



SNAP-Ed Success Stories

FFY 2015

A compilation of testimonials from agents, educators and others positively affected by the program.



**Supplemental
Nutrition
Assistance
Program**

Putting Healthy Food
Within Reach

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“Youth express a confidence in what they know and what they can do.”

“One year later, thirty to forty of 7th and 8th grade students at Caldwell Parish Junior High School are able to tell me about some of the meals they are cooking at home with their families.”

“Participants indicated a 22% increase in being ready to become more physically active.”

“I bought 1% milk instead of whole milk and I was surprised that I liked it! I even bought fat-free milk and I liked that too!”

“Since Muscle Max was one of Alex’s favorite characters, he decided to modify what he ate for breakfast. Alex would come into class and tell me that he drank milk and ate eggs for breakfast just like Muscle Max.”

“One client reported that he and his son now enjoy going grocery shopping together and that each time they go, they decide what new fruit or vegetable they want to try together.”

“98% of parents indicated they have used the information from the program on healthy foods and/or snacks.”

“Since Body Quest started, Joey’s whole way of eating has changed. He also reminds the family to eat better and why we need to do so. I am very grateful for this program. Thank you!”

“The teacher offered to help any parents of students wanting a garden, to build one. Two parents accepted her help and now have raised bed gardens with the help of collaborations.”



SNAP-Ed

Success Stories



Assumption Parish

SNAP-Ed Gardening 2014

Submitted by: Robin Landry

Relevance:

According to the Centers for Disease Control and Prevention (CDC), obesity is a serious health concern for both children and adolescents. It is estimated that 17% of children between the ages of 2 and 19 years are obese. These children are at risk for health problems such as high blood pressure, high cholesterol and Type 2 diabetes during their life and are also more likely to become obese as adults. Increased consumption of fruits and vegetables along with increased physical activity have been shown to produce many health benefits.

Response:

In 2010, to address this critical issue in Assumption Parish, the LSU AgCenter FCS agent and 4-H agent implemented a garden program at an SNAP eligible school in the parish. The school is one that serves a rural, low socio-economic part of the parish that is primarily agricultural. The pilot garden program targeted first graders at this primary school and centered on the importance of good nutrition and physical activity. Students were instrumental in planting and tending the garden which was made possible through the effort of the FCS and 4-H agents, grants and community collaborations.

Since 2010, one teacher has continued the garden and uses it across the curriculum. The SNAP agent continues to provide nutrition information and her assistance in helping the garden to thrive. The agent has also continued food tastings of different vegetables as well as incorporating tastings of fruit.

Because of the garden, students have

- been participating in gardening, most for the first time on their life
- learning where food comes from
- tasting fresh produce, many for the first time

Results:

The gardens continue from year to year. Through continued collaborations, the agent is helping the teacher to expose more students to gardening and learning where their food comes from. Students who participated in the garden this past year were questioned about their experience. The following are some of their responses to the agent's questions when interviewed last year.

Where does food come from?

- It can from the store
- It can come from your garden

How did you help in the garden?

- Planted

- Watered when it didn't rain
- Pulled weeds so the plants could grow
- Planted potatoes. One boy's response was specific. He stated, "We planted potatoes. We put little pieces of potatoes that had things called eyes in the dirt and covered it. We took care of them. We watered them and watched them grow. We grew potatoes."

What is your favorite vegetable that you have grown in the garden?

- Carrots
- Lettuce
- Cabbage---we tasted it, but it smelled funny (cabbage was smothered)
- Cauliflower, and you (SNAP agent) brought us low fat dip for it

What did you do with the food that was grown?

- We picked it, Mrs. Grace cleaned it, cooked it and we ate it.

What did you learn from having planted a garden?

- How to plant
- How we need to try things that we don't like because you may like it one day
- Vegetables grow in different ways, some grow

- on top of the ground, others under the ground
- Some vegetables we eat are really the roots

Every year new students are introduced to gardening and this past year, the teacher offered to help any parents of students wanting a garden, to build one. Two parents accepted her help and now have raised bed gardens with the help of collaborations established by the agent and teacher.

parents who do not know how to cook. Even when parents or caregivers do know how to cook, those skills are not being passed down to the children. Along with kitchen skills being lost, healthy meals are not being prepared. When I asked students “What do you eat at home?” the most frequent answer was “Ramen noodles” which are very high in sodium and low in fiber, protein and calcium. When I asked why, they said their families do not have time to cook. When I also

During a series of nutrition classes at the Caldwell Parish Junior High School, 6th, 7th and 8th grade girls and boys ages 11 through 14 learned about building a healthy plate, preparing healthy snacks, reading nutrition facts labels and identifying foods with hidden sodium, fats and sugars. Along with the nutrition classes, there was an opportunity for the students to participate in and assist with cooking demonstrations teaching them how to prepare healthy foods. Students learned various cooking skills including how to read a recipe, how to measure ingredients, safe techniques for cut vegetables and fruit and how to bring it all together to make a complete meal. At the end of the series I sent each student home with a packet of all the recipes prepared during the nutrition classes and along with recipe nutrition information.



Figure 1 A social marketing campaign promoted healthy living by placing nutrition messages throughout communities. This one is appropriate placed beside a school garden.

Caldwell Parish

Impact Statement and Testimonial

Submitted by: Tammy Tarver

Impact statement:

Family meal time is very important. Although studies have shown that families who eat together make healthier food choices, there are a growing number of young

asked “Does your parent or guardian know how to cook?” half of the responses were no. With so many students lacking opportunities to gain cooking skills at home, the nutrition education classes taught by the LSU Ag Center nutrition educators are the primary way many of these students gain nutrition knowledge.

Presently, one year later, thirty to forty of 7th and 8th grade students at Caldwell Parish Junior High School are able to tell me about some of the meals they are cooking at home with their families. Some of the meals students are cooking are ones we prepared during the nutrition classes last year. The students said that they make the recipes on a weekly basis. Giving students recipes with five ingredients or less makes it easy for them to prepare these recipes on their own with little

or no help from their parents or guardians. When asked how their families liked the meals, students reported that they loved them. Some of the students also said they are trying to make healthier decisions when choosing foods to eat.

Testimonial:

During a lesson covering the importance of eating fruits and vegetables at the Caldwell Parish Health Unit, a mother came to me wanting to speak to me about her children's eating habits. She was having a hard time getting her children to eat vegetables. I told her about how it can take children up to seven times of being introduced to a new food before they may try it and like it. I also told her about hiding vegetables in foods her children enjoy eating, for example carrots in a meatloaf. The next time I saw this mother she told me she'd tried my suggestion of trying to hiding vegetables in other foods and her children did not even know they were eating them. I encouraged her to keep offering the fruits and vegetables and to remember how it can take multiple introductions for a child to like a new food. I also suggested that she give her children only a teaspoon of the new vegetable or fruit at a time so they would not be overwhelmed when they see

the new fruit or vegetable on their plate.

Concordia Parish

SNAP Success Story

Submitted by: Kelsey Valley

Obesity among adults and youth is a growing health care problem at the national and local level. In 2012, more than one third of children and adolescents were overweight or obese. Along with the obesity epidemic comes an increase in type 2 diabetes, heart disease, hypertension and other chronic diseases such as arthritis. Poverty rates are also linked to high obesity rates in many states- Louisiana has the nation's third- highest poverty rate and is ranked 6th adult obesity, and 4th in childhood obesity. The Dietary Guidelines for Americans is the foundation for nutrition education in all USDA Food and Nutrition Service (FNP) nutrition-assistance programs. The Family Nutrition Program works with low income individuals and families to increase their knowledge in nutrition and physical activity in an effort to promote healthier lifestyles.

SNAP-Ed nutrition education activities focus on increasing consumption of fruits and vegetables, physical activity and healthy weight, and the promotion of a healthful school nutrition environment. Series of educational classes are being

conducted in Catahoula, Concordia, and Tensas Parishes. These programs include food demonstrations/tastings, group lessons, physical activities, displays, and fact sheets. The programs overall focus is on lifestyle changes.

After participating in the series of programs, a quarter of the participants stated they had made changes in their food choices and were more conscious of the nutrition labels than before. One client reported that he and his son now enjoy going grocery shopping together and that each time they go, they decide what new fruit or vegetable they want to try together. Another client reported that since the classes, she is much more conscious about the fruit juices she purchases for her family, and make certain they are all 100% juice with no added sugars.

Franklin Parish

"Noon Nibbles" Helps Create Healthy Habits in Franklin Parish

Submitted by: Sandra Raines

Relevance:

Imagine if you had to decide between feeding your family today and keeping your electricity on. With little extra money to spend on food, you are likely to purchase inexpensive, highly processed foods that you know your family

will enjoy. While these foods are often less expensive, they also tend to be full of excess sugar, carbohydrates and fat. 1 out of 5 people in Franklin Parish are food insecure, meaning that consistent access to adequate food is limited by a lack of money and other resources. High rates of poverty and cheap, easy access to these inexpensive high calorie but low nutrient dense foods have helped contribute to the historically high numbers of overweight and obesity in both children and adults for the past few decades in the Southern United States. Franklin Parish has an obesity rate of 36% which is 11% higher than national Obesity rate and 2% higher than the average rate of obesity in Louisiana.

Response:

The LSU Ag Center’s SNAP-Ed Extension outreach nutrition program conducts series’ of free, community-based nutrition education lessons to Franklin parish residents who qualify for SNAP benefits (previously called “food stamps”), who are currently receiving SNAP benefits, or who reside in an eligible census tract. The LSU Ag Center Nutrition Agent partners with Franklin Parish Library to conduct a series of lunchtime nutrition using the “Let’s Eat for the Health of It” adult curriculum, USDA’s MyPlate infographic the Dietary Guidelines for



Figure 2 Children learn about healthy eating while listening to the story of "The Hungry Caterpillar."

Americans. Each nutrition lesson follows the 4 A model for experiential learning (Anchor, Add, Apply and Away) and are presented in a fun, interactive, hands-on style that engages the learner.

SNAP-Ed programming primarily targets mothers with young children and grandparents who are primary caregivers to young children.

Delivered through the collaboration with local health departments, parish schools, Franklin Parish Library, Council on Aging, and a variety of other community partners.

Each hour-long lesson covers a different nutrition related topic and culminates with a food demonstration to show how to prepare a nutritious recipe using

the knowledge gained from the class.

Results:

“Noon Nibbles” students are excited to incorporate the knowledge they gain during the classes into their everyday lives. Participants have shared healthy lifestyle changes they have adapted from having participated in the “Noon Nibbles” program.

One participant shared, “Last class we learned about switching to low-fat milk. When I went to the grocery store I bought 1% milk instead of whole milk and I was surprised that I liked it! I even bought fat-free milk and I liked that too! I don’t drink whole milk anymore because of all the fat in it.” The participant was proud of herself

for applying the knowledge gained from “Noon Nibbles” to make healthier food choices.

100% of “Noon Nibbles” participants (n=15) report that they are now willing to incorporate different foods into their regular diets for themselves and their families after having been exposed to the foods during the nutrition program.

Northwest Region

A New Teaching Campus Marks Significant Advances in Creating Healthy Community in Northwest Louisiana

Submitted by: Grace Peterson

The Stoner Hill neighborhood in Shreveport, Louisiana is discovering the power of a community health hub in making educational programs and healthful choices available to local residents. The “We Grow Together!” Community Health Hub is the culmination of collaborative efforts led by Dr. Grace Peterson, Area Nutrition Agent, in implementing a place-based model for healthy community.

The Stoner Hill neighborhood, like many throughout our state, faces significant challenges in making healthy life style choices. The neighborhood fits the profile of a “food desert” – an area where residents lack

access to nutritious food, and lack knowledge about how to select and prepare it. One task for SNAP-Ed agents is to design ways to make research-based knowledge regarding health and nutrition available to communities that need them.

Dr. Peterson has developed a model of program delivery that makes this possible in a way that engages the community and involves a wide range of collaborators. The model is based on the concept that a food hub, a central accessible location that can provide opportunities for nutrition education, health screenings, physical activity, and other beneficial services. In 2014, Dr. Peterson initiated a collaboration with the City of Shreveport Department of Community Development. This collaboration has resulted in the We Grow Together! Campus.

Through collaboration with several city departments, three lots were chosen for the location and a house was moved onto the property that will be remodeled to serve the needs of the neighborhood community. The AgCenter is working closely with the Red River Coalition of Community Gardeners (RRCCG) in developing and maintaining the community garden – a central part of the campus plan. As Cookie Coleman, a member of RRCCG said, “This campus will allow us to give gardening and

cooking lessons here throughout the year. We can have cooking lessons that neighbors and community members can enjoy throughout the year.”

On Saturday, September 12th, the kick-off event for the campus – “Reaping the Harvest” – was held at the campus. Participation of collaborators and community members at the event showed some of the importance of this opportunity to our community. The RRCCG shared fall vegetable garden planting information and gave planting demonstrations. Occupational therapy students from LSU Health were on hand to offer blood pressure checks, provide information about My Plate recommendations, and answer general health questions. Participants engaged in physical activities such as jumping rope, gardening, and yoga stretching.

Seasonal food was highlighted with purple hull peas, okra, and sweet potatoes taking the main stage. Volunteers brought purple hull pea dishes to taste and two local chefs participated by sharing their creations with attendees.

The “We Grow Together!” campus is having a significant impact in several ways. First and foremost, it will provide programs, healthier choices, and access to healthy food for local community members. Yet

it is also demonstrating a new way of responding to health challenges through policy changes and systems thinking. The City of Shreveport is already considering other locations to replicate this pilot initiative. The collaborations and integrated programs represent a systems approach to healthy community at every level and for every stage of life.

The possibility exists for this model to expand into a network of community health hubs throughout the northwest region. Dr. Peterson believes that agents, city officials, local businesses, and local community leaders working together toward a vision of community health has unlimited potential. As one participant at the Reaping the Harvest event said, "This is the kind of change we need to see for the future of our children."

Youth Learn Healthy Lifestyle Choices through Growing, Harvesting and Preparing Food

Submitted by: Grace Peterson

Over thirty low income youth in northwest Louisiana have discovered that making healthful food choices can be fun, tasty, and provide an opportunity to share what they have learned with each other. The FIT (Food Initiative Taskforce) Afterschool Program provides education about

planting and harvesting vegetables, reading recipes, and learning the skills necessary to prepare nutritious food for themselves and their families.

These youth are participants in a nutrition education program developed by Grace Peterson, Snap-Ed Agent, which encourages them to learn about nutrition, healthful choices, cooking and gardening skills. This program, FIT for Kids, is helping these youth to enthusiastically enjoy learning about food. They learn to harvest food they have grown themselves, prepare it, and share it with each other.

A major issue facing our community is the growing incidence of nutrition-related diseases such as diabetes, heart disease, and childhood obesity. Those persons most at risk are often individuals and families with limited knowledge and resources to obtain nutritious food. The sometimes overwhelming challenge is help underserved youth in at-risk, target audiences understand the issues and adopt healthier choices.

Dr. Peterson designed the FIT for Kids Program to specifically address those needs and challenges. After five years of hands on teaching with youth ages five to 17, she is finding an unexpected and affirming result. The youth who participate in the program look

forward to trying new foods, and are showing a sense of pride and ownership in their gardens and their skills. A new culture of enjoyable, healthful lifestyle choices is emerging, adopted and promoted by the youth themselves.

The FIT for Kids Program is a comprehensive series of lessons delivered to youth in after school and summer programs. Youth learn basics of nutrition, food preparation, and gardening skills. They have the opportunity to gain hands-on experience of planting and maintaining a garden, harvesting vegetables at the appropriate time, and the skills needed to prepare, cook, and present what they have grown. This program is being offered at three City of Shreveport Community Centers. Dr. Peterson is creating a plan to make the program and all of its components easily adaptable in different situations and locations. The program is supported by a collaboration with the City of Shreveport through its recreation centers, and through support from volunteers from the Louisiana Master Gardeners and the general community.

The results are highly encouraging. The youth express an increased confidence in what they know, and in what they can do. As one teen said, "I am going to take this recipe home and

cook it for my family.” Other youth are enthusiastically trying and sharing things they have grown and harvested themselves in the gardens. One volunteer observed, “Many of the participants are eating some of these vegetables for the first time. They are excited to take the recipes to their parents to cook for the family.”

The FIT for Kids Program will continue through the end of the school year as an after-school program, and in the summer as a more intensive program of lessons and activities. The strategy behind the program has the potential of changing not only individual life style choices, but of creating a 'community culture' of positive change.

Red River Parish

Let's Eat for the Health of It, Council on Aging, Red River Parish

Submitted by: Diane Uzzle

Residents of Red River Parish who are participants of Council on Aging were all welcomed to the “Let's Eat for the Health of It” program series. The program is based on the latest scientific research about food and physical activity. This program follows the “Eat Smart, Live Strong” curriculum of lesson series used with the same group last year.

Increasing, within a limited budget, the likelihood that Supplemental Nutrition Assistance Program (SNAP) recipients will make healthful food choices consistent with the

most recent dietary advice reflected in the Dietary Guidelines for Americans and USDA MyPlate is the goal.

Obesity rates continue to rise and Louisiana ranks as one of the most obese states in the nation. Obesity-related diseases account for nearly half of Louisiana's healthcare budget. Therefore, it is critical to educate our people on the importance of making healthful food choices and encourage daily physical activity.

Council on Aging participants received the opportunity to learn about the importance of healthy lifestyles through a series of four lessons. Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. The lessons included “Make Half Your Plate Fruits and Vegetables”, “Switch to Skim or 1% Milk”, “Make at Least Half Your Grains Whole”, and “Vary Your Protein Food Choices”. The main messages of the program are to build a healthful plate; cut back on foods high in solid fats, added sugars and salt; eat the right amount of calories for you; be physically active your way. Throughout the lessons, we discussed each of the five food groups and how to build a healthful plate. Each lesson also



Figure 3 Youth learn through Louella the Cow about sources of calcium and milk

provided the opportunity to taste test new healthy recipes related to the lesson being taught. Participants were also provided information sheets to take home for future reference and reminders of how to eat healthy.

A General Nutrition Evaluation was distributed as a pre-post assessment to measure impacts of the program. After the four lessons were taught, positive impacts were proven through a 15% increase in knowledge gained related to the number of cups of vegetables adults should eat every day. Participants indicated a 22% increase in being ready to become more physically active. A 17% increase was shown in those trying to make healthy food choices when they eat. A 9% increase was shown in those trying to limit the amount of sugar they eat. Positive results were also shown through observation by agent of active participation by all participants. The participants showed enthusiasm about the learning activities and games played by the group while learning. Through these results, the program objective was met of helping participants adopt healthful eating habits and active lifestyles based on the Dietary Guidelines for Americans.

Southeast Region

Healthy Living Literacy Program, 2014

Submitted by: Valerie Vincent

Relevance:

Low income parents and their children at identified schools, clinics and community sites in Washington, St. Helena, Tangipahoa and St. Tammany parishes, located in the Florida Parishes in which the majority of the students receive free/reduced lunch participated in the Healthy Living Literacy program. Of the current program participants approximately 95% of the families are low income and their children qualify for Medicaid and other assistance programs. Family and child statistics in these Florida parishes reveal that parenting education as a prevention strategy is a critical need. According to the US Census State and County Quick Facts data, the estimated population for these parishes combined is 422,000. Agenda for Children's Kids Count Data Book on Louisiana's Children, the number of people in who live in poverty in these parishes is over 30%. The number of households with minor children who live in poverty in these parishes is approximately 26%. According to Agenda for Children's Kids Count Data Book on Louisiana's Children, there were 3,347 child

protection investigations in these parishes.

Response:

Low income parents and their children at identified schools, clinics and community sites in Washington, St. Helena, Tangipahoa and St. Tammany parishes were enrolled in the Healthy Living Literacy program. The program offers parent, nutrition and literacy education and information throughout a twelve month period. The parents receive parent and nutrition education and their children receive literacy resources that all have a nutrition and healthy living focus. The program promotes healthy living through educational opportunities, nutrition demonstrations and classes and monthly nutrition themes. In addition to healthy living educational opportunities the program offers nutrition based literacy resources to parents and children to promote bonding and reinforce the programs key messages at the participants home.

Results:

In 2014, five hundred and forty-two families were enrolled in the program. Evaluations conducted with the program participants revealed: -100% indicated the program helped them realize the importance of reading to their child on a consistent basis. - 98% of

cauliflower, tomato, carrot, broccoli, and bell pepper as well as if they liked the vegetable tried. Lunch forms with the children's school menu were issued to them numerous times to track whether they were consuming fruits and vegetables offered in their lunch room.

As the program progressed, I enjoyed seeing the positive changes in the participants. The children were initially hesitant to try vegetables during the first few weeks but as the weeks went on their behavior changed. Students were asking for seconds on vegetables during vegetable tastings and were excited to tell me that they were eating fruits offered at school and eating from their cafeteria's salad bar. One of my favorite stories from Body Quest is about one of the participants, a little boy named Alex. During every class, he would tell me that he enjoyed Fruity Pebbles for breakfast. One of Alex's favorite characters or Body Quest warriors was Muscle Max who enjoys eating protein rich foods such as meat, beans, and milk. Since Muscle Max was one of Alex's favorite characters, he decided to modify what he ate for breakfast. Alex would come into class and tell me that he drank milk and ate eggs for breakfast just like Muscle Max. He even began eating oatmeal as well like another Body Quest Warrior, Graino Supa, who enjoys whole grains. It was

wonderful to see Alex make these changes to his breakfast meals and his family support his healthier choices. I believe that small modifications can lead to big changes.

Body Quest helped the children participating become more aware of how food choices can impact their health. Using Body Quest to educate children, can cause a positive ripple effect for their families by the children educating their parent(s) about making healthier food choices. I hope to see Body Quest used for many more years to come and help make a difference one child at a time.

Other

Healthy Lifestyles

Education Begins Early

Submitted by: Terri Crawford

Children learn from the influences around them. Part of growing up is creating the habits

that will follow children throughout their lifetimes and shape them as they mature. Instilling a healthy lifestyle in children when they are young can help build the framework for an entire lifetime of healthy habits. Research indicates that one in three children and adolescents, ages 2 – 19 are overweight or obese and nearly none meet healthy diet and physical activity recommendations. 25% of children's vegetable intake shows that French fries are the most common vegetable that children eat and 40% of their daily fruit intake is made up of only juice. Research also shows that children who eat healthy foods and get daily physical activity have: fewer school absences, higher academic achievement, higher self-esteem and fewer behavioral problems.



Figure 5 The "Tiger Cafeteria", named for the university's sports mascot, provided visuals of food groups in an everyday setting.

“Down on the Farm” is designed and created to offer support to school systems as a school enrichment opportunity for SNAP-Ed eligible schools and students related to leading healthy lifestyles. Students attending “Down on the Farm” participated in hands-on exhibits including the Tiger Cafeteria, Germ Cave, Louella the Dairy Cow and Building a Healthy MyPlate. Nine hundred and fifty seven students along with 59 teachers and 48 parent volunteers participated in the event for 2015.

The first stop for students was the “Tiger Cafeteria”. At this stop, students were taught about the food groups that make up the United State Department of Agriculture’s (USDA) MyPlate. They received

a set of MyPlate glasses to wear throughout their experience. The glasses showcased foods from the five food groups of Grains, Fruits, Vegetables, Protein and Dairy. The children pretended to become those foods for their trip through the other exhibits. Another stop was a station called “Building a Healthy My Plate”. Students learned even more about the USDA MyPlate icon. They were taught more about the components of MyPlate and how to build a healthful plate by way of *The Hungry Caterpillar*. Children listened to this popular story book being read and determined whether the caterpillar ate healthful foods or if he needed to make better choices to help his plate match up with the MyPlate guidelines.

As students go through the stations, they learned about how germs are spread by the hands and through the air in the innovative exhibit, “Germ Cave”. “Bac”, the Germ, taught them the correct way to wash their hands, when to wash their hands and other food safety related tips. Black lights, glow in the dark bubbles and balloons, as well as a special “glitter bug potion” are used in the cave and come together as special effects to create a one-of-a-kind learning experience.

“Louella the Cow” provided students with the hands-on opportunity to see what it would be like to actually milk a cow. At this stop students learned how milk gets from the farm to their table as well as the nutritional value of milk and dairy products in their daily diet.

Teachers completed a survey at the end of the event and results included:

- As a result of Ag Alley, 100% of students were introduced to the MyPlate and the importance of eating a variety of foods.
- As a result of Ag Alley, 100% of students have a better understanding of the importance of calcium and dairy products to our health.
- As a result of participating, 100% of the students had fun at Ag Alley.



Figure 6 The Germ Cave uses black lights, glow-in-the-dark bubbles and “glitter bug potion” to depict germs that can stay on hands if they are not properly washed.

- 89% of the teachers plan to use the supporting educational material and reinforcement items received during Ag Alley in my classroom.
- 100% of teachers felt the information covered in Ag Alley was age appropriate and interactive enough to keep students engaged in the discovery process.

When teachers were asked “What was the most important thing your students gained from this experience?” their responses included:

- They learned how to build and eat a healthy plate.
- “I felt the eating health and germ activities were most important to my class.”
- “How germs spread, foods to eat that are full of good nutrition, important science information.”
- “Love the MyPlate and “milking” the cow!”



Figure 7 "Bac", the germ, tells a powerful story about health and hygiene.