

# SNAP-Ed



## New Mexico Stories from the Field...



### SNAP-Ed Supports Working Families

This Santa Fe family participated in focus groups during the formative research of Eat Smart to Play Hard, to determine how to help children eat more fruits and vegetables, and with their input, along with many other New Mexico families, ESPH was developed. This child was part of ESPH for the last three years at Sweeney Elementary School. When her father was asked about his motivations to support his daughter's participation in ESPH, he said, "I work full time and I am always very busy, but what encouraged me is that my daughter was so inspired to learn about the program and to learn about eating better and eat fruits and vegetables that she passed it on to me. So I started cooking with her and with the whole family to this day."



### SNAP-Ed Creates Sustained Behavior Change

In the spring of 2017, a 5<sup>th</sup> grade student at Nina Otero Elementary became enthusiastic about participating in ESPH. Prior to ESPH, this student had behavior issues at school during class and she was overweight. Once the campaign began, she started completing the recipes and activities at home with her family, eating healthier, including eating more fruits and vegetables, and doing more physical activity. Her teachers noticed her disruptive behavior changed as she became a happier and more productive student. Coach Lujan (school implementer) observed her continued healthy behaviors long after the campaign ended, and that she did a complete turnaround during the remainder of the school year!

### SNAP-Ed Collaborations Complement Without Duplicating Effort

After her daughter at Valencia Elementary in Roosevelt County completed all 12 recipes and activities of the ESPH program and received the grand prize, a mom contacted the Healthy Kids Healthy Communities (HKHC) coordinator to say how much her family enjoyed ESPH. She works at Cannon Air Force Base and is the coordinator for Exceptional Family Member Support. She wrote a grant for a "cooking camp", and asked the HKHC coordinator to collaborate with her to support families in preparing healthy meals together, with an emphasis on healthy portions and fresh fruit and vegetables, using ESPH recipes and activities for her program. Produce to the People, another HKHC collaboration, connects community services with produce distribution.





### SNAP-Ed Builds Life Skills

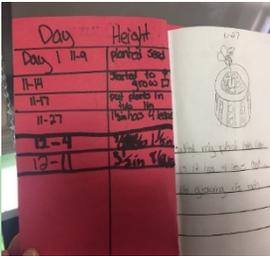
"I just wanted to thank you (Kids Cook!) for your work with our children within our community here in Peña Blanca. I especially would like to thank Carol for her patience with our little ones. My son enjoyed the class so much, he had to fix dinner for the family which everyone enjoyed." – Mrs. Guerrero



### SNAP-Ed Fosters STEM Learning

"It [the hydroponic garden] has been a fabulous project, my students are very involved and excited about it. They planted the seeds, measure and record growth weekly, change the water, and will be testing and researching pH levels. Other classes are also asking how they can get involved, and I feel that this enthusiasm could grow exponentially. I am so thankful for this opportunity and definitely think it has expanded my students experience with fruits and vegetables." - Brita Milligan (8<sup>th</sup> grade teacher at Vista Middle School in Las Cruces)

"It was very fun and we had a great time, plus the lettuce tasted delicious! We compared some store lettuce to our fresh lettuce, most of us liked our fresh lettuce. We had a lot of fun here and can't wait for the next project. We also recorded all of it in our plant journals. It was a fun experience and I'm hoping we'll be able to do it again some time. I think doing that again will help us grow more respect for one another. Also, if we do it again more people will want to do it at their homes or other places. We are a big team here and we made the plants look amazing, they looked so healthy, then we ate them. But either way, we had a great time and hope there will be more of these things happening. – Vista Middle School Student



### SNAP-Ed Connects Communities

When Tina Louise visited the City of Albuquerque Open Space Center she noticed an abundance of apples on trees and on the ground. Tina Louise is a NMSU Cooperative Extension Service ICAN Educator and is known as the "Resource Queen of Bernalillo County." Thinking of who would be able to put these apples to use she approached the staff at the Open Space Center and was put in touch with the site director. After exchanging a few emails with the director and several food pantry sites Tina Louise was able to connect the right people to have the apples picked and transported to several food pantries. Four adults and ten youth from First Presbyterian Church volunteered to pick and take the apples to the Rio Grande Food Project and Taylor Ranch Food Pantry. The quick thinking of Tina Louise has opened the door to future partnerships between the City of Albuquerque Open Space Center and agencies that serve families in need. Tina Louise said "for me, it's all just amazing how everything comes together so beautifully when the hearts are in the right place."



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