

# EFNEP NEWS

February 2022

## Adult Nutrition: Programs and Partners:

Collaborating with the Upper Pee Dee YMCA and Darlington County First Steps, adult classes are offered weekly to parents of children under five for no charge. The program consist of 30 minutes of exercise, and an hour of

nutrition and cooking. Participants have participated in Yoga and boot fit, and cooked spinach lasagna and veggie quesadilla while learning the basics of nutrition. Classes are for 5 weeks in Darlington and Hartsville.



## Youth afterschool programs:

Youth in afterschool programs with the Hartsville and Darlington YMCA are taught nutrition and cooking weekly. Students at

Main Street Elementary in Lake City are also taught nutrition and cooking classes. The students are taught the Choose, Health, Food, Fun and Fitness curriculum for 6 lessons.



# MIDDLE SCHOOLS

## Nutrition and gardening

**Students at Rosenwald, Spaulding, and Darlington Middle Schools have had multiple classes of 6<sup>th</sup> and 7<sup>th</sup> graders using Teen Cuisine to learn about nutrition and cooking.**

**Gardening has been added to their nutrition classes.**

Six classes of nutrition, cooking eggs, smoothies and quesadillas and making healthy choices have been complete by students at several area middle schools.

A Clemson coworker was setting up an agriculture research station for the students at Darlington Middle school. He asked how I could use the area. I suggested gardening would greatly benefit the middle school students with healthy choices. Gardening began at Darlington middle school pre-pandemic and is still ongoing today.

The Darlington County Coordinating Council then gifted two school gardens to my program. Rosenwald

students built the raised beds and filled them according to the no till method. Sweet Potatoes grew over the summer and harvested when school began. Spaulding Middle in Lamar has also constructed the raised beds, planted and harvested a winter garden and will start in a month on a spring garden.

Students at Spaulding Middle have set up their own composting system for their school lunches. Rosenwald and Darlington Middle will begin in March!

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**Volunteers are needed in each of the school for their lunch period.**

The students cannot go outside unsupervised. The volunteer would need to accompany the students to the compost bins so they can dump the compost and clean the bucket. The kids know what to do, they are not allowed outside unsupervised. If you are interested in helping daily, weekly, monthly or just occasionally, please let me know.

