



UF/ IFAS Extension

Family Nutrition Program

Alachua County Newsletter



Issue 1: May 2016



AN OVERVIEW OF FNP

The [UF/IFAS Extension Family Nutrition Program \(FNP\)](#) is SNAP-Ed (Supplemental Nutrition Assistance Program Education) in Florida. Currently, FNP is in 51 counties including Alachua. We educate SNAP-eligible Floridians, using evidence-based approaches, about eating healthier and being active on a budget. FNP strives to decrease the risk of chronic disease and improve the quality of life at every age.

In addition to education, FNP provides community-based environmental approaches to increase food access and encourage healthier food choices.

ADULTS

We offer a variety of learning experiences for individuals and families such as classes, money-saving grocery store tours, food demonstrations, and taste tests.

See page 3 for a calendar of Alachua County events and classes.

CHILDREN

Our programming for pre-K to 12th graders align with Florida Standards for education. Students learn through interactive lessons, physical activity, taste tests, science experiments, and computer-based learning.



THE ENVIRONMENT

FNP changes the environment in which children and adults make decisions about what they eat and how they move. We improve the health of our SNAP-eligible population and have a positive impact on farmers and the local economy. For example we help set up school and community gardens, and use them to teach nutrition, gardening skills, and food safety techniques. FNP serves on and advises school and community wellness committees. We provide training to cafeteria workers on the [Smarter Lunchrooms Movement](#), which encourages healthy food choices. We train child care providers on [Let's Move! Child Care](#) to help kids build healthy

habits. We encourage farmers markets to accept SNAP EBT cards and connect farmers with school buying authorities to increase the purchases of Florida grown foods. Come see us at the [Union Street Farmer's Market](#) the first Wednesday of every month!

FORMING PARTNERSHIPS

Community partnerships are vital to the FNP program and benefit everyone involved. Local organizations provide venues, resources and connections, allowing FNP to bring nutrition and physical activity education to SNAP-eligible participants in your community. **If you are interested in partnering with FNP contact us at (352) 294-3865.**

BIG NEWS IN APRIL

Congressman Ted Yoho (FL-3) visited the Alachua County Food Hub on Monday, April 4th, and toured the school garden facilities at Horizon Center and Loften High School.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.



SCHOOL GARDENS

[Kids Count](#) is an afterschool program located at Faith Mission for students attending Rawlings Elementary. We have been gardening in four small beds but just expanded the garden by three 4x8 raised beds! We have had great help from UF volunteers Joshua Beychok, Brendon Clough and Curtis Cirilo in assembling the gardens, and from Abigail Starcher and Kristen Urichko with teaching the children. The kids have been learning how to grow their own food, what nutrients are in the food and also how to chop, prepare and cook the garden vegetables. Harvest parties have included fresh peas, raw lettuce salads, kale smoothies, sautéed collard greens, apple and cabbage slaw, and radish and avocado topped crackers.

Bill Hutchinson, director of Kids Count commented, “We have enjoyed a great collaboration with IFAS members [FNP] providing weekly gardening lessons to our students. The students love working in the gardens and learning more about where food comes from and how it gets to their

plates. More importantly, they love eating the harvest. The kids really enjoy eating anything that comes out of their garden. Such smiles!”



GROCERY STORE TOURS

We received a grant from [Share Our Strength®](#) to offer **Cooking Matters at the Store** tours in Alachua County.

Cooking Matters at the Store is an interactive, guided in-store shopping tour that brings low-income adults directly to the locations where they currently shop to help them make the most of their limited resources, including **SNAP** and **WIC** benefits. The tour teaches four key shopping skills: identifying whole grains, reading food labels, buying fruits and vegetables on a budget and comparing unit prices.

The tours last between 90 and 120 minutes. Participants are given a **\$10 gift card** to purchase healthy groceries of their choice, using the skills learned on the tour; a book of tasty recipes and simple tips on buying healthy, low-cost foods; and a reusable grocery bag. Tours are held at the following locations from April through July:

- Publix Super Market at Esplanade at Butler Plaza-3100 SW 35th Blvd. Gainesville, FL
- Publix Super Market at Alachua Market Place- 16193 US-441 Alachua, FL
- Publix Super Market at Newberry Square- 1200 NW 76th Blvd. Gainesville, FL
- Publix Super Market at Tower Square- 5801 SW 75th St. Gainesville, FL
- Publix Super Market at Gainesville Shopping Center- 1302 N. Main St. Gainesville, FL
- Walmart Supercenter- 5700 NW 23rd St. Gainesville, FL
- Walmart Supercenter- 1800 NE 12th Ave. Gainesville, FL
- Winn-Dixie- 2002 SW 34th St. Gainesville, FL
- Winn-Dixie- 2500 N. Main St. Gainesville, FL
- Winn-Dixie- 300 SW 16th Ave. Gainesville, FL

To sign up for a Grocery Store Tour contact
Cassy Sackett
csackett@ufl.edu
(352) 294-3865

Grocery Store Tour

“I had never looked at the unit price...I would just buy whatever item I saw was currently on sale.”

“I am more conscious now...and quantity-wise, it has put a little more [food] into the house.”

-Program Participant

May



2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28 5:00pm Walmart Store Tour-SNAP	29 10am-2pm Alachua County Health Department Farmers Market 1pm-4pm Mobile Farmer's Market at Rawlings Elementary School	30 10am-4pm Hawthorne Community Market Grand Opening- Come see FNP!	1 May is Eat Local Month!
2 10:00am Winn-Dixie Tour-WIC 3pm-4pm Archer Library Food Demo	3 4:00pm Walmart Store Tour-SNAP	4 10:15am Headquarters Library Food Demo 4pm-7pm Union Street Farmer's Market- the FNP booth is across from the stage!	5	6 10am-2pm Alachua County Health Department Farmers Market 11am-1pm UF Food Pantry- Nutrition education (Gator ID required)	7	8
9 10:00am Walmart Store Tour-WIC 3pm-4pm Archer Library Food Demo	10 10:00am Walmart Store Tour-WIC	11 10:15am Headquarters Library Food Demo 11am-12 pm Job Junction Food Demo	12	13 10am-2pm Alachua County Health Department Farmers Market	14 9am-4pm The 32 nd Annual Windsor Zucchini Festival- Come see FNP!	15
16 10:00am Winn-Dixie Store Tour-WIC 3pm-4pm Archer Library Food Demo	17 10:00am Publix Store Tour-WIC 4:00pm Winn-Dixie Store Tour-SNAP	18 10:15am Headquarters Library Food Demo 10:00am Walmart Store Tour-WIC	19 10:00am Walmart Store Tour-SNAP 10:00am Publix Store Tour-SNAP	20 10am-2pm Alachua County Health Department Farmers Market 2:00pm Walmart Store Tour-SNAP	21 8am-12pm Alachua County Master Gardener Plant Sale 10am-2pm The UF-MACOD-R Obesity Disparities Seminar	22
23 10:00am Winn-Dixie Store Tour-WIC 3pm-4pm Archer Library Food Demo	24 10:00am Walmart Store Tour-WIC	25 10:15am Headquarters Library Food Demo 10:00am Publix Store Tour-WIC 5:00pm Winn-Dixie Store Tour-SNAP	26 5:00pm Winn-Dixie Store Tour-SNAP 5:00pm Walmart Store Tour-SNAP	27 10am-2pm Alachua County Health Department Farmers Market	28	29
30 Memorial Day!	31 4:00pm Walmart Store Tour-SNAP 4:00pm Winn-Dixie Store Tour-SNAP	1	2	3	4	5

For more information about FNP, how to become a community partner, or to sign up for one of our classes contact:

UF/IFAS Extension FNP Alachua County
 UF East Campus
 2046 N.E. Waldo Road, Suite 3221
 Gainesville, FL 32609
 (352) 294-3865 • UFFNP.org

If you require special accommodations, such as interpreter services for the deaf or hard of hearing, please contact us at least 96 hours before the program begins. TTY/TTD/FRS dial 711.