

Vernon/Beauregard Parish Current Programs

Family & Consumer Sciences Program Highlights

The Nutrition Programs in Vernon Parish focuses on health, nutrition, physical activity, and obesity prevention among youth and adults. The nutrition and health components include the following programs: Supplemental Nutrition Assistance Program (SNAP Ed) and General Nutrition Education.

Supplemental Nutrition Assistance Program (SNAP Ed)

SNAP-Ed is an evidence-based program that helps people lead healthier lives. SNAP-Ed teaches individuals about good nutrition, food dollar management, and how to be physically active. The goal of SNAP-Ed is to increase, within a limited budget, the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity, consistent with the most recent dietary advice reflected in the Dietary Guidelines for Americans and USDA MyPlate.

Let's Eat for the Health Of it
(Available for youth or adult audiences)



Area Nutrition Agent, Aneisha Andrus is currently teaching and presenting healthy food tastings at the *Beauregard Christian Women Job Corps* on quick and easy meals that are low cost and packed with nutrients using the *Let's Eat for the Health of it* Curriculum. These lessons stress portion sizes, reading food labels, adding fruits and vegetables to the diet, the Dietary Guidelines, My Plate, food safety, and daily exercise.



BODY QUEST

FOOD OF THE WARRIOR



Body Quest Warriors Hicks High School

PIC-COLLAGE

Body Quest: Food of the Warrior
(Grade 3 only)

This obesity prevention program, created at the Alabama Cooperative Extension System, targets third-grade students. It is funded by the Supplemental Nutrition Assistance Program-Education, known as SNAP-Ed. This series of classes introduces kids to the Body Quest Warriors through iPad apps and traditional nutrition education combined. Children are also offered vegetables to taste throughout the program. The objectives are to increase consumption of fruits and vegetables, increase physical activity, and enhance family environments. The goal of this 15-week program is to prevent childhood obesity in elementary youth. The Body Quest Program is currently conducted in two SNAP-eligible elementary schools in Vernon Parish



Louisiana State University Cooperative Extension Services

Upcoming & Future Programs

SNAP Ed

Eating from the Garden



4th & 5th grade only

The *Eating From the Garden* program helps kids improve their eating habits by giving them a green thumb. With help from area partners and volunteers, the program also promotes healthier food choices, gardening knowledge and physical activity.

Kids in the Kitchen



A summer and after-school program for kids ages 6 to 15 years

Encourages youth to eat healthy meals and snacks by providing them with hands on learning experiences that teach them how to prepare food. Topics such as basic cooking skills, good nutrition, healthy food choices, food safety and physical activity are included.

Organ Wise Guys

Grades Pre – K- 8



Promotes and inspire children to take charge of their health by assuming personal responsibility for their choices. Bring the body to life with lovable organ characters.



General Nutrition

Dining With Diabetes



NATIONAL EXTENSION WORKING GROUP

Dining with Diabetes is wellness program that consist of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Smart Portions



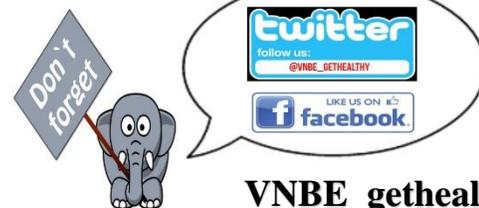
Smart Portions is an eight week program developed to help participants learn healthy lifestyle habits to achieve and maintain a healthy weight.

Lunch & Learn



Participants will learn how to use various kitchen appliances such as the Air Fryer and Pressure Cooker while learning how to prepare nutritious meals.

LSU AgCenter- SNAP Ed/FCS
Nutrition Program - Vernon/Beauregard Parish



VNBE_gethealthy