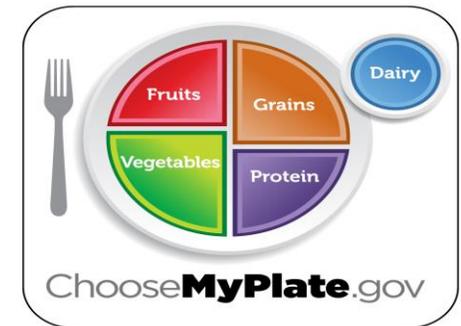


Health and Nutrition Education: IHC & UF/IFAS Extension Partnership

PRESENTED BY WHITNEY FUNG

FAMILY AND CONSUMER SCIENCES AGENT



Nutrition Education

- A Healthy You, Eating Healthy on a Budget, & Lifestyles for a Healthy You
- Growing Healthy Families
- Summer Camp – Passport to Foods (2014) & Xtreme Cuisine Cooking Camp (2015)
- Food Demonstrations
- Health Fairs
- PGTV Polk Place & “Picture of Healthy: Nutritionally Speaking”
- Polk Family Corner Newsletter
- Twitter: @PolkFCS



Community Involvement

- Co-Chair, Building a Healthier Polk, School-Age Based Team
- Member, Polk Vision Quality of Life
- Member, Polk Wellness Professionals
- Member, Polk County School Health Advisory Committee
- Member, Polk Hunger Council
- Member, Polk Community Action Group (Healthy Start) member
- Preceptor, Keiser University – Community Nutrition Rotation (280 hours per year)
- Member, BOCC Strategic Planning Committee
- District Director, University of Florida/IFAS Extension South Central District
- Off-campus communications, UF Asian Faculty and Staff Association

Master Food and Nutrition Volunteers

- Summer 2014 class, 7 volunteers (100% graduation)
- 2015: 5 active
- 2016: 4 active
 - Growing & Cooking with Herbs
 - Mature MyPlate Meals: Nutritious, Delicious, Cheap, & Easy
 - Older Adult Nutrition
 - Halloween Candy Buyback
 - Community outreach and presentations



Florida Master Money Mentors

- Fall 2014, N=10 money mentors (90% graduation) representing agencies such as Salvation Army of Lakeland, Peace River Center, Winter Haven Housing Authority, Florida Prosperity Partnership/United Way, and Catholic Charities
- Fall 2015, N=9 money mentors (80% graduation) representing agencies such as Parker Street Ministries, Women's Resource Center, Mulberry Community Center, Heart of Florida Legal Aid, Bartow Church Service Center, and Help of Fort Meade



Polk poverty simulation provides perspective for participants



The Rev. John Gullett and Elsa Høglund, who were playing husband and wife in their scenario, buy transportation passes from Tim Mitchell of Parker Street Ministries, who was playing the role of a quick cash outlet worker. SCOTT WHEELER/THE LEDGER



"From Poverty to Promise: A Simulation" participants read over their parts at the W.H. Stuart Center in Bartow. SCOTT WHEELER/THE LEDGER

From Poverty to Promise

February 24, 2016

May 24, 2016 – Lake Alfred, 8:30 – 11am

Educational contacts, 2013-2016 (YTD)

	2013 (July)	2014	PHP	2015	PHP	2016 (YTD April)	PHP
Diabetes	52	167	44	92 132	31	51	9
Health/Nutrition	65	806	2	3793 (3048 Agrifest)	1	517	0
Total	117	973	46	3,925	22	568	9

Value of Services

Year	Type	Donor	Amount
2016	Food demos for Classes	Nonprofits, City of WH	Food, \$250
2016	Fruits & Vegetables for Demonstrations	Agape Food Bank	Food, \$75
2016	16 Volunteers	FMMM + MFNV	-
2015	Food demos for Classes	Nonprofits	Food, \$220
2015	FMMM Volunteers (10)	25 hours	\$540.25
2015	MFNV Volunteers (5)	200 hours	\$4,322.00
2015	Other volunteer work and dietetic intern	416 hours	\$6,701.17
2014	FMMM Volunteers (10)	80 hours	\$1,699.20
2014	MFNV Volunteers (7)	290 hours	\$6,159.60
2014	Other volunteer work and dietetic intern	355.5 hours	\$6,701.17
2014	Summer Camp Volunteer Hours	52 hours	\$1,104.48
2014	Summer Camp Program Materials	BOCC Parks and Recreation	\$150
2014	Summer Camp Meal Sponsorship	Local restaurants	\$100
2014	Publix Cooking School Culinary Class	Publix Supermarkets	\$300.00
According to 2013 Florida data from the Independent Sector, the estimated dollar value of a volunteer hour is \$21.24. In 2014, \$21.61.		Total In-kind (2014)	\$16,214.45
		Total Grants (2014-2015) – Givewell Community Foundation	\$2,500.00
		Total In-kind (2015)	\$11,783.42

- 1) Cucumber & Dill Tea Sandwiches
- 2) Growing Healthy Families – CHOPPED



UF/IFAS Polk County Extension Service

To find out more about YOUR County Extension Service

Visit our office:

Monday-Friday, 8:00 a.m. – 5:00 p.m.

1702 US Highway 17 South

Bartow, Florida

Visit us online:

<http://polkextension.com>

Contact us:

(863) 519-1041

Find us on social media:

@PolkNR, @PolkFYN, @Polk4H, @PolkFCS

