

In your community

August
2005



HOW DO YOU GET KIDS TO EAT VEGGIES?

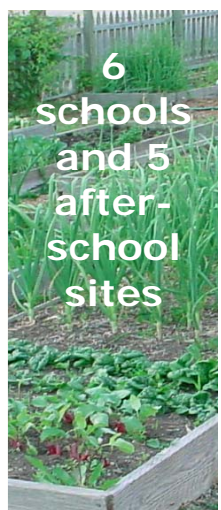
Vegetables are more appealing fresh from the garden, especially if children have invested their energy in growing the crop. Eating from the Garden is a University of Missouri Extension youth nutrition and gardening education program in Jackson County. Initiated by the Family Nutrition Education Program and the Master Gardeners of Greater Kansas City, the program is designed to give elementary and middle school students hands-on experience.

Eating from the Garden

The year-round program teaches youngsters the importance of eating more fruits and vegetables; fitness and mental health benefits become byproducts of working in the garden.

Classroom activities underscore the basics of nutrition and plant science and students care for their garden plots as much as weather permits. Kindergarteners gain a sense of accomplishment when they pull a weed with its roots because they've learned it won't grow back, says FNEP Nutrition Program Associate Bill McKelvey, who teaches the course. Middle school youth become motivated once they understand how to do a task—and with a little friendly competition between teams.

During the planting stage, students may think it's gross to plant broccoli, spinach and radishes but McKelvey finds everyone enjoys tasting the crisp vegetables at harvest time—with many asking for multiple portions.



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BI-LINGUAL WORKSHOPS ON FAMILY CAREGIVING

Understanding issues involved in family caregiving within the cultural context of Hispanic families was the focus six bi-lingual workshops held in Kansas City. Through the workshops family members learned to take care of their loved ones, take care of themselves, and get support and assistance from a variety of community resources. Of the 150 Hispanic seniors that attended the workshops 84% of the participants felt they were well prepared to care for their loved ones after attending the training. Topics offered included home safety, personal care, care for the caregiver, healthy eating, community resources, normal aging process and Alzheimer's. Workshops were offered twice a month for three months and utilized both English and Spanish languages. Partnering with University of Missouri Extension in the program were Guadalupe Senior Center, American Red Cross, and the Alzheimer's Association of Greater Kansas City.



SUMMER LUNCH AND LEARN SERIES CONCLUDES IN NORTHEAST KANSAS CITY

During the summer months, University of Missouri Extension in Jackson County in conjunction with the Northeast Access and Advisory Group (NAAG) and the Northeast Kansas City Public Library hosted several noon seminars for local service providers in this extremely multi-cultural neighborhood. The noon time series focused on the critical networking services and information to bolster the health and human service availability in the area. The sessions were attended by 40 area representatives from the community. The series focused on information and resources available to the physically or mentally challenged by the WHOLE PERSON, Domestic Violence information and resources by HOPE HOUSE and Latino mental health issues and services utilizing MATTIE RHODES CENTER.



JACKSON COUNTY 4-H FAIR A SUCCESS

Meg Sage Mach, 4-H Youth Specialist, reported that there were over 300 exhibits at this year's Jackson County 4-H Fair held July 6-9 at Drumm Farm in Independence. Exhibits made by 4-Her's are judged and awarded ribbons based on predetermined criteria. Friday was daycare day at the fair and over 200 children from local daycares viewed the animals and projects on exhibit. Friday evening was a fun family night for 4-H families featuring carnival games, supper and a dance. Saturday featured, public speaking and demonstration contests, fashion revue, decision-making contests and an Awards Ceremony. Jackson County 4-H had approximately 50 4-H exhibits that were selected to represent the county at the Missouri State Fair, August 11-21, in Sedalia.

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