the  
Coloring Contest



SNAP-Ed

November-December 2009

# CONNECTOR

Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

## DC SNAP-Ed in a Nutshell

Since September 2003, DC SNAP-Ed has been a part of the Center for Nutrition, Diet and Health in the UDC Cooperative Extension Service. SNAP-Ed programs across the country are funded by the Food and Nutrition Service (FNS) of the US Department of Agriculture (USDA). In DC we provide nutrition and food safety education to preschool children whose families receive and/or are eligible for food stamps.

DC SNAP-Ed now has 174 teachers in 85 sites with approximately 3000 children and their parents. We train and support teachers using a 48-lesson curriculum guide that links with other nutrition materials for preschoolers. We recognize that nutrition is a family affair, so we also offer other nutrition education activities such as food demonstrations and take-home activities to enable parents to get involved.

Messages are from "Dietary Guidelines for Americans" and "MyPyramid-Steps to a Healthier You." Our goal is to assist SNAP-Ed families to improve their ability to select healthy foods, safely handle food, and properly prepare and store foods.

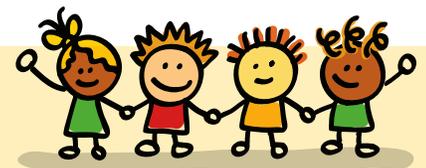
Contact us at 202 274-7115.



## MESSAGE FROM THE Director's Desk

Hoorah! We're celebrating our second issue of the DC Snap-Ed Connector, our bi-monthly E-newsletter to help everyone in SNAP-Ed share the same understanding and work together as a team, while we improve the DC program step by step. Please feel free to print copies and distribute to parents and others. We want everyone to have the best possible experience with SNAP-Ed, so please use and enjoy the Connector and do let us know how we can improve nutrition education for preschool families.

**DR. LILLIE MONROE-LORD**  
DC SNAP-Ed Director





# COORDINATOR UPDATES

**H**ello again! from your coordinators, Marshelle Hailstock (community sites) and Ida Harrington (Headstart sites), Welcome to new and returning teachers, parents and children as we prepare to launch our FY 2010 DC SNAP-Ed program. In each issue of the Connector, we will bring you up to date regarding program activities.

**Thanks!** Thanks to all the teachers who responded to the survey about your preferences for newsletter input. Preferences stated were in the following priority order: 1) Share Children's Work, 2) Share Photos and Share Upcoming Events, 3) Share Classroom Stories, 4) Share Comments About SNAP-Ed, and 5) Share Notable Accomplishments. Almost 80% of the respondents said they are willing to share from their classrooms. Please begin to show and tell what you have when the coordinators come to visit. And thanks again.

**Site Visits.** Our goal is to visit each classroom at least once each quarter. We come to assist and ensure that every teacher can succeed with SNAP-Ed. .

**Training.** SNAP-Ed teachers are invited to attend orientation sessions that occur twice a year. We will announce the FY2010 sessions as soon as details are available. Come and get your SNAP-Ed rolling backpacks and lots of other goodies for the journey. Contact your site coordinator to request additional training sessions and/or to receive special education from our nutritionists and food demonstrations for parents and children.

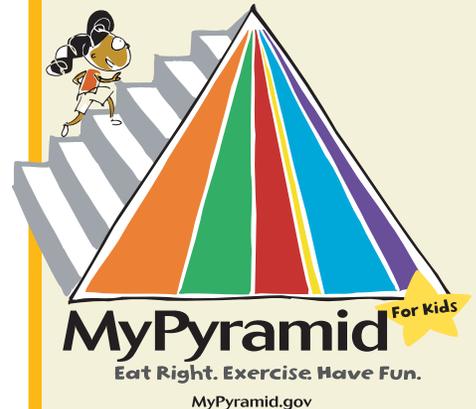
**Curricula.** There are many lessons that may be covered in the SNAP-Ed classroom according to each teacher's plan. A new edition of the SNAP-Ed Family Nutrition Curriculum Guide with 48 lessons will provide cross-references with other preschool materials such as "Color Me Healthy," "The Food Groupies," "Breakfast Clubbies," "Creative Curriculum," "Choosy Kids," "FF NEWS(Families First-Nutrition Educational and Wellness System)," etc.

**Evaluations.** Dr. Gloria Stokes will conduct focus groups with teachers, parents, children and advisory groups during the next few months.. We are also asking all teachers to complete the **knowledge survey** and the **opinion surveys** as soon as possible.

**Monthly Reports.** No job is finished until the paperwork is done! For FY2010 we have updated our progress reports to inform USDA about how many families have been reached with what messages. Teachers will continue to list lesson titles, time spent, number of children and date on the new SNAP-Ed monthly report form. Reports should be signed and ready for pick up by the 5th day of each succeeding month.

**CONTACT US.** Marshelle Hailstock (All Centers)– (202) 274-7135; Ida Harrington (DCPS Centers)– (202) 698-1116

## PARENT TIPS



### EAT RIGHT Advice from USDA MyPyramid for Kids

**1. Make half your grains whole.**

Choose whole grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn, more often.

**2. Vary your veggies.**

Go with dark green or orange. Eat spinach, broccoli, carrots, and sweet potatoes.

**3. Focus on fruits.**

Eat them at meals and snacks-fresh, canned, or dried. Limit juices.

**4. Get your calcium-rich foods.**

Build strong bones. Serve low-fat and fat-free milk several times a day.

**5. Go lean with protein.**

Eat lean or low-fat meat, chicken, turkey, and fish. Eat more dry beans and peas. Add nuts and beans to salads, wraps or soups.

**6. Change your oil.**

We all need it. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola and olive oil.

**7. Don't sugar coat it.**

Avoid foods that have sugar sweeteners as the first ingredient. Added sugars give calories with few, if any, nutrients.

**Enjoy!**

# RECIPE OF THE MONTH

## Gobbly Good (Turkey) Sloppy Joes



### Ingredients:

1 pound of ground turkey  
¼ cup of chopped onions  
½ cup ketchup  
3 tablespoons of Bar-B-Q sauce  
1 tablespoon of yellow mustard  
1 tablespoon of vinegar  
1-1/2 teaspoons of Worcestershire sauce  
½ teaspoon celery seed  
¼ teaspoon of black pepper  
6 whole wheat burger buns

### Instructions:

1. Cook the turkey and onion in a nonstick skillet until turkey is no longer pink (about 5 minutes).
2. Stir in the next 7 ingredients and simmer for 10 minutes, stirring occasionally.
3. Serve on buns.

# REAL FOOD

## Purchase Cards Available

**PRESCHOOL TASTE-TESTING.** Each lesson in the SNAP-Ed curriculum recommends an activity that allows children to get hands-on experience with real food. We provide \$20 grocery store purchase cards to teachers upon request. Please contact your coordinator for request forms and instructions. Suggestion: Invite a guest parent or family to join in the activity/party to peak the children's interest.



# HEALTHY KIDZ CORNER

## Winners of the May-June Coloring Contest

**1st Prize:** Tamia Jackson, Orr ES (Ward 8)

**2nd Prize:** Carole Guevara, Brightwood ES (Ward 4)

**3rd Prize:** Jessica Hernandez-Vasquez, Tubman ES (Ward 1)



CAROLE GUEVARA

## Bulletin Board Contest

All DC SNAP-Ed classes are invited to submit a 5x7 photograph of their class bulletin board on nutrition. Mount entries on 8.5x11 paper with the class name, age of children, teacher's name and center's name in the lower left margin on or before Friday, December 11, 2009. Submit in an envelope to your coordinator. Public Schools may forward entries via Route Mail to: Ida Harrington, Route 5, Frederick Douglass Phase II Center. Call your coordinator with questions. 1st Prize \$25. 2nd Prize \$15. 3rd Prize \$10.



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**DC Supplemental Nutrition Assistance Program-**

**Education.** This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more contact the Income Maintenance Administration at 202-724-5506 to help identify how to get services.

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