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Project Description						
<p>he nutritious choices curriculum was originally created for the Youth Development Center children to learn about making healthy choices during their day as well as providing examples of healthy easy to make recipes. The program was then adapted for the Child Development Center by increasing fresh fruits and vegetables into the weekly classroom menus, providing an opportunity for teachers to talk about healthy foods as well as colors, shapes, sizes and preferences. The adaptation of this project also allowed the Youth Development children the opportunity to model their healthy choices for the younger children. Our YDC children were familiar with all the nutritious choices cooking projects and were able to support and mentor the younger children during the project. Our final adaptation of this project was a family component, providing 14 families the ingredients needed to complete the nutritious choices cooking projects at home with their children.</p>						
Amount Received						
\$1,000.00						
How did this project make a difference in reducing childhood hunger in Arizona						
<p>This project provided the children and parents with education on making nutritious choices during the day. Fresh fruits and vegetables were increased in the daily classroom menus and families received food boxes to be able to create the nutritious choices cooking projects at home.</p>						
Number of children served						
73						
Number of meals served						
38 meals served to 247 children total						
Number of snacks served						
21 snacks served to 164 children total						
Description of meals/snack served						
<p>Weekly Projects were designed for a period of five weeks where our Youth Development Center (YDC) youth ages 6-17 came over to the Child Development Center (CDC) and demonstrated safe, healthy food projects to the children ages 2-5. Classroom Enhancements is where we took our current menu and replaced as many fruits or vegetables as possible and prepared them using fresh items rather than canned or frozen. We also provided some of the items in the classroom for conversation and to allow them to touch and take apart fresh produce.</p>						
Description of most popular meal/snack served						
<p>For our classroom enhancement portion the addition of fresh pineapple was the most popular with the children. For our weekly cooking projects the children most enjoyed making fresh fruit and yogurt parfaits.</p>						
What improvement/impact was made						
<p>The children in both centers were able to benefit from an increase in fresh fruits and vegetables replacing the normal frozen or canned fruits and vegetables. There was also an increase in nutritional education in the Child Development Center as well as modeling and</p>						

mentor opportunities for the Youth Development Center children.

How did you measure the success of the project

Surveys of each nutritious choices cooking project were taken by the teachers for each child that participated. Surveys were also collected from each family that received a food box. Documentation was kept to determine the exact number of meals and snacks that were enhanced with fresh fruit of vegetables.

Will the program continue

Without further funding we will not be able to continue serving an increased number of fresh fruits and vegetables in the classroom. The nutritious choices curriculum is a rotating curriculum that will continue in the Youth Development Center as well as participation from the Child Development Center.

Additional Information