




# **Integrating Nutrition Lessons With Agriculture**

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# Overview of the Workshop

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- 



# Introductions



# Group Work

- ▶ Look at the food model you received
  - ▶ Free from your state's Dairy Council
- ▶ Find others in the room that share the same calorie range as you
  - ▶ 0 – 50
  - ▶ 51 – 100
  - ▶ 101 – 200
  - ▶ 201 – 300
  - ▶ 301 – 399
  - ▶ 400 and up



# Cooperative Extension



# **Arizona's Agricultural Literacy Program**



## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP, formerly known as the Food Stamp Program) helps families and low income people buy the food they need to have good health. First put into operation in 1939, SNAP, the United States' **food stamp program**, is still in use today. Its goal is to provide people earning little to no income with a means of purchasing food. The program is mainly funded by the federal government, with each state carrying out its own operations.



# Healthy Schools

- ▶ Work with schools, school wellness committees, and/or parent teacher organizations of low income schools (50 percent of more of children are in receipt of USDA free or reduced priced meals) to establish and/or reinforce school nutrition and obesity prevention policies and education focusing on healthy eating and active lifestyles.
- ▶ Increase access to healthy food choices for breakfast, lunch and through vending machines.
- ▶ Implement quality physical education and physical activity in K-12 schools.
- ▶ Develop, implement, and evaluate school gardens.






# Arizona Nutrition Network (AzNN)

In 2012...

- ▶ 18.7 percent of all people in Arizona were living in poverty and
- ▶ the percent of adults in households on food assistance who are either obese or overweight was 72.5 percent.



# AzNN Budget

- ▶ FFY 2014 received \$14 million but will reduce to \$12.8 million in FFY 2018.
- ▶ It is anticipated the funding should level off in FFY18.
- ▶ As a result of the competitive grant for FFY 2015, AzNN currently funds a total of:
  - 6 county health departments
  - 10 county extension offices
  - Two “other” agencies.

# Arizona Nutrition Network

FUNDING MODEL	PERCENTAGE	FISCAL YEAR		
		2016	2017	2018
<b>STATE</b>				
Staff, Marketing, etc	25%	\$ 3,383,020	\$ 3,292,146	\$3,197,785
Opportunity Fund*	5%	\$ 676,604	\$ 658,429	\$ 639,557
<b>Subtotal State</b>	<b>30%</b>	<b>\$ 4,059,624</b>	<b>\$ 3,950,575</b>	<b>\$ 3,837,342</b>
<b>LOCAL</b>	70%	\$ 9,472,456	\$ 9,218,009	\$ 8,953,798
<b>TOTAL</b>	<b>100%</b>	<b>\$ 13,532,080</b>	<b>\$ 13,168,584</b>	<b>\$ 12,791,140</b>

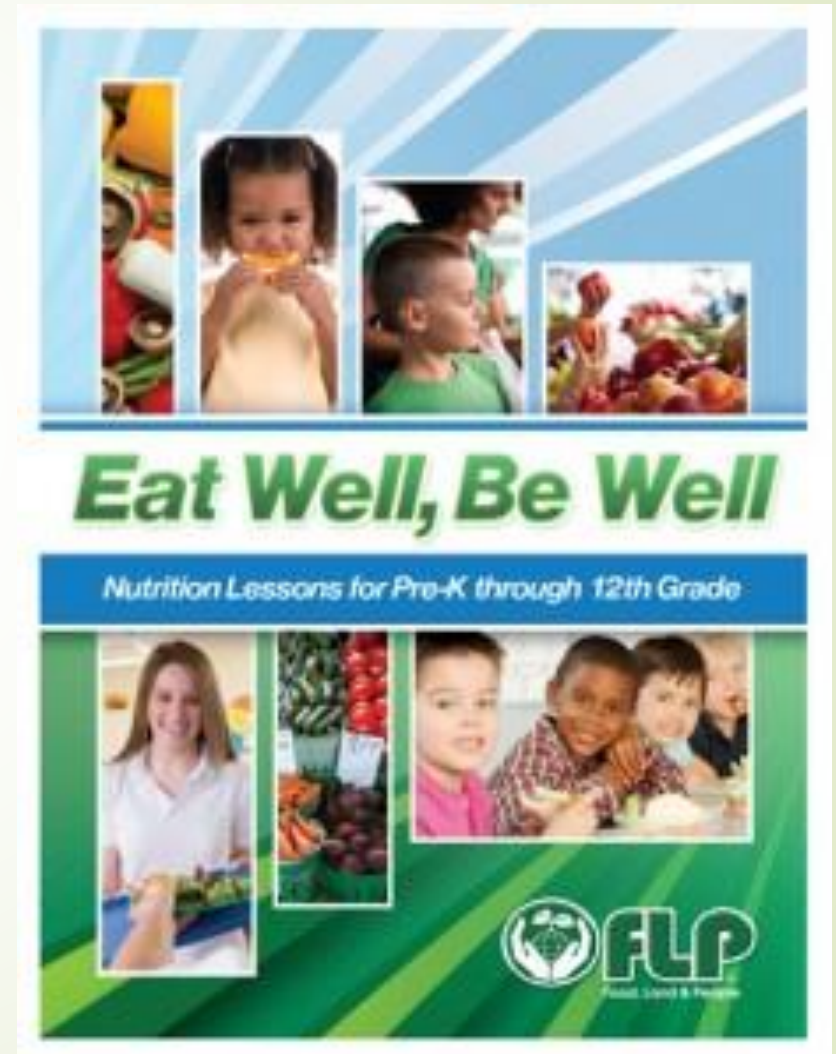


# Sample Lessons

# Project Food, Land & People

- Eat Well, Be Well Lessons

[foodlandpeople.com](http://foodlandpeople.com)






# What's the Shape of Your Plate?

## (Grades 4 – 6)

*Students collect data on the foods they eat during a 24-hour period and compare their food consumption to the MyPlate recommendations to determine if their food choices create a nutritionally sound diet.*

### Activity

- Break into groups
- Using the number of servings indicated, color in the wedges for each food group



# Lunchtime Favorites (Grades Pre-K – 12)

*Students trace the sources of their food from lunch to learn the interdependence of plants, animals and people. They explore the importance of eating a variety of foods from plants and animals and discover how culture influences food choices.*

## Activity

- ▶ Draw a picture of your favorite Food
- ▶ Use the Venn diagram to classify your food



# Arizona Grown Specialty Crop Lesson

<http://cals.arizona.edu/agliteracy/lessons>







# Locally Grown (Grades 4 - 12)

*Students will plan a meal, investigate if any of the items are grown in Arizona, and evaluate if the meal is nutritionally healthy.*

## Activity

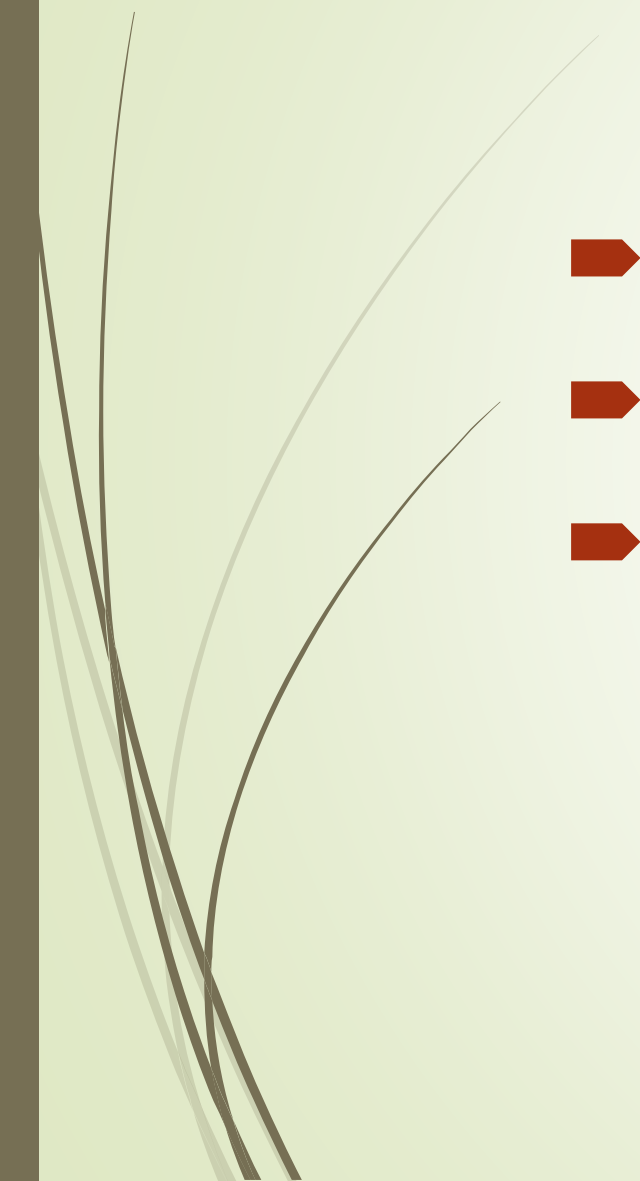
- ▶ As a team plan a meal
- ▶ Develop a list of all food items needed to prepare the meal
- ▶ Compare the food items to the Arizona Grown list
- ▶ Report on the meal and how many items are grown in Arizona



# **JAMmin' Minute**



# Get off the Tractor!

- Pick an apple or a peach
  - Pick a melon or lettuce
  - Irrigate with a sprinkler
- 



# Farm to School Program

- AZ Department of Education
  - Healthy Harvest



# **Wrap-up and Information Share**



# THANK YOU FOR PARTICIPATING!

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