

Nutrition Education Program Advisor

Impact Report: 2024-2025

NEPA Cindy Finerfrock serves 3 counties: Harrison, Floyd & Clark
In 2024 the Purdue Nutrition Education Program Evaluation and Reporting System tracked her impact:

- Direct Ed Reach at 419 (609 Participant/279 sessions/388 hours)
- Indirect Ed Reach at 1188
- Completed Survey Responses at 494
- 12 of her 29 Program Activities served Harrison County Community Partners
- 50% of her Indirect Activities served Harrison County
- 100% of her Programs in Harrison County were held In-person.
- Finerfrock and the CWE installed an Outdoor Herb Garden PSE in Harrison Co.



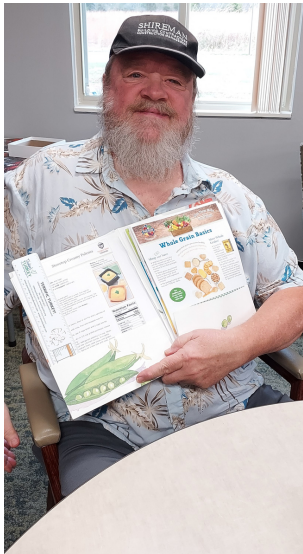
Programs include: Eat Smart Move More for Adults, Eat Smart Live Strong for Seniors, TEEN Cuisine for Youth

In 2024, Nutrition Education Program Advisor, Cindy Finerfrock, introduced community participants all over our county to finding ways to “make the healthier choice the easier choice!” She worked with adults & youth of all ages. She introduced nutrition programs that provided a series of classes held over the duration of the entire year.



Class sessions included: introduction to the USDA MyPlate, understanding nutrient values of food groups, meal planning, informed food shopping habits, label reading, cooking tips, food safety & storage, community support, ways to overcome obstacles & challenges, and remembering to easily add more movement to each day!

Each class focused on participants learning nutritional & physical fitness stress-reduction techniques, empowering them to make informed choices for their well-being as life-long learners! Knowing small changes lead to bigger changes forward!

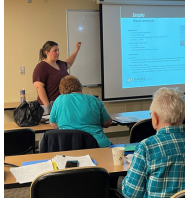


"Laughter and skills increased with each session that members of Harrison County attended!" Cindy said. "We learned together that food is fundamental and can be FUN as well!" "We enjoyed polite bites with taste tests at each class...and, no one ever Yucked someone else's YUM!"

- Alternative Education Center / Harrison County
- Blue River CBI Industries Day Program / Corydon
- Blue River Pre-ETS (Pre-Employment Training Services) / Harrison-Floyd-Clark
- Capitol Court Housing / Corydon
- Genesis House / Corydon
- IEHA 2024 Holiday Workshop / Harrison County
- Joe Rhoads Center / Corydon
- LHDC Milltown Housing for the Elderly / Depauw
- SWAG - Seniors with a Goal / New Salisbury

Program Area Collaborations

From Seed to Table: Empowering the Community Through Grow It, Cook It



This past year, the "Grow It, Cook It" program, led by Ariel and Tara, has connected the community to farm-to-table education, helping participants make informed decisions and sample fresh produce. In March 2024, 11 participants learned about onions, including varieties, pests, planting, and cooking tips, and planted their own onion sets to grow at home.

In April, 9 participants explored Brussels sprouts, focusing on cultivation and preparation. Tara shared cooking techniques and health benefits, while Ariel led an activity on planting Brussels sprout seeds. Thanks to Tractor Supply Company, each participant took home starters.

In October, the focus shifted to herbs, with Ariel teaching how to grow chives, parsley, thyme, and basil, while Tara explored culinary uses and prepared dishes like broccoli & chive stuffed peppers. This session, with 28 participants, was a collaboration with Harrison County Master Gardeners and open to the public.



These workshops have deepened participants' understanding of fresh produce and showcased the power of collaboration between educators and the community. "Grow It, Cook It" continues to inspire healthy eating and gardening, bringing people together to learn, taste, and grow. Stay connected to be the first to hear about upcoming sessions!



Harrison County 3rd Grade Ag Days

On September 18th and 19th at the Harrison County Fairgrounds over 500 youth from Harrison County schools gathered for the 2024 3rd grade Ag Day. This was a great way for youth to be exposed to agricultural topics such as dairy, livestock, soil, grain bin safety, drones, pollinators, embryology, farm safety, horses, and parts of a plant.

The students moved around the fairgrounds from station to station throughout the day. Each student was provided lunch during the day and a goody bag to take home which was full of educational materials and fun ag items. It is vital that youth understand the agriculture industry and this is a great way for them to gain exposure.

At this event, ANR Educator Ariel Camm-Wilson provided offsite logistics with helping coordinate with FFA Chapters and volunteer management. She also provided onsite logistics such as coordinating school groups day and overall flow of the event. 4-H/Youth Development Educator Anna Denny, provided off site logistics such as communication with schools, scheduling groups, and contacting station leads. HHS/CD Educator Tara Beckman facilitated an educational station each day focused on healthy living, which included discussions on plant education and the foods we can grow, led by Master Gardeners. Youth then had the chance to use a blender bike to create smoothies, incorporating different parts of the plant as part of the booth activities.

We would like to say Thank You to all of our sponsors, guest presenters, volunteers, and everyone who helped to make this event a huge success! Ag Day would not be possible without your contributions.



Festive Flavors: A Collaborative Approach to Healthy Holiday Meals

At the Harrison County Extension Homemakers' annual Holiday Workshop in November 2024, a successful collaboration between Educator Tara Beckman, NEPA Cindy Finerfrock, and the Extension Homemakers brought to life the session "Festive Flavors: Eating the Rainbow with Seasonal Produce." This partnership showcased practical tips for preparing budget-friendly, in-season meals while maintaining food safety and nutrition during the holiday season. By emphasizing the importance of colorful, nutrient-rich foods, the team demonstrated how a variety of dishes can highlight the wide range of nutrients available to guests. Participants had the chance to sample a delicious and nutritious Creamy Chicken Cranberry Roll-Up, which was demonstrated and then enjoyed at the group's pitch-in lunch. This session, attended by 53 adults and 5 youth, highlighted the power of collaboration in delivering valuable insights for creating healthy, festive meals. Additional recipes were provided through eatgathergo.org.

