



## New Youth Educator Reaching Out



Eva Parrill just started as an ENFEP Youth Educator in December, but is already seeing the impact of the EFNEP nutrition curriculum. At Longfellow Elementary, Kathy Pitchford was one of the first teachers to enroll to use the “My Amazing Body” curriculum for her 1<sup>st</sup> grade class. She took the opportunity to introduce her class to blueberries, mangos, raspberries and kiwis while teaching the curriculum. While some of the students were concerned with how kiwis and raspberries looked, all the students tried them, and all but 2 of the students liked all the fruits. Kathy reported that many kids began bringing healthier snacks like bananas and apples after she used the curriculum in her class.

Moreno Valley Parks and Community used all 4 of the “Nutrition and Literacy” series curriculum (kinder thru 3<sup>rd</sup> grade) across 5 elementary after-school care sites during spring and summer of 2014. The staff noticed that the kids started requesting smoothies for snacks and enjoying salads during lunch; and were washing their hands more independently. The staff even reported that kids were out sick less often!

Last Spring, Think Together After School Program piloted My Amazing Body at two of the schools, and while they rushed through the pre-evaluation, all the lessons, and the post-evaluation in a month, the students still recognized that from the beginning to the end they did change their answers on the evaluation, and started to be more physically active. The staff loved that the curriculum was easy to adapt to different schedules and didn't require a lot of preparation time. This school year they expanded to using both My Amazing Body and It's My Choice...Eat Right, Be Active across 8 school sites in Riverside county, and expect to reach about 800 elementary students this school year.



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