

# Quincy L. Cheek

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## *100% Extension Appointment*

Requested Action: Promotion from Assistant Extension Agent to Associate Extension Agent  
Rapides and Grant Parish Cooperative Extension Service  
LSU AgCenter/300 Grady Britt Drive  
Alexandria, LA 71302  
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### 1. Documentation of Major Program Areas & Initiatives

Quincy Cheek received her Associate of Science degree in Culinary Arts from Nicholls State University in December 2002. In December 2004 she completed her studies in Family and Consumer Sciences at Northwestern State University, Natchitoches, LA. Mrs. Cheek received a Bachelor of Science Degree with a concentration in Consumer Services and a minor in Nutrition.

Currently, she is pursuing a Masters of Education with a concentration in Counseling at Northwestern State University. Mrs. Cheek has, at this point in time, obtained thirty-three credit hours toward her graduate degree and holds a 4.0 grade point average.

Quincy Cheek joined the LSU AgCenter in March 2005 as a 100% Family Nutrition Program (FNP)/Family & Consumer Sciences Extension Agent in Grant and LaSalle parishes. During this appointment she served as the Central Region Family Nutrition Program Regional Contact. The target audience specified by the FNP guidelines is low income/food stamp eligible families.

In 2006, Mrs. Cheek was granted a 10% FCS appointment that allowed her to expand programming to general audiences. In February 2008, she assumed the role of FCS Extension Agent with a focus in Nutrition for Rapides, Grant, and Vernon parishes.

As an FCS Nutrition Agent, Mrs. Cheek's duties include; program development, implementation/delivery of programs, and evaluation of programs presented. She also coordinates extensively with volunteers to carry out FCS & FNP programs in assigned parishes.

Quincy Cheek shares the mission of the LSU AgCenter since her personal mission is to enhance the nutritional well-being of her clients by providing quality educational programs that contain research based information in a way that is practicable and accessible. She values the impact nutrition has on the overall quality of life and she structures and implements her program in a manner that reflects these values. Mrs. Cheek strives for excellence when it comes to extension programming and duties.

#### Smart Choices

The Smart Choices healthy lifestyle program, developed by the LSU AgCenter, has been presented by Mrs. Cheek to various audiences including general audiences and FNP eligible audiences in Grant, Rapides, and LaSalle parishes. She conducts one of the fifteen Smart Choices lessons each week at the Community Healthworx Working People's Free Clinic in Rapides parish.

The Smart Choices lessons were also presented at the Office of Family Support in Grant & LaSalle parishes and the Grant Parish Extension Office. A series of five Smart Choices lessons was sponsored by The Colfax Bank in the spring of 2007. Mrs. Cheek taught the lessons in the

Colfax Bank Community Meeting room in Grant parish. Thirteen people attended all five lessons to complete the series.

### Smart Portions

The Smart Portions healthy weight management program developed and revised by the LSU AgCenter Nutrition Team has been presented by Mrs. Cheek in 2006 & 2007 to the employees of the Rapides Foundation, employees of Wellness Works Inc. and the clientele of Community Healthworx Free Working People's Clinic.

The Smart Portions program taught clients about portion control, the importance of keeping a food and exercise journal, tips to start an exercise program, the benefits of exercise, how to eat healthy when dining out, how to break bad habits of eating unnecessarily, facts about fad diets, diet myths and facts, and how to keep the weight off long term. Participants lost an average of seven pounds each and many have successfully managed to keep the weight off as a result of knowledge gained through the Smart Portions program.

### Smart Bodies

Since the introduction of the Smart Bodies program, Mrs. Cheek has been involved in bringing the program to elementary schools in Rapides and Grant parishes. Even before being assigned to Rapides parish, Quincy Cheek assisted Lou Altazan-Brown with Smart Bodies program implementation in six parish schools. She successfully implemented the program at every elementary school in Grant parish within the first two years of Smart Bodies introduction.

Mrs. Cheek conducted the teacher training, school assembly, taught Smart Bodies lessons, coordinated Body Walk and had constant contact with school coordinators at each and every participating school. Mrs. Cheek developed a parent evaluation to be sent home with students at each Smart Bodies school. The goal of the evaluation was to assess how much information the students were relaying to parents about what they learned through the Smart Bodies program.

At Verda Elementary, in Grant parish, one hundred and four students returned their evaluations. The evaluations reflected that students tended to share a lot of information with parents concerning healthy eating, physical fitness and adopting a healthy lifestyle. In the 2008/2009 school year, three schools in Rapides parish are slated to participate in the Smart Bodies program under Mrs. Cheek's careful guidance.

### Council on Aging

Since 2005, Mrs. Cheek has made monthly visits to the Rapides, Grant, Vernon, and LaSalle parish Council on Aging sites to provide programs on nutrition, physical activity and healthy lifestyle practices. Topics have been geared toward elderly clientele and have covered subjects such as eating a healthful diet and prevention/management of chronic disease.

Approximately thirty-five to forty people are in attendance for programs at each of the four sites. The participants are always eager and looking forward to nutrition program Mrs. Cheek might have planned for them. She has been able to assist several of the elderly clientele in applying for food stamps at the Office of Family Support. Mrs. Cheek provided the information needed for them to realize that they may be eligible for benefits.

### Family Nutrition Program (FNP)

The LSU AgCenter serves as a sub-contractor for the Louisiana Food Stamp Nutrition Education Program through the Family Nutrition Program (FNP). The mission of FNP is to

provide educational programs to food stamp recipients that will enable them to make healthy food choices consistent with the most recent Dietary Guidelines for Americans.

Parish statistics indicate that; 18 % of the population in Grant parish, 12% of the population in LaSalle parish, 16% of the population in Rapides parish, and 10% of the population in Vernon parish live below the poverty level and receive food stamp benefits monthly. Statistics are from the Louisiana Department of Social Services and they reflect 2006 findings.

Mrs. Cheek has focused on low-income food stamp eligible populations of the above named parishes since she started with the LSU AgCenter. She provides programming at various FNP sites in each parish including; Councils on Aging, Head Start Centers, FNP eligible schools, WIC Sites, Food Bank and Commodity Distribution sites, Community Healthworx Free Working People's Clinic and the Offices of Family Support.

Mrs. Cheek has also taken FNP education programs out into the community by providing programs at churches within FNP approved census track areas and to grocery stores that receive \$50,000 or more a month in food stamp dollars. She works one on one with clients at the Office of Family Support once a week to provide nutrition education that will meet their individual needs.

Another responsibility Mrs. Cheek has under the Family Nutrition Program is the programmatic supervision of a Nutrition Educator. She provides all initial training and orientation. Quincy Cheek oversees the Nutrition Educators programming endeavors in Rapides and Grant parishes. Her efforts in training nutrition educators has resulted in improved educational programs delivered to clients with all information presented being approved, research-based information. She also helps the Nutrition Educator prepare for the required exam to receive a promotion.

Mrs. Cheek also serves as a Regional Contact for the Central Region. In this position she serves as a liaison between the State Office FNP Staff, the FNP matched funded field agents, and the Regional Director of the Central Region. She keeps agents informed and up to date on FNP guidelines and policy changes. She advises agents on the spending of FNP dollars and gives them insight as to what expenses are allowable and unallowable according to FNP regulations.

The role of liaison requires assisting agents in completing their FNP reports, time certification, and assisting with FNP programming efforts in the region. Mrs. Cheek also writes the Central Region FNP Budget proposal which is turned in to the State Office FNP staff before being forwarded to the federal level for approval. An additional responsibility Mrs. Cheek has is the organization and hosting of the FNP Regional Orientation for each fiscal year.

#### Cause We Care Fair

The Cause We Care Fair is a collaboration between; the Central Louisiana Kiwanis Club, the Rapides Parish Library, Rapides Women and Children Hospital, the Alexandria Mall, and the LSU AgCenter. These five agencies work together to invite nonprofit agencies and local hospitals to participate and educate the public about the critical services they provide for parents and children.

Thirty – seven agencies and hospitals are invited to set up booths to educate children and parents about a variety of health, safety, and parenting issues. The LSU AgCenter hosts two booths consisting of information on Child Care Provider Training and Nutrition Education programming offered by the AgCenter.

Mrs. Cheek coordinates the nutrition activities for the AgCenter. 4-H Jr. Leaders assist in conducting the activities. Rapides Women's and Children's Hospital contributes \$2,500 annually to conduct the Cause We Care Fair. Each year the event takes place in February and it is always a huge success drawing over 1,000 children, parents/grandparents/guardians.

### Lunch & Learn

The Lunch & Learn programs in Rapides and Grant parishes presented by Quincy Cheek have become quite the hot topic with the general public. Each month, she hosts a Lunch and Learn community outreach program in Rapides and Grant parishes.

The programs focus on topics that are useful and relevant to the citizens of each parish. Topics have included: Physical Activity & You, Writing a Will, Heart Health, Managing Food Dollars Wisely, Healthy Crock Pot Cooking, Getting Ready for Retirement: You and Your Money, My Pyramid, and Container Gardening. Each program is attended by 40 plus people in Rapides parish and 10 plus people in Grant parish.

### Kid Chef Nutrition Camps

The Kid's Nutrition Chef Camps were a collaborative effort of the Rapides and Grant Extension Service Family Nutrition Program. Forty-eight children participated in the first year the camp was offered (2007); camps were designed to teach good nutrition, healthy food choices, food safety, basic cooking skills and exercise habits. The objectives of the camps include:

- Expose children to healthy foods by consuming fruit, vegetable, whole grains and low-fat dairy products.
- Encourage participants to eat healthier meals and snacks through hands-on cooking experiences.
- Involve children in all aspects of cooking, from reading recipes to serving the completed foods.
- Promote food safety.
- Promote active lifestyles and encourage physical activity.
- Develop independence and self-confidence through cooking experiences.

Along with Lou Altazan-Brown and Laurie LaFollette, Quincy Cheek has written curriculum (linked to the Louisiana Department of Education GLE's) for Kid Chef Nutrition Camps which were held in Rapides and Grant parishes in summer 2007 and summer 2008. She has shared this curriculum with many agents in the state and has also collaborated with UC Davis in adapting it to teen audiences.

The camps have been attended by sixty-one children. The first year (2007) a grant from the Family Nutrition Program was awarded to Lou Altazan-Brown and Quincy Cheek to host four camps (two in Rapides and two in Grant). The second year, the camp in Grant parish was sponsored by Grant Parish 4-H Foundation.

### Volunteer Development

Volunteers are an integral part of Mrs. Cheek's FCS and FNP nutrition programming. Volunteers are recruited through the use of the FCS Database. Each person who is entered in to the FCS Clientele database is given the opportunity to participate in volunteer trainings and serve as an LSU AgCenter Family & Consumer Sciences program volunteer. Thus far, Mrs. Cheek

has enlisted over fifty volunteers in Grant and Rapides parishes. Volunteers perform tasks in the extension offices and they also assist Mrs. Cheek at the Office of Family Support with client enrollment, and at local grocery stores with fruit and vegetable tastings.

On February 14, 2007 – volunteer, Anna Futrell, conducted a Healthy Heart session along with a food demonstration at the Office of Family Support in Colfax, LA. Six new clients were enrolled into the Family Nutrition Program and twelve individuals received heart health nutrition education information. On March 1, 2007 – volunteer, Anna Futrell, conducted a My Pyramid information session at the Harvest of Hope Mission in Montgomery, LA. Fourteen new clients were enrolled into the Family Nutrition Program and forty-six individuals received My Pyramid nutrition education information.

Large events that enlist the help of a great number of volunteers are Cause We Care Fair, District Cookery, and Smart Bodies. In 2006 and 2007, 141 volunteers from Grant and Rapides parishes devoted their time and energy to help make Smart Bodies a huge success. At Georgetown High School in Grant parish (2007), 25 youth volunteers took a day off from classes to man the stations of the Body Walk for elementary school students to tour. Student volunteers were given extra credit in Biology and Family and Consumer Science classes.

Volunteers are essential for the Rapides Fair Family and Consumer section of the fair. Some 28 individuals volunteer 392 hours to assist with the FCS section of the fair. Volunteers are needed to judge the Area 4-H Commodity Cookery Contest. Dietitians, elected officials, commodity representatives, and business people assist in conducting the contest.

#### General & Other Nutrition Programs

Mrs. Cheek has provided programs covering topics such as Osteoporosis, Fad Diets – Myths & Facts, Super Foods for Your Health, 5 a Day the Color Way, Secrets of Successful Weightloss, Save Money When You Buy Food, Hooray for Hand Washing, Take Charge of Your Health, Trans Fats – Get the Facts, Bone Up on Calcium, Eating on the Go & Portion Distortion. These programs were provided in response to needs identified by advisory committees and various community agencies and current trends in nutrition, diet and health.

## 2. Advisory Process and Critical Issue Responsiveness

In order to meet the needs of clientele in a variety of ways, Mrs. Cheek has a functioning advisory committee in Rapides and Grant that meets annually. She has also participated in hosting FCS advisory committee meetings in LaSalle parish with Kim Evans, FCS Agent.

As Mrs. Cheek has become more familiar with the newly assigned parish of Vernon, she has worked on forming an advisory committee in that parish as well. With her functioning committees she has representation from a variety of state and local agencies, school board, and organizations that have used or have access to FCS/FNP extension programming.

The advisory committee meetings allow for dissemination of information concerning the previous year's efforts (including successes and problematic issues) and allow for stakeholders to provide input concerning the direction of the FCS/FNP program in Rapides and Grant parishes. Stakeholder input is implemented into the next year's programming efforts as applicable to funding requirements. Suggestions for identification of eligible clientele and collaboration efforts are followed up by Mrs. Cheek.

In response to the ever growing childhood obesity problem in the State of Louisiana, Mrs. Cheek was instrumental in bringing the Smart Bodies program and other nutrition programs to the schools and head start centers in Rapides, Grant, and LaSalle parishes. Mrs. Cheek focuses on youth in part of her programming because she believes if we can educate the

young children and set them on the path to healthy lifestyles when they are young, they are more likely to be healthy adults.

Mrs. Cheek's programming provides students with the tools and knowledge they need to live a healthy lifestyle. She also provides nutrition programming to the parents of head start children and attends many school sponsored events to promote Smart Bodies and make the parents aware of the nutrition and health education available to their children.

In September 2005, Louisiana was hard hit by hurricanes Katrina and Rita. In response to critical needs at Grant Walker 4-H Educational Center where hundreds of evacuees were housed, Quincy Cheek spent countless hours helping the camp staff and assisting Red Cross Volunteers. She donated her time at night and on weekends to man the phones, make sure mail was delivered to evacuees who were depending on it and helped check in/distribute donated items.

Upon closing of the camp as an evacuation center, Mrs. Cheek moved her focus of hurricane recovery to FEMA's Disaster Recovery Center in Alexandria, LA. There she presented various programs including Dealing with Stress after the Storm, Food Safety after the Storm, and several youth programs for children waiting at the center with their parents.

Grant Walker 4-H Educational Center, located in Grant parish has a full service kitchen that feeds up to six hundred children three meals a day during the summer camping season. In the summer of 2008, Mrs. Cheek was called upon to take on the responsibility of conducting weekly inspections of the kitchen at Camp Grant Walker to ensure that all food safety and sanitation measures were being met. This task was added to Quincy Cheek's repertoire because of critical food safety issues that arose at the camp. Her expertise in the field of food safety and her Serve Safe Sanitation certification made her the ideal candidate for this duty.

On May 15, 2007 Quincy Cheek attended the 2007 Legislative Fête to present information on the new Smart Choices curriculum to Louisiana Legislators and all visitors in attendance. Mrs. Cheek spent the day talking with Legislators and visitors about the importance of nutrition education for adults and youth and the significance of the new curriculum developed by nutrition specialists from the LSU AgCenter.

### 3. Innovative Teaching Methods, Knowledge, and Application of New Technology

Mrs. Cheek regularly posts articles and fact sheets on the Rapides and Grant parish website including photo galleries from Kid Chef Nutrition Camps and "Quincy's Recipe Corner" featuring recipes and nutrition information used on "Jambalaya - KALB News Channel 5" for her monthly television appearance. Maintaining the most up to date research based information on the websites is of critical importance for clients who access data and Mrs. Cheek keeps this a top priority. In addition to this, Mrs. Cheek has posted several fact sheets about nutrition, diet and health on the Grant and Rapides parish websites. Mrs. Cheek also serves as a content reviewer for the Rapides parish CMS website. The Rapides parish CMS website received more hits in 2007-08 than any other parish website.

Mrs. Cheek maintains a list serve of clients who have attended Lunch & Learn programs and other nutrition programs so she can mail flyers about upcoming classes or send out updated information on various nutritious topics as they become available. Clients on this list serve also receive announcements about upcoming events such as Smart Portions and Smart Choices classes, Lunch & Learn programs, and Volunteer opportunities.

Quincy Cheek has attended the Serve Safe Food Safety and Sanitation class to enhance her knowledge about food safety and sanitation. She has adapted the information obtained to a useful, practical version for the general public. This innovative knowledge gained also helps

Mrs. Cheek fulfill the task of inspecting the kitchen at Grant Walker 4-H Educational Center during the summer 2008 camping season.

Mrs. Cheek uses email on a regular basis to communicate with AgCenter colleagues, FCS/FNP Volunteers, Louisiana Volunteers for Family & Community members, stakeholders, collaborators, and the general public. When information requests from clients in other parishes come to Mrs. Cheek via email, she gives a quick response. Mrs. Cheek utilizes power point to provide presentations on a regular basis. As changes occur in Nutrition Science, she makes it her priority to retrieve the information from research articles, university information and reliable nutrition websites that can provide her with the most up to date nutrition information.

#### 4. Program Delivery Effectiveness Demonstrated by Evaluation, Change and Adoption

Quincy Cheek bases all of her evaluation efforts on the logic model. Evaluation for Family Nutrition Program efforts are based on Food Recall Checklist which is administered as a pre/post evaluation. Thus far, one hundred and thirty three Food Recall Checklists have been administered in Grant parish and two hundred and forty seven have been administered in Rapides parish.

In LaSalle parish, a total of seventy-eight evaluations have been collected. Nutrition education is a significant factor in improving dietary practices when behavioral change is set as the goal and educational strategies are designed with this focus in mind. Mrs. Cheek strives to provide relevant, useful information in her programming that will initiate behavior change in her clients. Evaluations indicate:

- As a result of the Smart Bodies program in Grant parish 1,360 youth, 73 teachers, and 78 volunteers gained knowledge about adopting healthy lifestyles and the importance of nutrition and physical activity.
- As a result of the Hooray for Hand Washing program presented in Grant & LaSalle parish schools and Head Start Centers, over 900 students gained knowledge of the proper way to wash hands and how to prevent the spread of bacteria and viruses.
- Seven Family Nutrition Program clients (food stamp eligibles) and 12 youth completed Smart Choices series of lessons in Spring 2007. They increased their knowledge of My Pyramid, 2005 Dietary Guidelines for Americans, label reading and physical activity requirements for healthy individuals. Five out of seven adults tried a food he/she had never tasted before. Six out of seven adults said he/she would cut down on their consumption of fried food. Five out of seven adults said he/she would read nutrition labels when food shopping.
- As a result of the Save Money When You Buy Food program offered at the LaSalle parish Office of Family Support, 77 clients were enrolled in the Family Nutrition Program. They increased their knowledge of money saving practices to use when food shopping using food stamp dollars.
- As a result of the Food, Fun and Reading children's nutrition series of lessons, students in Grant and LaSalle parishes increased their knowledge of My Pyramid and the Dietary Guidelines for Americans. Seventy-five percent of students and fifty percent of teachers tried a food that he/she had never before tasted.

- The Kid Chef Nutrition Camps in Grant and Rapides parishes provided sixty-one children the opportunity to increase knowledge of basic nutrition and obtain skills needed for preparing healthy snacks and meals at home. Participants increased their knowledge of food safety, kitchen safety, My Pyramid, portion sizes, Dietary Guidelines for Americans, kitchen math and basic food preparation skills. Participants also learned how to use basic kitchen equipment safely to prepare nutritious snacks and meals.
  - 95% Participants increased their knowledge of My Pyramid
  - 100% Participants tried a food he/she had never tried before
  - 80% Participants gained new knowledge in food safety
  - 100% Participants gained new knowledge in kitchen safety
  - 100% Participants gained knowledge of basic cooking skills
 Parents have commented that the Kid Chef Nutrition Camp has encouraged children to actively participate in meal preparation at home and make healthier food/snack choices. Parents say that their children are more aware of consuming balanced meals and correct portion sizes.

#### 5. Development and Presentation of Research Based Materials

Mrs. Cheek has developed and presented many research based materials in the form of power point presentations, news articles, hands – on programs, and television spots. She has conducted presentations for a variety of organizations in the multi-parish area which she covers. Quincy Cheek is frequently called upon to answer questions regarding the current information on nutrition, health, and food safety best practices.

Every educational presentation she develops and delivers is concurrent with the most up-to-date research based information available. Her ability to seek out and identify quality publications that provide sound information is a skill that is necessary to successfully deliver her programs. The programs are continuously changing and growing as new information in Nutrition Science becomes available from the state office as well as other dependable/reliable research based sources.

##### Presentations:

- *Water – The Essential Nutrient.* FCS Quarterly Training. July 20, 2005. Monroe, LA.
- *Get the Facts on Osteoporosis.* LaSalle Parish Council on Aging. June 14, 2005. Jena, LA.
- *Food Safety for Seniors.* Grant Parish Council on Aging. July 19, 2005. Colfax, LA.
- *Bone Up on Dairy.* Harvest of Hope Mission. August 25, 2005. Montgomery, LA.
- *Dietary Guidelines for Seniors.* LaSalle Parish Council on Aging. September 22, 2005. Jena, LA.

- *The Fats of Life*. Lecompte Senior Center. October 7, 2005. Lecompte, LA.
- *After the Storm: Hurricane & Stress Coping Exercises*. Jena Elementary Presentation to Evacuee Youth. October 13, 2005. Jena, LA.
- *Food Safety After the Storm*. Disaster Recovery Center Rapides Parish. October 17, 2005. Alexandria, LA.
- *Replacing Important Numbers*. Disaster Recovery Center Rapides Parish. October 19, 2005. Alexandria, LA.
- *Fun with Fruit & Veggies*. Forest Hill Elementary School. November 16, 2005. Forest Hill, LA.
- *Holidays Unwrapped*. Colfax Bank Meeting Room. December 12, 2005. Colfax, LA.
- Cheek, Q. and Altazan-Brown, L. *Feeding Your Pre-School Child*. Cenla Community Action Committee Staff Training and Parent Orientation. August 2005, 2006, & 2007. Alexandria, LA.
- Cheek, Q. and Altazan-Brown, L. *Hooray for Hand Washing*. Head Start Centers in Grant & Rapides Parishes. September 2005, 2006, 2007. Colfax, LA, Lecompte, LA & Alexandria, LA.
- *Food, Fun, & Reading*. Head Start Centers in Grant and LaSalle Parishes. Fall 2005, 2006, and 2007.
- *Organ Wise Guys Series*. Head Start Centers in Grant, LaSalle and Rapides Parishes. Spring 2006, 2007, and 2008.
- *Super foods*. Nutrition Educator Quarterly Training. August 3, 2006. Winnsboro, LA.
- *Physical Activity & You*. Lunch & Learn Program. January 23, 2007. Alexandria, LA.
- *Happy Healthy Hearts*. Lunch & Learn Program. February 27, 2007. Alexandria, LA.
- *Healthy Snacking for Families*. Family Literacy Night at Pollock Elementary. March 19, 2007. Pollock, LA.
- *Use Herbs for Better Flavor, Omit Sodium*. Lunch & Learn Program. March 28, 2007. Alexandria, LA.
- *Who Gets Grandmother's Yellow Pie Plate?* Lunch & Learn Program. May 22, 2007. Alexandria, LA.

- *Summer Nutrition for Seniors*. Grant Parish TRIAD Club Meeting. June 12, 2007. Colfax, LA.
- *Using Medications & Being Responsible*. Lunch & Learn Program. August 28, 2007. Alexandria, LA.
- *Family & Finances*. Lunch & Learn Program. October 31, 2007. Alexandria, LA.
- *Tips for Healthy Families*. Head Start Parent Meeting. November 13, 2007. Jena, LA.
- *Diabetes and Your Health*. Lunch & Learn Program. November 28, 2007. Alexandria, LA.
- *Keeping Warm & Eating Well in the Winter*. Program for Seniors – TRIAD Club Grant Parish. January 8, 2008. Colfax, LA.
- *Vary Your Veggies & Snack Right*. Ford's Food Center Food Demonstration with Volunteers. February 14, 2008. Colfax, LA.
- *Heart Health for Women*. Lunch & Learn Program. February 19, 2008. Alexandria, LA.
- *Diabetes Mapping Session 1*. Grant Parish Residents Meeting at Extension Office. February 28, 2008. Colfax, LA.
- *Louisiana Pecans – They're Delicious & Nutritious*. Glenmora Ladies Club. March 3, 2008. Glenmora, LA.
- *Health Myths & Facts – National Nutrition Month*. Deville Concerned Citizens Organization. March 4, 2008. Deville, LA.
- *Expiration Dates – Do They Really Matter?* Food Bank of Central Louisiana Annual Conference. March 13, 2008. Alexandria, LA.
- *Kid Chef Nutrition Workshop for Kids and Parents*. Mount Calvary Baptist Church. April 26, 2008. Alexandria, LA.
- *Portion Distortion & My Pyramid for Young Adults*. Independent Living Skills Forum. July 11, 2008. Alexandria, LA.
- *Getting the Skinny on Fat*. Community Healthworx. July 29, 2008. Alexandria, LA.
- *Diet Myths & Facts*. Lunch & Learn Program. July 30, 2008. Alexandria, LA.

In addition to programs listed above, Mrs. Cheek has conducted additional programs for audiences in Rapides, Grant, LaSalle, and Vernon parishes. Because of electronic media, client queries via email, webmail, etc...are a constant source for outgoing information. Clients are able to discover information on the Rapides/Grant website and then contact Mrs. Cheek for clarification or further information.

Electronic media is also a means to develop rapport with clients who work, are indigent, or who are unable to attend programs conducted by the LSU AgCenter. Mrs. Cheek will continue to update the website with these clients in mind.

#### 6. Publications (Print and Electronic)

Mrs. Cheek has developed a variety of publications. She frequently develops educational brochures for her programs. Examples of her development of publications include topics for saving money on food purchases, ways to incorporate healthy eating into a busy lifestyle, food safety issues, and other topics as needed.

When the new dietary guidelines were published in 2005 by the United States Department of Agriculture, Mrs. Cheek developed and distributed many different brochures to help educate the public on the latest information available from the USDA and the Federal Government. The brochures have been used and distributed at many health fairs and similar educational efforts. Mrs. Cheek also posts her articles/brochures along with other publications to the Rapides and Grant parish CMS websites.

In the Spring of 2007, Quincy Cheek was asked to partner with three other Family Nutrition Program Regional Contacts to develop FNP related newsletter articles for 4-H Agents to include in their monthly newsletters for their club members. Mrs. Cheek worked along with Cathy Agan, Vicky Chesser, and Elizabeth Bryan to complete this task and provide 4-H Agents with much needed nutrition articles, easy recipes and all of the clip art to go along with the information.

Quincy Cheek has also developed a brochure to be distributed to the Police Jury and Grant Parish School Board Members as well as many other parish stakeholders in Grant parish. This publication was developed in 2007. The publication contains information on all LSU AgCenter programs that take place in Grant parish. The publication has been distributed to stakeholders at Advisory Committee meetings, School Board Meetings, and Police Jury Meetings.

#### Print Publications for In Office/Program Use

- Packing an Ice Chest Safely, July 2005
- Back to School and Back to Good Health, August/September 2005
- Drink Water for Better Health, October 2005
- Holiday Food Safety, November/December 2005
- The New Dietary Guidelines for Americans, January 2006
- Hats Off to Heart Health, February 2006
- My Pyramid and You, March 2006
- Spring into Good Health, April 2006
- Save Money with Healthy Food Choices, May 2006
- Pumpkins – Not Just for Carving, October 2006
- What do Healthy Kids Do?, December 2006
- Tips for Healthy Families, January 2007
- Grant Parish Overview, March 2007

- Get Back to School and Get Moving, August 2007
- Lighten Up for the Holidays, November 2007
- Holiday Food Safety Quiz, December 2007
- Snack Right, January 2008
- Know the Facts – Dietary Guidelines for Americans, March 2008
- Children & Physical Activity, April 2008
- Dried Beans & Peas Make Cents..., May 2008
- Physical Activity Facts, June 2008
- Food Product Dating – Expiration Dates that Matter, July 2008

#### Electronic Publications

- Quincy's Recipe Corner, February 2008 – Present
- Hooray for Hand washing, November 2005
- FNP Connection – Washing Away the Germs, June 2006
- Smart Bodies Comes to Grant Parish, September 2006
- Tips for Healthy Families, January 2007
- Kid Chef Nutrition Camp, August 2007
- Organ Wise Guys at Olla Elementary, August 2007
- Take Ten Champions at Verda Elementary, August 2007
- Cause We Care Fair Photo Album and Article, February 2008
- Importance of Hand Washing, May 2008
- Kid Chef Nutrition Camp in Grant Parish, June 2008
- Ways With Figs, July 2008
- Community Healthworx Nutrition Classes, July 2008

#### 7. Mass Media, Web page development, and Maintenance

Mrs. Cheek has diligently worked to bring visibility to Family and Consumer Sciences programs throughout the Rapides, LaSalle, Grant, and Vernon parish areas via news articles, press releases, CMS postings, and television appearances.

Quincy Cheek has contributed news articles regularly on a variety of topics focusing mainly on nutrition, diet, and health topics, by incorporating Louisiana agricultural commodities, family resource management topics, family development topics, and hurricane preparation and recovery.

She also utilizes area newspapers and television spots to advertise programs that are being conducted and held in the various parishes she serves. Her news articles have appeared in The Colfax Chronicle, The Jena Times, The Light of Cenla, Community Healthworx State Newsletter, and The Alexandria Daily Town Talk. The Colfax Chronicle and the Jena Times have featured articles submitted by Quincy Cheek on a monthly basis since 2005.

Quincy Cheek has been featured on local television station, KALB Newschannel 5, in an effort to bring research based information to clients. Mrs. Cheek is featured monthly on the morning show, "Jambalaya." Each month she demonstrates a healthy recipe live on television and talks about the importance of nutritional value of foods featured, heart health, food safety, diabetes, and the role of the LSU AgCenter as well as services/programs offered.

Mrs. Cheek participates on television and sends out press releases to local newspapers to promote various programs offered in the parishes she serves. She regularly contributes articles, fact sheets, program updates and press releases to the Rapides, Grant, and LaSalle parish websites.

### Newspaper Articles

- Incredible Eggs, April 2005.
- Being Cool Craving Fat Lead To Poor Food Choices, July 2005.
- Family Meal Time, August 2005.
- Dietary Guidelines and Seniors, September 2005.
- Food Safety After the Storm, September 2005.
- Pumpkins – Not Just for Carving, October 2005.
- Food Safety – Power Outages, October 2005.
- Holiday Food Safety, November 2005.
- Shopping the Cereal Aisle, December 2005.
- Go Sparingly on the Sugar, December 2005.
- What Healthy Kids Do, December 2005.
- Food Poisoning and Carnival Season, January 2006.
- Tips for Healthy Families, January 2006.
- Cut Down on Fat & Cholesterol, February 2006.
- Smart Bodies Benefits Children, March 2006.
- After School Students Learn Good Nutrition Habits, April 2006.
- Body Walk a Big Success, May 2006.
- Don't Blame Genes for Children's Inactivity, June 2006.
- Make Exercise a Part of Your Day, July 2006.
- Eat Well for a Healthy Weight, August 2006.
- Feeding Your Preschool Child, September 2006.
- Understanding Food Labels, October 2006.
- Hope for Healthy Lifestyle During the Holidays, November 2006.
- LSU AgCenter Visits Verda Elementary, January 2007.
- Encourage Your Kids to Become Their VERB, February 2007.
- Smart Bodies in Grant Parish, March 2007.
- Students Participate in Body Walk, April 2007.
- Good Nutrition and Your Family, May 2007.
- Rice Things to Say About September, September 2007.
- Benefits of Fiber, October 2007.
- Plan Ahead for the Holidays, November 2007.
- Holidays Unwrapped, December 2007.
- Holiday Raw Egg Recipes Risky, December 2007.
- Youth & Physical Activity, January 2008.
- Healthy Snacking, February 2008.
- Diabetes Mapping Session in Grant Parish, March 2008.
- Snack on Louisiana Strawberries, April 2008.
- Avoid Cross-Contamination When Picnicking, May 2008.
- Fluids Important to Everyone, June 2008.

### Television Programs

- Snacking Healthy with Veggies, February 2008.
- Diabetic Friendly Foods, March 2008.
- Louisiana Strawberries, April 2008.
- Louisiana Crawfish, May 2008.
- Healthy Corn Dish – Roasting Corn, June 2008.

- Eggplant – Delicious & Nutritious, July 2008.

## 8. Cooperation / Collaboration with Other Faculty

Mrs. Cheek has worked in cooperation with other faculty members on many occasions. She has frequently been in touch with agents and parish chair faculty of the nine parishes in the Central Region that she is designated as Regional Contact for the Family Nutrition Program. Mrs. Cheek serves as a resource for agents with FNP responsibilities and assists them with questions regarding policies and procedures. She assists agents with purchasing and other issues that are related specifically to the FNP. In addition, she trains agents on how to report using the NEERS software for FNP and she helps agents in the region with reporting deadlines and requirements.

In 2005, Mrs. Cheek and Lou Altazan-Brown (FCS Agent in Rapides Parish) worked together to present Hooray for Hand Washing programs at Grant Parish Head Start Centers and Rapides Parish Head Start Centers. The programs were very successful in that participants learned to wash their hands properly and increased their knowledge about germs and bacteria and how bacteria can be harmful to health.

The Head Start Center teachers were enthusiastic about the program and it has been an annual event at each center since 2005. The two above named agents also worked together in presenting food safety and childhood obesity presentations to Cenla Community Action Committee employees and parents of head start children.

The head start arena has been a successful collaboration for the LSU AgCenter. The children within the program are three and four years of age so programs can be taught on consecutive years to new groups of children. It has been beneficial for the head start staff too, as they have adopted many of the health and safety techniques within the facilities. Examples are evident at the hand washing stations and diaper stations throughout the centers.

On top of assisting agents in fulfilling their requirements for the Family Nutrition Program's salary match by working to develop educational materials for 4-H agents in the Central Region, Quincy Cheek works in collaboration with 4-H Agents in the various parishes she serves.

Mrs. Cheek has been called upon several times to serve in different roles for Achievement Day activities in Grant, Rapides & LaSalle parishes. She has presented on such topics as healthy snacking, hand washing, food safety, and physical activity. Mrs. Cheek has served in the capacity of judge for achievement day activities and 4-H Cookery Contests.

Mrs. Cheek also collaborates with 4-H Agent, Laurie LaFollette in Grant parish on several activities for youth and families. She helps Mrs. LaFollette in coordinating the 4-H Achievement days and awards banquets that are held in Grant parish. She also works with her on such projects as Kid Chef Nutrition Camps, Colfax Family Fun Day, and provides programming for club meetings as needed.

Mrs. Cheek has helped Mrs. LaFollette to put together nutrition quiz bowl teams of youth from Grant to represent their parish and their clubs at State Fair. She provides materials and conducts study sessions with participating youth and accompanies them to the competition at State Fair in Shreveport.

Another collaboration with 4-H agents includes work Mrs. Cheek has done in assisting Rodney Johnson (4-H Agent, Rapides Parish/County Agent, Grant Parish) with boat landing clean-up efforts in Rapides parish. The 4-H club at Forest Hill Elementary chose community service as a focus and initiative for the 2007-08 school year.

Mrs. Cheek organized two clean-up efforts for club members at boat landings in Rapides parish. She also solicited sponsorship from the Indian Creek Neighborhood Association, the Concerned Citizens for Indian Creek Organization, and Cenla Pride Neighborhood Beautification Association. These sponsoring organizations provided gloves, garbage retrievers, bags, first aid supplies, water and additional help to the Forest Hill Elementary 4-H club.

Club members met early on Saturday mornings in the fall of 2007 to take part in a collaborative effort to clean up the landings that were in dire need of attention. At the first clean-up that took place in Kisatche National Forest, club members bagged 36 bags of garbage and retrieved several mattresses, and old appliances from the forest. During the second clean-up effort that took place at Martin Springs Road Landing, club members apprehended fourteen bags of garbage and received a hand washing lesson from Mrs. Cheek.

Collaboration with other FCS Agents in the Central Region is the Lunch and Learn Programs where Quincy Cheek, Lou Altazan-Brown, and Esther Coco-Boe came together in Rapides parish to provide programs that present up-to-date research based information on such topics as nutrition, health and family wellness. Mrs. Cheek collaborated with these two FCS agents by providing programming that was relevant to the needs of the AgCenter clientele. She secured speakers/experts in their field to present information for the programs and she has also presented on various topics herself.

Mrs. Cheek heads up the 4-H District Cookery Contest for the Central Region and other participating regions. In 2006 and 2007 she assisted Lou Altazan-Brown in coordinating the event. She worked alongside a team of 4-H & FCS Agents from Winn, LaSalle, Concordia, Grant, Vernon, Rapides, Avoyelles, Beauregard, Allen, and Evangeline parishes to help make the event a great success for everyone involved.

Participants compete in several divisions including Egg Cookery, Sweet Potato Cookery, Seafood Cookery, Beef Cookery, Pecan Cookery and Poultry Cookery. Awards are presented at the conclusion of the event. The contests average about eighty to ninety participants each year. In April 2008 Quincy Cheek took the reigns as Chair of the event and will work with a team of agents to oversee the District Cookery 2009. She is also providing support to 4-H agents at the parish level with their cookery contests.

## 9. External Funding, Material Support & Grants

Mrs. Cheek has worked with the Rapides Parish Fair Association to secure funding to purchase supplies, award ribbons and premium money for the contests at the parish fair. The Fair Association in Rapides parish supports FCS by awarding more than \$8,000 in premium money for Adult, Senior, and Special Schools, and Baking division competitions at the annual parish fair. The Rapides Fair Association is a supporter of the LSU AgCenter and will continue to provide money for agents to conduct educational programs.

A special project request was presented in the 2007 fiscal year Annual FNP Plan for Kid Chef Nutrition Camps to be conducted in Grant & Rapides parishes in the Summer of 2007. The sum of monies awarded to Agents Quincy L. Cheek and Lou Altazan-Brown to conduct the camps was \$5,000. The money went toward purchasing kitchen equipment, supplies, printing and food for the four camps that were conducted.

A \$150 in-kind donation was made by the Colfax Banking Community in January 2007 for five weeks use of the community meeting room by Mrs. Cheek. Smart Choices pilot study programs were conducted.

Other external funding, material support & grants:

- \$500 from Rapides Homemaker Council to conduct FCS programs in Rapides Parish.
- \$600 from Grant Parish 4-H Foundation to conduct Kid Chef Nutrition Camp, Summer 2008.
- \$1,200 from Rapides Homemaker Council for FCS scholarships awarded to Rapides parish 4-H club members.
- \$2,500 from Rapides Women and Children Hospital for Cause We Care Fair.
- \$300 In-Kind from Lawson Community Action Association for use of meeting space to conduct Kid Chef Nutrition Camp, Summer 2007.
- \$100 In-Kind from Mount Calvary Baptist church for meeting room and supplies to conduct Kid Chef Nutrition Camp, Summer 2007 and 2008.
- \$1,200 In-Kind from Rapides Foundation for Diabetes Mapping Curriculum.

10. Presentations At Professional & Clientele Targeted Conferences

- *Family Nutrition Program Update & Best Practices in Central Region*. FNP/FFNEWS/EFNEP State Conference. March 19-21, 2007 Port Allen, LA.
- Cheek, Q., Altazan-Brown, L. *Food Safety and Taking Care of Young Children*. Presented at the Cenla Community Action Committee Back to School Conference & Orientation. August 2005, August 2006, August 2007.
- *Health Myths & Facts for National Nutrition Month*. Rapides Homemaker Conference. March 2008.

11. Participation In and Leadership of Professional Organizations/Committees

- Louisiana Extension Association of Family & Consumer Sciences (LEAFCS), Member 2007-Present.
- National Extension Association of Family & Consumer Sciences, Member 2007-Present.
- Family & Consumer Sciences Nutrition Team – LSU AgCenter, Member 2005-Present.
- Society for Nutrition Education (SNE), Member 2006-Present.
- Louisiana Association Educators (LAE), Member 2002-2005.
- National Educators Association (NEA), Member 2002-2005.

12. Continued Coursework, In-service Training, Sabbaticals and Professional Improvement

Professional Improvement/In-Service Training

- FCS Nutrition Team Meetings, 2005-2008.
- Northeast Region Nutrition Educators Quarterly Meetings. Winnsboro, LA. 2005 to present.
- Family & Consumer Sciences Agent Annual Conference. Baton Rouge, LA. 2006 and 2008.
- Southwest Region FCS Agents Quarterly Meetings. 2006 to present.
- Society for Nutrition Education Conference. San Francisco, CA. July 2006.
- LSU AgCenter Annual Conference. Baton Rouge, LA. December 2006 and 2007.
- FNP/FFNEWS/EFNEP State Conference. Port Allen, LA. March 2007.
- Twenty-first Century Families Conference. Little Rock, AR. April 2007.
- CREES USDA Grantsmanship Workshop. Memphis, TN. March 2008.
- Louisiana Extension Association of Family & Consumer Sciences Association (LEAFCS) Conference. Shreveport, LA. April 2008.
- Society for Nutrition Education Conference. Atlanta, GA. July 2008.

Coursework

- Program Development, HRE 7122

- Program Evaluation, HRE 7622
- Career & Lifestyle Planning, COUN 5510
- Dynamics of the Counseling Process, COUN 5000
- Theories in Counseling, COUN 5530
- Organization of Information in Counseling, COUN 5540
- Group Counseling, COUN 5580
- Educational Research & Evaluation, EDUC 5010
- Research of Curriculum & Instruction, EDUC 5020
- Education Philosophy & Leadership, EDUC 5030
- Human Lifespan Development, EPSY 5460
- Multicultural Considerations in Counseling, COUN 5610
- Analysis of the Individual, EPSY 5520

### 13. Participation in Public Policy and Community Issues

Mrs. Cheek is a member of the Colfax Community Planning Committee. Meetings are twice a year to help organizations meet and get the word out about programs and/or services offered to clients or residents in the Colfax Community and Grant parish area. These meetings serve as networking tools to professionals to help address any social needs or concerns that they may have to help improve the quality of life within the community. As a result of these meetings, several partnerships have developed between Mrs. Cheek and community organizations to provide programs or programming opportunities to their clients.

### 14. Awards and Recognition

In February of 2008, Mrs. Cheek was awarded a mini-grant from Dr. Paul Coreil to attend the CREES USDA Grantsmanship Workshop in Memphis, TN on March 10-11, 2008. The award was valued at twelve hundred dollars and allowed Mrs. Cheek to attend the conference and gain valuable information about the specifications for grant writing for the many available grants from USDA.

### 15. Multi-Institution, Agency and State Collaboration

Quincy Cheek has collaborated with several agencies on numerous projects throughout the past few years. Collaborations have included Wellness Works, Inc. of Cenla to provide nutrition education to various clientele at many different worksites, Community Healthworx (free clinic for the working poor) to provide nutrition education programs to clients and staff, and Office of Family Support in Grant, LaSalle and Rapides parishes to provide nutrition education materials and individual support for food stamp eligible individuals and families.

Mrs. Cheek has also collaborated with Grant & Rapides parish School Board for their wellness policy planning, in-services training programs and Smart Bodies teacher orientations and implementation of programming in schools.

### 16. Service Activities

#### Organizations Advised

Mrs. Cheek has advised the Grant parish Louisiana Volunteers for Family and Community organization since January of 2006. She provides educational programming and leadership to

the organizations forty-five members. She also assists with programs and community service projects implemented by the club.

Mrs. Cheek has served as a District Commodity Cookery team member and adviser since 2005. She will serve as Chairman for the 2009 cookery that will be held in Rapides parish. As chairman, she is responsible for securing the site that the event will take place, purchasing awards for recognition of winners, delegating tasks and supervising agents who assist with all functions of the cookery contest.

#### University Service

- Family & Consumer Sciences Nutrition Team (2005 to present). Receive updates, training and development of new curriculum or programs as needed.
- Family Nutrition Program Regional Contact for Central Region (2005 to present). Conduct trainings, host FNP Regional Orientation, advise agents about FNP policies and procedures.
- Central Region District Commodity Cookery Committee (2005 to present). Committee in charge of planning and conducting the District Commodity Cookery for Central and surrounding regions.
- Central Region District Commodity Cookery Chairman (2008 to present).

#### Professional Service

Mrs. Cheek provides guidance to new agent, Ashley Powell who was assigned to FCS nutrition programming in Concordia parish. She serves as a mentor for this new agent. She also provides information and guidance to agents needing assistance with Family Nutrition Program reporting and/or policy & procedure clarification.

#### Other External & Community Service

Mrs. Cheek is a member of Tioga First Baptist Church where she works in the nursery and serves on the kitchen functions planning committee. She also participates and contributes financially to the Susan G. Komen breast cancer foundation. In March of 2007, Quincy Cheek & Esther Coco-Boe raised over \$1,000 to donate to the foundation in honor of their co-worker, Lou Altazan-Brown who had just been diagnosed with breast cancer. That same month, Mrs. Cheek ran the Susan G. Komen 5-K in honor of her friend.

She also participates annually in the American Cancer Society's Relay for Life Walk-A-Thon and barbeque contest. Her team raises over \$500 each year to donate to the cause. Mrs. Cheek is also an American Red Cross Volunteer. Each year during Mardi Gras season, she helps in hosting a dinner for military personnel and their families to show appreciation for their service to our country.