

Pick a Better Snack and Act **Barnes County Family Nutrition Program**

The Situation

Healthy People 2010 established an objective to increase the variety and contribution of fruits and vegetables in America's Diet. The CDC's *State-Specific Trends in Fruit and Vegetable Consumption (2009)* estimated 31.1% of North Dakotans consumed fruit two or more times per day and 24.6% consumed vegetables three or more times per day. This is far short of the national targets: 75% meeting fruit recommendations and 50% meeting vegetable recommendations.

Extension Response

The *Pick a Better Snack and Act* curriculum was used in schools that received the *USDA's Fresh Fruit and Vegetable Program (FFVP)* grant. The curriculum was provided to three Barnes County elementary schools and teachers were encouraged to use that resource to complement the fresh fruit and vegetable snacks given each day. Fruit and vegetable trivia, fact sheets and newsletters were also provided.

Pick a Better Snack and Act direct lessons were provided by Ashley Nadeau, Barnes County Family Nutrition Program (FNP) Agent. Five classes were held at Wimbledon-Courtenay Elementary (grade 3) and twenty classes were held at Litchville Elementary (preschool – grade 6). Ashley made 295 direct contacts during the 2011 school year that emphasized fruits and vegetables.

Impacts

Litchville Elementary teachers reported setting aside fifteen minutes daily to fresh fruit and vegetable trivia outside of direct education.

Litchville teachers completed a *Fresh Fruit and Vegetable Program* survey for the 2011 program. All teachers believed that the students learned about fruits and vegetables as a result of the education provided by Family Nutrition Program. Six teachers reported they learned a lot, two reported they learned some. All but one classroom teacher used the curriculum and trivia provided.

Wimbledon-Courtenay's 3rd grade classroom completed two extended curriculum activities outside of direct programming. These activities were monitored daily for at least two weeks in the classroom as a program reminder.

Feedback

Teacher comments:

- "All students know they need to try at least two bites. Now they laugh and say they are in the three-bite, four-bite and 100-bite club."
- "Students I worked with were able to give me new facts about the fruits and vegetables and were also more willing to try the new foods during our snack time."
- "The NDSU-FNP is great and works well with my materials!"

Student comments:

- "I learned a lot about fruits and vegetables. I had fun tasting different foods. Thank you for showing us the seeds from the fruits"
- "Thank you for keeping us healthy. I appreciate you coming and hope you come again."
- "I will eat healthy forever. I will never eat junk food. I will eat grapes, corn, carrots or anything healthy."
- "Thanks for teaching us about foods. I'll never forget you. So have a good time eating your food."

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