



2017 REPORT TO THE PEOPLE: BERKELEY COUNTY

Nutrition Classes for Berkeley Students

The 4-H Healthy Lifestyles Program and Expanded Food and Nutrition Program (EFNEP) worked with the local school district to provide a six lesson nutrition education program for students in grades 4 or higher. The Choose Health, Food, Fun and Fitness curriculum was used to provide six 30 – 45 minute lessons to students. The lesson titles were 1) Drink Low-fat Milk and Water, 2) Eat a Rainbow, 3) Read It Before You Eat It, 4) Make Half Your Grains Whole, 5) Healthier Food Fast and 6) Power Up with Breakfast. Lessons included games, nutrition education, hands on activities, taste testing and a parent newsletter. Students set a healthy goal each week during the program. There were 204 students reached at three schools – Cainho Elementary, Mary Ford Elementary, and Hunley Park Elementary. Students had fun learning to visualize fat and sugar in foods and played games to increase knowledge and physical activity. Teachers reported students making healthier selections. Students were challenged to teach family members the skills they learned. This program is suitable for school groups and youth groups; adults and teens can receive training to conduct the program at various sites.



▲ Students from Berkeley Elementary School use magnifying lenses to take a closer look at beneficial insects in their school garden.



▲ Students compare sugar and fiber in the Breakfast Olympics, the culminating activity of the “Choose Healthy, Food, Fun, and Fitness” curriculum.

School Gardening for SC Educators

School Gardening for SC Educators is a horticulture-based training program designed to help South Carolina educators grow successful school gardens to address childhood obesity and improve academic outcomes. The program includes online training, technical support, and hands on workshops and materials to help school and community gardens increase their capacity for gardening with youth. Developed by an interdisciplinary Extension team of agents and Master Gardener volunteers, the program is part of The College of Charleston’s Food Systems Change initiative.

This multi-agency partnership is funded by Boeing SC. Educators receive training through a 5-week online course and follow-up hands-on workshop. Technical support is provided through turn-key garden kits; transplants and seeds are provided based on the Seasonal Planting Guide and Calendar for School Gardens. Since 2013, over 400 teachers have received training and more than 142 school gardens have been installed statewide, of these 12 are in Berkeley. When surveyed, 73% of educators report using their school garden to teach during the school day.

SC COOPERATIVE EXTENSION
AT A GLANCE



AGENTS
133



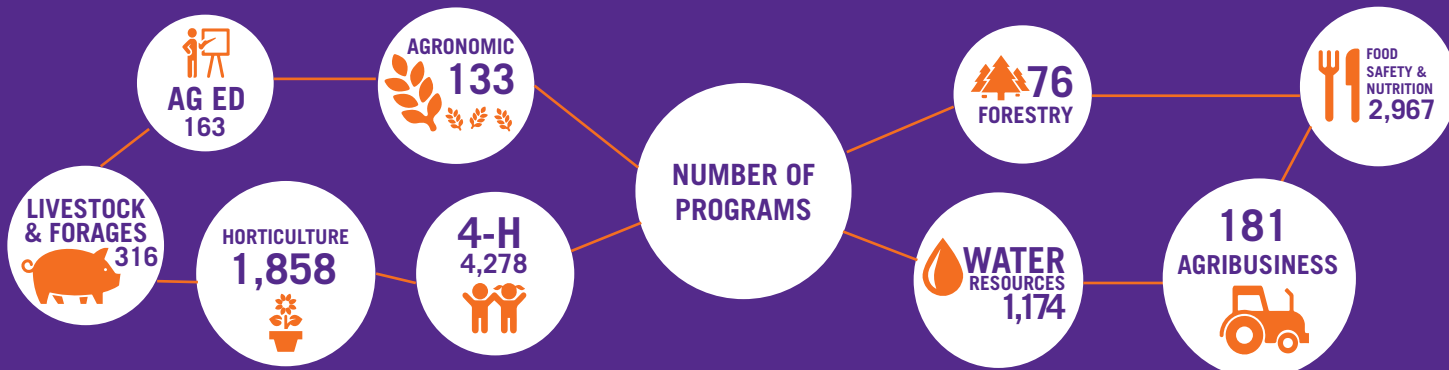
PROGRAMS
11,158



CONTACTS
242,239



**YOUTH & FAMILIES
REACHED**
104,156



▲ Students at local school participate in the "Power up Your Day-Eat Breakfast" activity.

Steps Toward a Healthier Community

The Expanded Food and Nutrition Education Program (EFNEP), offered by the USDA National Institute of Food and Agriculture and Clemson Extension, provides practical, research based and hands-on nutrition education to promote steps to a healthier lifestyle. In Berkeley and Charleston, Akendra Jackson, Nutrition Educator Assistant, is working to provide nutrition education in the community. In 2017, over 314 youth and 32 families were reached at local schools, centers and community facilities. Participants were taught healthier eating and the importance of being physically active daily through engaging lessons.

Tips included: eating more fruits and vegetables adds color, flavor and nutrients, drinking plenty of water, quenches thirst and keep you hydrated, making quick and easy meals at home, choosing healthier snack choices, going lean with protein, choosing low fat and fat free dairy foods, making half your grains whole. In addition, youth participants learn about a variety of nutrition, food safety, and physical activity topics through hands-on activities and taste testing. Positive feedback from participants make the EFNEP a success in Berkeley and Charleston counties.



◀ Meet Parker Johnson, Berkeley County's new Natural Resources Agent. Parker has a background in wildlife and fisheries biology, including alligator research. He looks forward to working with the Berkeley community in wildlife, forestry, and natural resource areas.

<http://www.clemson.edu/berkeley>