

Family & Consumer Sciences Advisory Leadership Council Meeting

On March 23, members of the LSU AgCenter West Feliciana Family & Consumer Sciences Advisory Leadership Council met at the West Feliciana LSU AgCenter Office. Those in attendance included: Sara Wilson-Rogers, Shieda Perkins, Dawn Hoyle, Cheryl Franklin, Cynthia Vessell-Whitaker, and Dana Wallis. Layne Langley, LSU AgCenter Area Nutrition Agent, gave a parish overview including information about the staff that service the parish. She shared a power point which provided information about the AgCenter including its mission and purpose. Langley gave a program review for FY 2021 which included virtual and in-person programming.

She opened the floor to discussion and recommendations. Here are the questions and answers provided by those members in attendance.

What educational program topics could Family & Consumer Sciences (FCS) provide that would be helpful to the citizens of West Feliciana?

- Reading food labels- for all ages
- Preparing healthy snacks
- Cooking with herbs and spices
- Modifying recipes

What can west Feliciana Parish FCS do to increase participation and engagement of West Feliciana citizens?

- Offer free cooking classes
- Start teaching nutrition at a young age- Pre-K

- Set up a "pop-up" shop and provide food tastes/samples of healthy recipes

What needs do the citizens of West Feliciana have as it relates to nutrition and health?

- Understanding cooking and health terms (i.e., sodium and how it affects the body, carbs, etc.)
- Health & exercise programs for younger children
- Exercise with older people
- Indoor facility for play with a track and activity room
- If wanting to do a needs assessment, perhaps use a QR code along with paper copies

How can I better market the FCS programs?

- Advertise in the Family Service Center monthly newsletter
- Advertise through OLLI's social media
- Post on St. Francisville Rants & Raves Facebook page
- Work with the parish to see about developing a community calendar where all events and activities can be shared
- Partner with Coach Fuller to reach youth in his summer camp
- Work with Bains Aftercare to offer nutrition programs
- Offer nutrition programs during youth sports practices
- Advertise with churches and hospital waiting room
- Collaborate with PE Teachers
- Advertise through 4-H and word-of-mouth
- Provide marketing materials like bookmarks to advertise programs

The LSU AgCenter and LSU provide equal opportunities and employment.