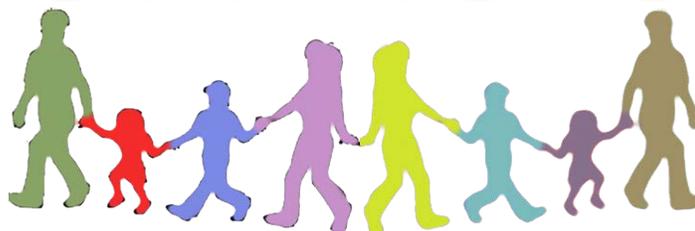


DC SNAP-ED CONNECTOR



May-June 2009

NUTRITION AND FOOD SAFETY - KEEPING TEACHERS, FAMILIES, STAFF AND CHILDREN IN THE LOOP

SNAP-Ed Connector is a Bi-Monthly E-Newsletter from the Supplemental Nutrition Assistance Program-Education (SNAP-Ed), Center for Nutrition, Diet and Health (CNDH), Cooperative Extension Service (CES), University of the District of Columbia (UDC).

GREETINGS

Welcome to our first issue of the DC Snap-Ed Connector. We are excited about this E-newsletter as a dynamic way to help everyone in SNAP-Ed share the same understanding and work together as a team. Please feel free to print copies and distribute to parents and others. With your feedback we can also use it as a tool to improve the SNAP-Ed program. A survey is attached to help design future issues. We have included a full menu of interesting topics. We want everyone to have the best possible experience with SNAP-Ed, so please let us know how we can be of service to you. Enjoy!

Dr. Lillie Monroe-Lord
DC SNAP-Ed Director

WHAT IS DC SNAP-ED?

DC SNAP-Ed is run by the Center for Nutrition, Diet and Health, a unit of the Cooperative Extension Service at UDC. SNAP-Ed programs across the nation are funded by the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA). We provide classroom education to pre-school children in public schools, daycare centers and Head Start classrooms where families receive and/or are eligible for food stamps.

We have 85 sites and 174 teachers. DC SNAP-Ed trains and supports teachers, provides a 48-lesson curriculum guide, and offers nutrition education to teachers, children and parents. Messages are from “Dietary Guidelines for Americans” and “MyPyramid-Steps to a Healthier You.” Children improve their ability to select healthy foods, safely handle food, and properly prepare and store foods. Lessons are meant to be shared with the entire family.

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MONTHLY UPDATES

FROM YOUR SNAP-ED

COORDINATORS

Hi Everyone! As your site coordinators, Marshelle Hailstock (All Centers) and Ida Harrington (Public Schools), we are the SNAP-Ed staff with whom you are most familiar. In each issue of the Connector, we will bring you up to date on program activities.

Thanks! Thanks to all the teachers for welcoming us into your classrooms and giving us great feedback about your needs. The SNAP-Ed team meets every Tuesday to work on solutions.

Site Visits. Our goal is to visit each classroom at least once each quarter. We come to assist

and ensure that every teacher will succeed with SNAP-Ed.

Training. By now, most teachers have attended at least one orientation session. This training is provided twice a year. Contact your site coordinator to request additional training sessions and/or to receive special education from our nutritionist 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 own plan. You may use the SNAP-Ed Program Lessons and/or lessons from other preschool programs such as "Color Me Healthy," "The Food Groupies," "Breakfast Clubbies," "Creative Curriculum,"

"I Am Moving, I Am Learning," etc. **Monthly Reports.** We provide frequent progress reports to USDA about how many families have been reached with what nutrition messages. We ask that teachers list the lesson titles, time spent, number of children and date on the SNAP-Ed form provided. These reports should be signed and ready for pick up by the 5th day of each succeeding month. Thank you again for all your cooperation.

Contact Numbers.

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Ida Harrington

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REAL FOOD

PURCHASE CARDS AVAILABLE

Each lesson in the SNAP-Ed curriculum recommends an activity that allows children to get hands-on experience with real food. Good News! We provide \$20 grocery store purchase cards to teachers upon request. Please contact your coordinator for request forms and instructions.



Cha Ching!!!
Cha Ching!!!

PARENT TIPS

KITCHEN FUN FOR ALL AGES

Having your preschooler help you in the kitchen is a good way to get your child to try new foods.

Kids feel good about doing something "grown up."

Make sure they wash their hands before helping.

Give them small jobs to do. Praise their efforts.

Children are much less likely to reject foods that they helped make. As preschoolers grow, they are able to help out with different tasks in the kitchen.

While the following suggestions are typical, children may develop these skills at different ages.

At 2 years: Wipe tables, hand items to adult to put away, place things in trash, tear lettuce or greens, help "read" a cookbook by turning the pages, make "faces" out of pieces of fruits and vegetables, rinse

vegetables or fruits, and/or snap green beans.

At 3 years: All that a 2 year old can do, plus: Add ingredients, talk about cooking, scoop or mash potatoes, squeeze citrus fruits, stir pancake batter, knead and shape dough, name and count foods, and/or help assemble a pizza.

At 4 years: All that a 3 year old can do, plus: Peel eggs and some fruits such as oranges and bananas, set the table, crack eggs, help measure dry ingredients, and/or help make sandwiches and tossed salads.

At 5 years: All that a 4 year old can do, plus: Measure liquids, cut soft fruits with a dull knife, and/or use an egg beater.

Website:

<http://www.mypyramid.gov/preschoolers/Healthy-Habits/PickyEaters/kitchenactivities.html>



Jessica Brown and Kelly McGrath at Recent Leckie Elementary Pizza Demonstration

PIZZA INSTRUCTIONS:

1. Toast the slice of whole wheat bread until warm and firm.
2. Spread pizza sauce over the toasted bread.
3. Sprinkle low-fat cheese over the sauce.
4. Place pepperoni on the cheese.
5. Put in the microwave for 20-30 seconds or until cheese is melted.
6. Let cool for 1 minute and serve.

RECIPE OF THE MONTH:

WHOLESOME PIZZA

MICROWAVE PIZZA. This delightful recipe can be used at home or in the classroom.

Ingredients: 1 slice of Whole Wheat Bread; 2 oz Pizza Sauce; 2 oz Low-fat shredded Mozzarella Cheese; and 4 Slices of Pepperoni.

Optional Ingredients: Black Olives; Sausage; Ham; Bell Peppers; Jalapeno Peppers; Spinach; Pineapple.

Did You Know?

Using whole wheat bread and low-fat cheese makes this snack healthier than using regular ingredients. It cuts down on fat and adds fiber. When shopping for optional ingredients, try using an alternative healthy ingredient if you normally buy the regular ingredient. The healthier the ingredients, the healthier the snack!

REMINDER: REMEMBER TO SEND BACK THE ATTACHED SURVEY ABOUT TEACHER PRIORITIES FOR THE NEWSLETTER.

HEALTHY KIDZ CORNER

COLORING CONTEST FOR SNAP-ED CLASSES

All classes are invited to submit one entry of the attached contest coloring page after teaching about vegetables. All children should be allowed to compete (in class). A team of judges should choose the winning entry. Submit entries in an envelope to your coordinator with the child's name and age, teacher's name, and center's name printed in the lower left margin on or before Friday, May 15th. Public schools may forward entries via Route Mail to: Ida Harrington, Route 5, Frederick Douglass Phase II Center. Call 202 274-7135 with questions, 1st Prize \$25. 2nd Prize \$15. 3rd Prize \$10.

DC SNAP-ED CONNECTOR

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Premier issue!



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NEXT ISSUE

- > SNAP-Ed Resources
- > Feature Story-Shiloh Daycare Center
- > The Unsaturated Truth About “Lunchables”
- > Food Safety: Handwashing
- > Upcoming Events Around DC



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