

# Moore Family Center Healthy Communities Outreach

## Region 4: Incorporating Whole Grains into the Everyday!

Dani Annala, 4-H Program Coordinator; Lynette Black, 4-H Youth Development Faculty; Lauren Kraemer, Instructor, Extension Family and Community Health, Manager, SNAP-Ed Programs

### 4-H Enrichment

#### Hood River County

4-H has been offering in-school and after school cooking, health science and food science programs for youth in kindergarten through eighth grade. Each week 118 students participate in a lesson. In cooking classes, students have learned what whole grains are, how to bake with whole grains and how to incorporate more whole grains into their diet. Health science programs have involved introducing students to a variety of health scientists such as nutritionist, pathologist, neurologist, and dentist. In food science, students have learned about the production of flour, the make-up of their tongue and tasting, as well as having the opportunity to build yeast balloons.

A whole grains and tasty treats day camp was offered where students learned about different types of grains, how to grind grain and baked a quick biscuit. Earlier in the summer a young entrepreneur day camp series was offered. Throughout four days students learned to make cheese, pickle vegetables, grind grain and bake bread. They learned to develop a marketing strategy, design a display, sell products, handle money and resources for starting a value-added food business.



#### Wasco County

A whole grain station was incorporated into a winter day camp. 1 ½ hours of lessons and hands-on activity was experienced by 32 upper elementary, middle and high school youth. The youth learned about whole grain flour vs. enriched and incorporated whole grains into their quick bread recipe. They were introduced to the whole grain berry/seed/kernel and were able to grind the grains into flour. Taste testing of quick breads and muffins featuring various whole grains were incorporated into the lesson.

### 4-H Teens as Teachers

The YA4-H! Teens as Teachers program engages teens ages 15-19 in teaching healthy living subjects to younger youth (age 9-12). Lynette works in partnership with the North Wasco County School District to implement this program.

### Adult Enrichment

Two "Holiday Gifts from the Kitchen" classes were taught and we highlighted Bob's Red Mill products in the class. Students made muesli; bean, grain, and lentil soup mix; whole grain snack mix; and whole wheat oatmeal chocolate chip cookies in a jar.

After School Cooking Students Show off their fresh bread.



Students use whole grains in a holiday day camps.



Students discover the power of yeast.



### Tasting Tables

With Moore Family Center Grant Fund we were able to offer numerous additional food demonstrations :

- At county fairs in Hood River and Wasco Counties serving several hundred people
- At DHS offices in Hood River and Wasco serving several dozen people
- In September, we made Hummus from Bob's Red Mill Garbanzo beans to serve at all Back to School Nights in Hood River and Wasco County school districts, reaching several hundred families.

Tasting Tables at the County Fair Help get people excited about Healthy Food.

