

Extension 'Cord

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Connecting People, Resources, & Knowledge

"Welcome to the Extension 'Cord, a monthly briefing paper from WSU Snohomish County Extension. Even though we have existed for over 100 years, we have realized that too many people are unaware of the diversity and impact of our programs. Each issue will highlight the purpose, activities and results of one particular program. The 'Cord will showcase the work of our 1,000 volunteers and 25 staff. Please do not hesitate to contact any of our staff for more information."

Curt Moulton, Extension Director



FOOD \$ENSE – Helping Youth, Adults and Families Eat Healthy and Be Active

FOOD \$ENSE is nutrition education for children, adults and families with limited incomes. It is funded by a collaborative effort of USDA Food and Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Washington State University Extension, Snohomish County and 35 local school and agency partners in Snohomish County.

FOOD \$ENSE provides nutrition education through nine trained nutrition educators who have a passion for what they do each day in schools and agencies throughout the county.

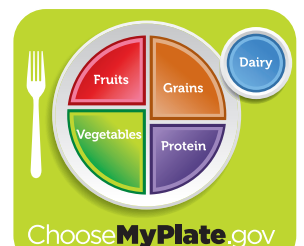
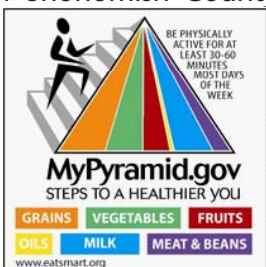
This year the new focus for nutrition education in Snohomish County through the WSU Food \$ense

Program is Choose MyPlate and the new Dietary Guidelines.

For a decade, we have used MyPyramid to teach about healthy eating. In June of this year, MyPyramid was replaced

by a new educational tool called MyPlate. In the MyPlate there are still 5 basic food groups although the healthy oils group represented on MyPyramid in yellow is not referenced on MyPlate. The Meat and Beans group is now identified as the Protein group since there are many other sources of proteins other than meat and beans such as eggs, nuts, fish, etc. The Milk Group is now the Dairy group acknowledging that there are other sources of calcium besides milk, yogurt and cheese such as soy beverages, greens like kale, chard, etc.

One of the big messages of MyPlate is make half your plate fruits and vegetables. Another message is to consider having reasonable servings from all five food groups at every meal. Or if you had 3 food groups in your breakfast choose foods from the other 2 food groups for your morning snack and so forth throughout the day. By the end of the day you will have eaten a variety of foods from all the food groups.



WSU Snohomish County Extension
600 - 128th Street SE
Everett, WA 98208
(425) 338-2400
<http://snohomish.wsu.edu>

County Extension Director
Curtis J. Moulton
(425) 357-6015
moultonc@wsu.edu

Natural Resources
Forest Stewardship, Kevin Zobrist
(425) 357-6017
kzobrist@wsu.edu
Beach Watchers, Chrys Bertolotto
(425) 3 57-6020
chrys@wsu.edu
Carbon Masters, Gabrielle Roesch
(425) 357-6023
jstyrna@wsu.edu

4-H Youth Development
Jana Ferris
(425) 357-6006
ferrisj@wsu.edu

Community Horticulture
Sharon Collman
(425) 357- 6025
collmans@wsu.edu

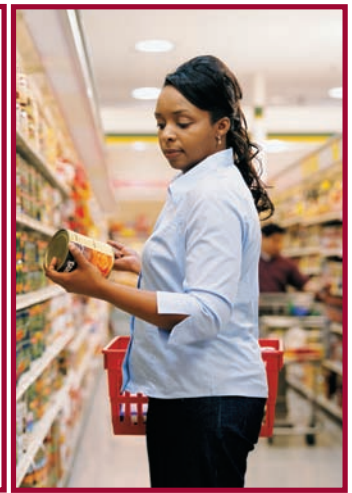
Master Gardener Hotline
(425) 357-6010

Healthy Living
Healthy Families, Bick Hang
(425) 357- 6022
bickhang@wsu.edu

Food \$ense Nutrition, Colleen Fullmer
(425) 357-6021
fullmer@wsu.edu

Agriculture
Drew Corbin
(425) 357-6012
corbina@wsu.edu

For upcoming events:
<http://snohomish.wsu.edu/calendar.htm>



2010 DIETARY GUIDELINES FOR AMERICANS

There are six key messages in the new Dietary Guidelines released in January of this year:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals--- and choose the foods lower in sodium.
- Drink water instead of sugary drinks.

Snohomish County's WSU Food \$ense staff will spend their nutrition education time sharing this new information with youth, adults and families; providing them with knowledge and skills which will improve their long- term health and wellbeing.

For more information on MyPlate go to www.ChooseMyPlate.gov On this website under "Printed Materials" there is a wonderful "10 tips educational series" with tips on how to increase fruit and vegetables in your diet, how to save money when purchasing fruits and vegetables, how to cut back on your kid's sweet treats, etc.

For more information about WSU Food \$ense program you may call:

Colleen Fullmer at 425-357-6021.



WSU Extension Mission Statement

Washington State University Extension engages people, organizations, and communities to advance economic wellbeing and quality of life by connecting them to the knowledge base of the university and by fostering inquiry, learning, and the application of research.

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