TEAFCS- Building Bridges: Connecting Families and Communities

August 14-16, 2013

Focused Program Sharing Format

District: ___4___ County: Hopkins Agent(s): Johanna Hicks

Title of Program: "Healthy Cooking for Busy Moms"

Issue Addressed: Quick, easy menus for low-income households

Target Audience: Head Start parents

Registration Fee: None - this is a BLT audience

Committee Involvement: Transforming North Texas grant; Master Wellness Volunteers; FCS Committee

Program Partners: Extension agents from Lamar, Delta/Franklin Counties

Resources Developed: booklet containing the recipes, as well as handouts featuring the educational topics

Marketing Tools: BLT newsletter; letter sent home with Head Start students

Program Content/Implementation: Hands-on format where participants make the various recipes and provide feedback

Evaluation/Results: Direct observation; verbal feedback - registration was limited to 30 each session

Interpretation Strategies: results reported to Commissioner's Court; Head Start staff took photos for documentation and promotion

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