



Riverside County: Partnering to Deliver Nutrition Education to Preschool Children



Nicole Ogosi teaching children at Rosemary Kennedy Head Start about the grain group "Go Foods".

The Issue:

Youth EFNEP in Riverside County is trying to make a difference in the lives of young children. We target preschool age children in Head Starts and State Preschools. Fatima Afana, program coordinator, has been working with the teachers to deliver *Happy Healthy Me or Go, Glow, Grow* curricula with mixed success. The teachers are often overwhelmed with their own teaching plan and find it hard to add more to the agenda.

What EFNEP Has Done:

This year with the addition of a new youth program representative, Nicole Ogosi, Riverside EFNEP team is able to offer some direct teaching. The response to this offer was a welcome change. Fatima contacted 4 Head Start sites (Rosemary Kennedy Head Start, Bobby Bonds Head Start, Arlanza Head Start and Bryant Park Head Start) and this time all the teachers (all day class, am and pm) were very open to the idea and willing to give it a try. They all signed up their classes to enroll in EFNEP.

The Pay Off:

Nicole conducted the first lesson with the children to kick start the program. Nicole said the kids were terrific and understood the concepts. One of the teachers at Rosemary Kennedy Head Start said that she was very impressed with the presentations as they were age appropriate, simple and clear. Fatima and Nicole plan to return one more time to use the Teacher Tasting Tool (TTT) to evaluate the program with lesson #3 (Glow Foods). The teachers agree to pick up the rest of the lessons. It is truly a team effort to deliver our nutrition curriculum to Head Start children.



Children dancing to show how much energy they have from eating the grain group foods.



For more information about Riverside County's Youth EFNEP Program, contact:

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