

# FCS SPOTLIGHT

## Northeast Region

by Quincy Vidrine

In Franklin parish we are kicking off KidChef Nutrition Workshops with youth for ages 9-12!

The workshops will be offered periodically to teach youth participants the importance of food and kitchen safety and basic cooking skills. Research shows that when kids are involved in meal preparation, they are more likely to eat what is prepared. Nutrition Education is a viable component of the programs – all information is from the USDA MyPlate and Dietary Guidelines for Healthy Americans.

In November, LSU AgCenter SNAP Ed programming for Franklin parish and Winnsboro State Bank sponsored and hosted the first workshop of the series. The focus of this event was “Healthy Holiday Snacking.” Youth prepared 3 healthy snacks that they can easily make at home by themselves, or with a little assistance from a parent or guardian. Recipes included gingerbread smoothies, baked low-fat cheese sticks with marinara, and healthy veggie pita “tree” snacks. All the youth tasted the snacks they made. Keep an eye out for more workshops from the LSU AgCenter. Call your local extension office for more information and dates for upcoming events!



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