



Louisiana Association for Family and Consumer Sciences

THE AGGREGATE

Editor: Sandra Raines

President's Message—Robyn Landry



Fellow Colleagues,

Many of us experience things in our lives at different times: marriage, the birth of a child, the death of a parent or a change in career. For some of us, extension is a second career, while others began in this profession right after graduating from college. Either way, it becomes an obsession, a way of life, the challenge, and motivation that keeps us going---the drive to help others, the need to be needed, or simply the love of the job. It is demanding, but we meet the needs and empower clientele with the most recent research-based information.

I started in extension after a twenty-five year teaching career that took me through many teenage hormonal changes that were truly challenges in themselves. Extension has been a welcomed change; one that has allowed me to grow in different ways and directions. I have met so many dedicated people, agents, and colleagues that I now call friends. With my employment in extension, came membership in the Louisiana Extension Association of Family and Consumer Sciences (LEAFCS).

In the fall of 2006, I began my extension career, and thus my affiliation with LEAFCS. LEAFCS members welcomed me with open arms as a new agent. Feeling inadequate compared to the experience and expertise that many of them had, I sat quietly trying to be unnoticed. Blending in and trying to be unnoticed didn't last long because FCS is an inclusive group. FCS agent numbers were much higher then, and agents were still doing three areas of programming: Family Resource Management, Child Care and Nutrition.

How times have changed! We are now focusing on nutrition with fewer agents. With fewer agents, membership in LEAFCS has dwindled, but the great work continues by those who are passionate about nutrition. When we become involved, we grow. When we grow, we expand our horizons and expectations. When we expect more, we more than likely will continue to challenge ourselves. And, as time goes by, we all take part and accept roles and challenges that help take us to new levels. What we are as an association is because of our members. So here I am, eleven years later after becoming involved, serving as your LEAFCS President.

With this position comes great responsibility, as well as pride in the opportunity to help lead an association of dedicated professionals. The professional development opportunities that have been afforded me through membership are too numerous to count, but one thing is certain, there is no better association to be a part of.

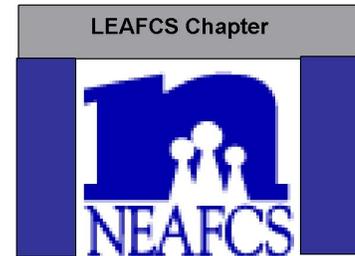
Even though these last six months have been a rollercoaster; trying to juggle life, my agent work, parish chair work, regional coordinator work, and this position as LEAFCS president, I would not change a thing. I love the challenges that I have faced; I have become stronger and more focused, and look ahead to the next set of challenges that lie ahead. I have been extremely blessed to have the support of my family and friends like you and truly fortunate to say that I have chosen 2 similarly rewarding careers. As Confucius said, "Choose a job you love, and you will never have to work a day in your life." I think that I have accomplished it.

I thank you for the help that you all provide to make LEAFCS stronger. I look forward to the remaining months of this term, and challenge each of you to go beyond what is expected, think outside the box, look beyond the horizon, and reach for the stars. We in LEAFCS live Henry Ford's quote, "Coming together is a beginning; keeping together is progress; working together is success."

Sincerely,

Inside This Issue:

- LEAFCS/NEAFCS Membership Renewal
- LEAFCS Conference Recap: Lod Cook
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2018 LEAFCS Membership Information

Submitted by: Mandy Armentor

Believe it or not, it's that time of year to renew your membership in LEAFCS. Or if you have never joined LEAFCS, the time is now to join! Following the instructions below to either process your renewal or new membership in LEAFCS; since we will have Annual Conference this year you will have the opportunity to pay dues in person.

To be eligible for awards from NEAFCS your dues must be paid or postmarked to Mandy Armentor, Treasurer by December 16, 2017.

Dues are \$110 (\$100 goes to NEAFCS and \$10 to LEAFCS). Please make your checks payable to LEAFCS. Also, in addition to your check for dues a renewal membership or new membership form must accompany your payment.

LEAFCS Renewal Information (you must be a current LEAFCS member)

Log into the NEAFCS website by clicking [NEAFCS](#) with your member name and password.

Click on the Member Resources tab; then dues renewal. Please double check that your mailing address & email address are correct.

Complete and submit your membership dues renewal form.

Print 2 copies of the confirmation page that comes up after submitting.

Send one printed page; along with a check made payable to LEAFCS for \$110 to:

Mandy Armentor, LEAFCS Treasurer
401 S. St. Charles Street
Abbeville, La 70510

Send the other copy either by snail mail or by scanning and emailing to your LEAFCS Regional Director.

Region 1- Cathy Agan
704 Cypress Street
West Monroe, LA 71291
cagan@agcenter.lsu.edu

Region 2- Kylee Brown
210 Turner Road
Port Allen, LA 70767
kabrown@agcenter.lsu.edu

You can also turn forms in & pay dues at Annual Conference at the LEAFCS Meeting, TBA.

LEAFCS New Member Information (For NEW agents or you have a lapse in membership)

Print a membership form attached at the end of this newsletter.

Fill out the form and make 2 copies.

Mail one copy, along with a check for dues payable to LEAFCS for \$110 to Mandy Armentor.

Send the other to your LEAFCS Regional Director for either Region 1 or 2 (see contact information above).

Receipts and Workday instructions will be emailed after Annual Conference in Dec. 2017!!



2017 LEAFCS Conference

“Mindful Eating, Strong Body, Joyful Work”

April 25, 2017–April 27, 2017

Submitted by: Sandra Raines

This year our LEAFCS conference was combined with our annual FCS training. The event was held at the Lod Cook Hotel and Conference Center on the campus of LSU in Baton Rouge.

The theme of the convention was “Mindful Eating, Strong Body, Joyful Work” with sessions and activities to reinforce those core messages. LSU AgCenter Dr.’s Regina Bracy & Steven Linscombe, Directors of the SE and SW regions respectively, welcomed us all in our opening session. Jessica Stroope, 4-H Healthy Living Program Coordinator then lead us all through a sequence of relaxing yoga moves that could easily be incorporated into our programming during the, “1 2 3 Breathe: Strength and Stress Relief through Yoga” session. Nutrition Extension Specialist & SNAP-Ed/Healthy Beginnings/CDC Healthy Communities Principal Investigator Denise Holston and Elizabeth Altazan presented a “Policies, Systems and Environment” session, reviewing information all agents will need to become familiar with as we move forward with our Healthy Communities framework in the upcoming year. The evening ended with a “Fun Night” event at Tin Roof Brewery, filled with fun & games, fellowship, and a very interesting and informative walking tour through the brewery. The President’s Parle’ capped the night off, hosted by 2016 LEAFCS president Carolyn Robinson.

Day 2 kicked off with speaker Steve Robichaux’s spirited presentation, “People Skills for Building Healthy Communities”. After lunch, dynamic speaker Karen McNenny spoke about finding fulfillment through meaningful work, which was followed by the NE Regional Director Dr. Tara Smith and NE Regional FCS/4H Regional Coordinator Terri Crawford further touching upon the theme of “Joyful Work” in Extension. Esther Ellis, RD from Rouses Markets touched upon successful strategies for approaching stores for program and marketing opportunities. The LEAFCS awards banquet and dinner were held in the evening at the lovely Beausoleil Restaurant in Baton Rouge.

The final day of the conference began with LEAFCS Board meetings and membership meetings. Shelly Redmond, RD, presented a session “Skinny Louisiana”, where she shared information on healthy substitutions that have proven successful in helping her clients reach their health goals. Speaker Karen McNenny rejoined us for our final day and closed out our conference with a presentation, tying everything together.



Newest LEAFCS members, from left to right: Jessica Randazzo (St. Mary Parish), Kristin Crawford (Washington Parish), Sandra May (State Office), and Markaye Russell

2017-2018 LEAFCS Officers

Executive Board Members Include:

President—Robin Landry

President—Elect—Brittney Seay

Past President/Historian—Carolyn Robinson

Vice President for Professional Development—Layne Langley

Vice President for Member Resources—Sandra Raines

Vice President for Public Affairs—Alethia Lawrence

Vice President for Awards & Recognition—Karen Jones

Secretary—Becky Gautreaux

Treasurer—Mandy Armentor

Parliamentarian—Tiffany Williams

Regional Director, Region 1 — Cathy Agan

Regional Director, Region 2 — Kylee Brown

Alternate Regional Director, Region 1—Terri Crawford

Alternate Regional Director, Region 2 — Sandra May

2017 LEAFCS Awards Banquet — April 26, 2017

Congratulations to all of the recipients of LEAFCS Awards during the 2017 LEAFCS Awards Banquet

Community Partnership Award: Layne Langley

School Wellness Award: Layne Langley

Family Development Award: Valerie Vincent

Don Dean Felker Award: Diane Uzzle & Elizabeth Brown

Family Health Award: Layne Langley

Florence Hall Award: Layne Langley

Maxine Reeves Award: Dianne Uzzle

Betty Jane Fairchild Award: Becky Gautreaux

Communications Award—Photography: Cathy Agan (3rd place);

Layne Langley (2nd place); Sandra Raines (1st place)

Communications Award—Newsletter: (Group Award) Cathy Agan, Jiame Brown, Terri Crawford, Alethia Lawrence, Victoria McDonald, Carolyn Robinson, Brittney Seay & Cynthia Stephens

Communications Award—Podcast: Wenqing (Wennie) Xu and Tobi Blanchard

Communications Award —TV/Video: Layne Langley (3rd place); Sandra Raines (2nd place); Karen Jones (1st place)

Communications Award —Written Press Release: Sandra Raines



Fellowship



Laughter

Friendship



2017 NEAFCS—Omaha, NE

Submitted by: Robin Landry

We could not have asked for more perfect weather to be in Omaha, Nebraska attending the 2017 National Extension Association of Family and Consumer Science Annual Session (NEAFCS). The conference theme was “Harvesting Opportunities in NEAFCS” and was held at the Hilton Omaha. This year’s annual session was packed with a variety of sessions that had something to offer for everyone.

Six of our members attended NEAFCS as well as a 4-H agent. Those attending from the LSU AgCenter were LEAFCS members: Robin Landry, Becky Gautreaux, Karen Jones, Layne Langley, Brittney Seay, Diane Uzzle and 4-H agent Elizabeth Bryan. Opening night was held at the Henry Doorley Zoo and Aquarium. We were able to visit the zoo after hours and many of us were up close and personal with very large bats, butterflies and giraffes.

Concurrent session tracks included: Childcare/Child Development, Financial Management, Health, Life Span Development: Aging, Child and Human Development, Nutrition, Parenting Education, Technology and Social Media, and Youth Development and 4-H. Sessions in the health, nutrition, and technology and social media tracks, specifically mentioned policy, system and environmental changes, PSEs, that we are hearing so much about and are working on here in Louisiana.

The general session keynote speaker, Juli Burney, was not only informative, but entertaining as well. She is an award winning teacher, humorist and author who prides herself on empowering people to face any challenge with wit and wisdom. During her presentation, she spoke about recognizing importance of emotions to mental well-being and success, embracing differences to create strong collaborations, communicating in challenging situations, becoming a catalyst of change and discovering the importance of appropriate good humor to build relationships. She truly was a breath of fresh air in making us relate to similar situations in our life throughout her presentation. Ask any attendee about the bent envelop and zip-zip references in her presentation; they would be happy to share with you the moral and humor!

We were in good company as we were among Southern Region and National award winners. The following are the Louisiana NEAFCS award recipients and brief write-up’s of their award winning programs:



Layne Langley — Florence Hall Award: 3rd Place Southern Region Winner

Layne Langley works with Pre-K, kindergarten, and first grade students at Bains Lower Elementary. When she joined the West Feliciana Extension Service, she was asked to work with school gardens. Having no gardening experience, she turned to her County Agent who has a horticulture assignment and works with school gardens at the neighboring Bains Elementary. Her goals were to learn about the planting seasons in Louisiana-what to plant and when, to work with the students in planting and harvesting crops in fall and spring gardens, and to teach them about nutrition. Each month, she worked with seven classes of Pre-K students, seven classes of kindergarteners, and seven classes of first graders during their Play 30 (30 minutes of physical activity) time. During the programs, the children plant vegetable and fruit transplants and vegetable seeds as well as herbs for a fall and spring garden. She leads games and activities that are creative and provide opportunities for the children to have fun while learning. The Play 30 Coach, Lanya Mayer believes that incorporating gardening and nutrition classes in the Play 30 time is very beneficial. Harvesting the crops and preparing the vegetables for tastings have resulted in students trying foods for the first time. Last year, she guided the youth in planting cabbage, cauliflower, broccoli, squash, and yard long beans- only to be ravaged by the deer. Wanting to provide a planting experience, she bought herbs (something the deer stay clear of) so the children could plant them and learn about their culinary and medicinal uses. The activities Langley has developed to reinforce her lessons have included: MyPlate Match Up, Rules & Tools, 5 Food Groups, Musical Food Groups, MyPlate Physical Activity Relay, Snack Attack, Importance of Breakfast, Parts of a Plant, and Fight BAC (teria)! One activity the classes loved that Layne developed was a Garden Scavenger Hunt where the youth read clues that took them to the different crops they were growing in their garden.

2017 NEAFCS Awards Winners (continued)



Saundra Raines - Communications Award (Written Press Release): 3rd Place Southern Region Winner

Sixty-eight 4-year old students at the Franklin Parish Head Start in Winnsboro, LA participated in a school gardening program with the goal of teaching them where vegetables come from, vegetable identification, and parts of the plant. Over the course the school year, with monthly in-class and in-the garden lessons, the students were able to help grow and harvest broccoli, collard greens and turnips. By the end of the school year, 90% of the students were able to correctly identify unharvested broccoli growing in their school garden. The photo submitted for the award is of a young boy and girl touching a large head of broccoli growing in the garden.



Dianne Uzzle & Elizabeth Bryan - Dean Don Felker Financial Management Award: 1st Place National Winner & 1st Place Southern Region Winner

The national award winning project “Jurors Empowering Teens” (JET) is a one-month work-study program funded by the police jury and the school board and conducted by the Bienville Parish LSU AgCenter Agents. Cooperation with various organizations, businesses, and agencies to employ the youth makes this program truly parish wide. The JET program was created to assist the youth of Bienville Parish in career development and financial management. Agents organize, market, implement, and evaluate the entire program. Before starting any of the classes, a skills/interest assessment is administered as well as conducting the pre-tests for each of the modules. Mrs. Uzzle teaches financial management skills, using the Living Your Financial Experience (LYFE) curriculum, which was developed by a team of AgCenter agents including Mrs. Uzzle. Workforce preparedness skills are taught by Ms. Bryan, using the National 4-H Curriculum, Build Your Future...Choices, Connections, Careers. Guest speakers are also utilized in this program. Speakers range from state representatives, attorneys, JET alumni, insurance agents, bank employees, the school superintendent, police jury secretary and armed forces recruiters. The registrar of voters also educated youth on the importance of voting while assisting them to become registered voters. With guidance from the agents, the student employees tour local community colleges and nearby universities to explore career choices that would coincide with their future interests. The youth are evaluated through pre/post assessment in the classroom on financial management skills and workforce preparedness. This project was a joint effort of Diane Uzzle and Elizabeth Bryan. Diane and Liz also presented one of the concurrent session during the conference.



Saundra Raines - Communications Award (Photography): 3rd Place National Winner & 3rd Place Southern Region Winner

Sixty-eight 4-year old students at the Franklin Parish Head Start in Winnsboro, LA participated in a school gardening program with the goal of teaching them where vegetables come from, vegetable identification, and parts of the plant. Over the course the school year, with monthly in-class and in-the garden lessons, the students were able to help grow and harvest broccoli, collard greens and turnips. By the end of the school year, 90% of the students were able to correctly identify unharvested broccoli growing in their school garden. The photo submitted for the award is of a young boy and girl touching a large head of broccoli growing in the garden.

2017 NEAFCS Award Winners (continued)



Layne Langely - Community Partnership Award: 3rd Place Southern Region Winner

During the summer of 2014, the West Feliciana Extension Service received \$2,500 from three grants which helped fund new beds at Bains Lower Elementary and a neighboring school for the 2014-15 school year. The goal for the 2014-15 school year was to move the school gardens to another part of the school- hopefully one where the deer would not find. With the assistance of the Feliciana Master Gardeners’ annual fundraiser, the Spring Garden Stroll, the Extension agent was able to purchase gardening supplies, tools, plants, and seeds. The Chamber of Commerce also contributed to the Spring Garden Stroll which in turn provided funds for school gardens. Langely has been in discussion with the school administrators for a year now in hopes they could install a fence to keep the deer out of the garden. She worked with Bains Lower Elementary to offer the students a “Jeans for Greens” Day where they could pay \$1.00 to wear jeans. The money raised (\$197) unfortunately was not enough to “chip” away the estimate for an eight foot chain link fence with gates that the school board facilities director received. So, the garden was in limbo. They hated to continue planting just to continue feeding the deer. Layne Langely submitted an article to the local newspaper about the garden, the youth experiences, and the need to outsmart the deer. The article came out on December 27 and on January 5 of this year, she was contacted by a citizen of the community who has offered to pay for, build, and install the fence. By the end of February the gate had been built and installed.

Next year’s annual session will be held in San Antonio Texas on September 24-27, 2018. The following year, it will be held in Hershey Pennsylvania on September 30-October 4, 2019. Start making plans to attend!



State’s Night Out and look who joined us — Warren Buffet!



The Louisiana Delegate at the Annual Session Banquet. Left to right: Brittney Seay, Karen Jones, Robin Landry, Becky Gautreaux, Layne Langely, Elizabeth Bryan, and Diane Uzzle.

Powerful Programs and Events

Let's Eat for the Health of It—Ringgold

Submitted by: Diane Uzzle



Ringgold Elementary students participated in LSU AgCenter's "Let's Eat For the Health of It" Program. This is a series of eight lessons based on the Dietary Guidelines for Americans and encourages all Americans to eat a healthy diet and be physically active. The lessons teach youth to build a healthy plate; cut back on foods high in solid fats, added sugars, and salt; eat the right amount of calories for you; and to be physically active your way. Students have participated in educational lessons, activities, healthy food tastings, and received weekly incentives to encourage and remind them of lessons being taught. Classroom teachers were involved and influential in the commitment of the students. The lessons were taught by Area Nutrition Agent, Diane Uzzle, and funded by LSU AgCenter and SNAP-Ed.

Lacombe Head Start Garden

Submitted by: Valerie Vincent

Valerie Vincent is working with the Lacombe Head Start on a Healthy Community Project that includes the installation of a garden; nutrition and gardening lessons for parents, students, volunteers and teachers; recipe and food demonstrations and harvest day

tastings for parents, students and teachers. This project includes contributions and collaborations from community partnerships including the Head Start, Mary Bird Perkins Cancer Center, Master Gardeners, local businesses and community volunteers. Our MyPlate Scarecrow was made from donated and recycled materials from parents, volunteers and local businesses and our garden supplies were all donated by the Mary Bird Perkins Cancer Center.



Powerful Programs and Events

TeenChef Nutrition Camp in Rapides Parish: A New Edition

Submitted by: Quincy L. Vidrine



From Right to Left: Quincy Vidrine Eryn Duncan, Brittany Brouillette, Mattie Cedars, Caelib Sillavan, Chef Trent, Curry King, Madeline Grant, Amelia Francis, & Karoline Reich

For summer 2017 we rolled out a TeenChef: Chef of the Day Edition which included guest chefs who came in to present and work with camp participants. The chefs brought in their favorite recipes and put the teens to work constructing very complex dishes that they have never worked on before. Paige Lucas, Executive Chef from Pork Bellies Restaurant in Avoyelles Parish engaged the teens in making catfish roulades with sauté of asparagus and fresh hollandaise sauce. She talked to them about the importance of using Louisiana seafood and allowed them to practice a new technique in sauce making. Chef Trent Bonnett, owner of Brown Bag Gourmet rolled out his signature dish – softshell crab tacos with a cabbage and jicama slaw. Most of the teens had never seen or eaten softshell crab or jicama before. In addition to these chefs, we also brought in retired FCS

Agent Lou Altazan Brown to teach the teens how to preserve vegetables safely. TeenChef participants made their own squash & zucchini pickles and as lagniappe, Mrs. Lou showed them the proper method for making grape jelly. Also included in the summer 2017 TeenChef experience was a field trip to Baton Rouge where we visited the Louisiana Culinary Institute. Youth took a tour of the new and innovative LCI campus meeting all of the chef instructors and a few of their students. The group then journeyed over to Whole Foods Market where they rolled out the red carpet to let the teens visit all of the different departments in the store and learn how they practice food safety everywhere from produce and seafood to the hot foods line and bakery. To end the day, TeenChefs visited Hot Tails restaurant in New Roads where Chefs Cody and Samantha Carroll, King and Queen of Louisiana Seafood, started their very successful careers.

This program would not be possible without the help of very dedicated Master Nutrition Volunteers who play a huge roll in getting everything prepped and ready each day. We plan to continue offering new and exciting camps in Rapides parish as we have seen several of our former KidChefs and TeenChefs go on to compete in culinary related contests at 4 -H University and enter culinary programs at technical schools and colleges.

Richland Parish CHEF Camp

Submitted by: Brittney Seay



A total of 12 youth participated in the Richland Parish CHEF Camp this summer. Campers prepared kid-friendly healthy meals and made new friends.

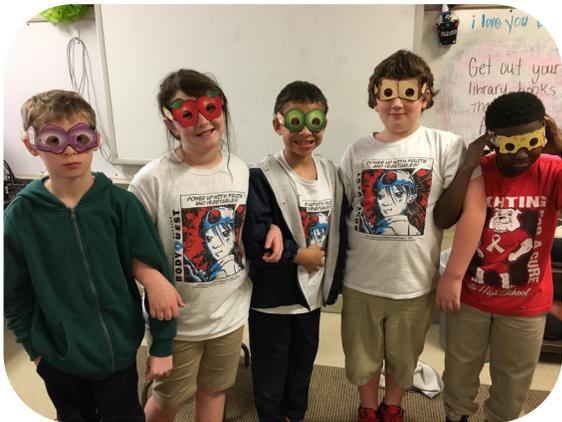
Powerful Programs and Events

Atlanta Third Grade Take Body Quest and School Gardening To the Next Level

Submitted by: Shannan Chevallier

Third graders in Mrs. Austin's Atlanta High school, in Winn Parish, took part in the fourteen week Body Quest program taught by Mrs. Shannan Chevallier. The kids were so eager to learn something new every week to become a better Body Quest Warrior. Parents sent messages about how their kids wanted them to buy healthier snacks and more fruits and veggies at home. Every week there was a Body Quest Warrior report. It allowed the students to share when they tried something new that they had never tried before, or that they revisited a food that they had tried before and found that they now liked it. The kids were such a joy to work with each week!

One day Mrs. Austin asked a student to go buy her a Dr. Pepper from the vending machine. The student looked up at her asking, "How many of these have you had today?" The entire class began catching on and Mrs. Austin began to feel bad, so she challenged them to a water drinking contest; students against teacher and paraprofessional. For the next week, Mrs. Austin allowed them to bring water bottles to class to drink water as they pleased. As they finished a bottle, they were free to go refill it. Once a student would finish a bottle of water, she would tally it up. At the end of the week, the students came through beating the teachers. The third grade students at Atlanta High school loved Body Quest so much they are now begging to have a Body Quest 2.0!



Upon completion of Body Quest, Mr. Donny Moon and Mrs. Shannan Chevallier teamed up Mrs. Austin's 3rd grade at Atlanta High School, in participating in the Bonnie plants cabbage growing contest. Each child was supplied his/her own cabbage plant by Bonnie Plant Company and was responsible for taking care of it in their school garden. When the cabbage was ready for harvesting, the students harvested and weighed their cabbage heads to determine who had the biggest cabbage. Students cabbage weighed in anywhere from 2-9 pounds. Upon announcing the winner of the contest, the students enjoyed preparing cabbage dishes to eat their cabbage. Another group of students prepared boiled cabbage and the class enjoyed the fruits of their labor. A mom prepared cornbread for them to enjoy with their cabbage dishes to top off this oh so southern meal.

Powerful Programs and Events

Atlanta Third Grade (continued)

Submitted by: Shannan Chevallier

Mrs. Austin’s students learned that cabbage was a great source of vitamin C and K, which helps build the immune system, as well as keep bones and teeth strong. Cabbage is also a great anti-inflammatory agent as well as a great food to fight against cancers. The students enjoyed this over all experience while learning so many valuable lessons.



Pressure Cooking 101: New Electric Pressure Cookers

Submitted by: Quincy L. Vidrine

This fall a series of workshops were held in Grant & Rapides parishes to teach participants how to use the new electric pressure cookers safely and how to cook healthy family meals in them. The new units seem to be all the rage right now, with lots of calls and questions coming in about them. A great deal of recipe testing and research went into the workshops, and the end result was packed meeting rooms and big success. Many of the participants received the new electric pressure cookers as gifts or they were thinking about purchasing them after seeing them on home shopping channels. One participant from Rapides parish stated “Thank goodness you offered this program because I was about to donate the one my daughter bought me to the church garage sale, and it’s never even been used!”

It’s important that we listen to our clientele about what is important to them, and what they need to learn about. In addition to clientele, agents from all over the state benefitted from the workshops as invitations were extended to all FCS agents who were interested in learning about this topic.



Powerful Programs and Events

Advanced Cooking Workshop

Submitted by: Cathy Judd



Ag Alley 2017

Submitted by: Cathy Agan



Ag Alley 2017 provided an excellent opportunity for youth to learn about agriculture and how it impacts their lives daily. First grade students from Northeast Louisiana participated in “From the Farm to the Table to You” to learn about the origins of food and how to build a healthy plate. Children experienced hands-on how to milk a cow by milking Louella, a simulated cow. They also made carrot seed tape to plant at home and milled rice in order to turn rough rice into brown rice and then white rice. These and other experiences at Ag Alley made an impact on the children and teachers who participated in the event.



Powerful Programs and Events

Youth Learn Kitchen and Fire Safety in Lincoln Parish

Submitted by: Cathy Judd



Cooking with Kids workshop students learned fire and kitchen safety from Eric Brazzel, public education officer with Ruston Fire Department. Brazzel demonstrated how to put out a burning fire using a fire extinguisher and live fire demonstration unit. Brazzel talked to the youth about kitchen fire dangers; never walk away when cooking food on the stove, grease fires can get out of control, use a cookie sheet on a pan to extinguish a fire, and more. He told the youth about common accidents in the kitchen and how to prevent them: cleanup spills immediately, roll up long sleeves, wear an apron, and always use pot holders, turn pot handles to the back of the stove, no horse playing in the kitchen and more. He talked to the youth about how to handle cuts, how to stop bleeding, and how to handle different kinds of injuries.

Youth learned the five steps of washing hands, wet, lather, rub, rinse, and dry. Youth learned how to read a recipe and how to use liquid and dry measuring cups. They practiced measuring techniques measuring flour, brown sugar, sugar and water. Students learned how to make a quick breakfast tortilla cinnamon strips treat.

Students made pull apart pizza bread using prepared pizza crust and their favorite toppings. Students learned that Americans don't eat enough fruits and vegetables. They learned they can choose from a variety of possible fruits and vegetables by identifying different vegetables and fruits playing fruit and vegetable bingo.

Sandi Adams, volunteer leader, had students work together to prepare Chicken Tortilla Soup, calked full of vegetables! Each student added something to the soup, onions, chicken, corn, black beans, and canned tomatoes, spicy tomatoes, chicken stock and seasonings. Each student stirred and observed the assembling of ingredients added. They learned that vegetables provide many vitamins and minerals which keep them healthy.

Youth learned about yeast breads. They made bread in a bag. Students learned microwave safety tips and made brownies in a mug to test their microwave skills. When everything was ready they sat around the tables and ate their meal.

Advance Cooking Classes July 2017

Advance cooking class students learned water bathe canning techniques. Students made and bread and butter and dill pickles. They made a healthy black bean bow, guacamole, cilantro dressing, Paula Dean bisques, an occasional treat, French Silk Chocolate pie. To participate in this class students must have cooking knowledge or attended at least one "Cooking with Kids Workshop". Students learn by doing. Cathy Judd demonstrates the steps, youth have the recipe, and they do the steps. Students also clean up, washing dishes and sweeping floors. We learn to leave a facility like it was when we got there or better.



Powerful Programs and Events

Adult Cooking Class Focuses on Meal Prep in Caldwell Parish

Submitted by: Sandra Raines

Participants of the “Let’s Cook! Adult Cooking Class” 2-part series had a blast learning easy meal prep ideas and trying out new, tasty recipes. “Let’s Cook!” was held at the First Baptist Church in Columbia on Thursday Nov 2nd and Thursday Nov 9th from 5:30pm-7:30pm. The class was targeted to adults, but youth were free to attend with an accompanying adult. Each 2-hour session consisted of meal prepping a recipe for the upcoming week. During the first class, participant’s meal prepped “Sheet Pan Chicken Burrito Bowls”. For less than \$35, students were able to prepare 10 burrito bowl meals consisting of baked salsa chicken, corn, beans, rice, sliced bell peppers, onions, and cheese. The cost also included a dessert of cinnamon tortilla chips and no sugar added ice cream. Individual food storage containers were also included in the cost.. During the first session, Nutrition Agent Sandra Raines also conducted a food demonstration showing how to use up leftover vegetables by making “Crunchy Vegetable Wraps”, which the attendees really enjoyed.

During the second class meeting, participant’s meal prepped “Lasagna Cupcakes”. For \$35, students made 24 individually portioned mini-lasagnas (12 servings) along with roasted asparagus with parmesan cheese. The dessert prepared was “Pumpkin Fluff”, which is a quick and easy pumpkin mousse perfect for the holidays and packed with vitamin A. In the previous class, participants had asked about recipe ideas for getting toddlers and older youth eat more vegetables. Ms. Raines offered a food tasting of “Hidden Veggie Mac and Cheese” during this second class to address this concern. Hidden Veggie Mac and Cheese is prepared similarly to traditional macaroni and cheese, with the addition of 2 cups each of cauliflower, carrots, and butternut squash. The vegetables are cooked down, pureed and combined with the cheese sauce. The sauce is combined with cooked noodles for the finished product. Everyone loved the “Hidden Veggie Mac and Cheese” and were surprised that 6 cups of vegetables were in the recipe.

Adult cooking school participants thoroughly enjoyed learning how to prepare easy, tasty & healthy meals that would last for a few meals throughout the week, and are eagerly awaiting the next adult cooking class series.



Powerful Programs and Events

Jefferson Parish Third Graders Set Out on a Quest for Health

Submitted by: Karen Marie Jones



Childhood obesity continues to be a challenge for all parishes in Louisiana. The Supplemental Nutrition Assistance Program (SNAP) has a Nutrition component to educate youth about healthy eating, physical activity and reducing screen time. Karen Jones, in Jefferson Parish, is one of the agents presenting 14 weeks of nutrition education.

Three classes of third grade students at Ella Delhonde Elementary School participated in Body Quest: Food of the Warrior. With 5 vegetable tastings, spread among the fourteen weeks, the students had the opportunity to sample spinach leaves, a small broccoli floret, a slice of bell pepper, and a grape tomato.

The students were exposed to the raw veggies and completed a Qualtrics survey on iPad minis asking if they liked the vegetables, if they would eat the vegetables it in the future, and would they ask their family to buy the vegetables in the future.

“We are already in week 7 working on Lesson # 3 with this group of students and they are so excited when I come into the classroom” says Miss Karen Marie. Each Body Quest class begins with the Warrior Vow and ends with the BQ Battle Cry. This is done at each class to maintain consistency.

The last line of the Vow is: *We will have fun on our quest.* That line is repeated 3 times for extra emphasis.

The 6 Body Quest Lessons are taught some days using Character/Food Cards and other days using a Body Quest app on iPads; physical activity is also included in the lessons.

During each meeting, a different student is picked to lead the battle cry in front of the class while holding the magical carrot scepter. Stickers are given to the students that wear their BQ T-shirts on the days of class. Body Quest does require parent permission for student participation and Karen is glad that the majority of parents gave their children permission to participate in the program.

Body Quest has been taught in Jefferson Parish for four years. Students are learning about foods, tasting foods and overcoming their fears about trying new vegetables.



Powerful Programs and Events

Internal Leadership

Submitted by: Cathy Agan

Brittney Seay, Karen Jones, and Cathy Agan were among the participants representing FCS in the LSU AgCenter's Internal Leadership Program. Also shown in the photo is Kristen Healy from Entomology. The Internal Leadership seminars were informative and the trip to Washington, DC was a wonderful learning experience.



Special Announcement!



Please extend your congratulations to our very own Nutrition Extension Specialist & SNAP-Ed/Healthy Beginnings/CDC Healthy Communities Principal Investigator Denise Holston-West for successfully defending her dissertation "**Socio-Ecological Approaches to Obesity Prevention: A Collection of Exploratory Studies**" this past October. Dr. Holston-West has a full plate and we are all looking forward to the new direction she will be guiding us in the upcoming months and years, especially with the statewide Healthy Communities initiative. Congratulations Dr. Holston-West!

Other LEAFCS Information to Remember!

State Livestock Show T-shirt Sales

Remember to volunteer to sell shirts at your district livestock show and volunteer to sell shirts at the state Livestock show to be held February 10-17, 2017 at Lamar Dixon Expo Center in Gonzales. Becky Gautreaux, Ways and Means chair will be sending more information out as we get closer to Livestock show time.

LEAFCS Annual Conference: Meeting:

LEAFCS Annual Conference meeting will be held December 12-13, 2017. Don't forget that you can submit your dues money and forms at this time!! You must submit your dues by December 16th in order to be eligible to apply for awards.

2017 NEAFCS Annual Conference:

The 2017 NEAFCS Annual Session will be held in San Antonio, TX on October 24th-27th. We love strong representation from Louisiana at the National Conferences!