

Nancy Dickerson
Agent Assistant - EFNEP
Lauderdale County Extension System
766-6223



(Picture) Nancy Dickerson, Agent Assistant with the Lauderdale County Extension System, demonstrates making a fruit salad to members of a nutrition class. Food Smart classes are offered through the Extension System to low income women interested in feeding their families healthy, low cost meals.

Agent assistant Nancy Dickerson, working for the Lauderdale County Extension office, offers three different nutrition programs to reach low income women and children.

Food Smart classes are offered to women with children in the home. This area would also include grandmothers who have custody of their grandchildren. Lots of easy, nutritious recipes are given at all of the classes. A cooking demonstration is used at every class. This class is designed to help you use the food guide pyramid, plan and prepare healthy snacks, prepare fun foods for your family, keep foods safe to eat and to feed your family for less.

Today's Mom program teaches pregnant women how to eat for the health of their unborn children and the newborn's good health. It also focuses on the whole family and better eating habits and how to keep foods clean and safe to eat. Substance abuse and their effects on a pregnancy as well as myths about food and pregnancy are also taught. A cooking demonstration is also used at each class.

4-H DOT is a special program for children. DOT stands for “Diet’s Our Thing”. Nutrition and personal development is the focus for this program. These classes are ideal for an after school program. Students learn what foods are needed for good health as well as how your nutrition requirements change with age. This class also has cooking demonstrations. Food safety and responsible food choices are included in all classes in all three programs.

Contact Nancy Dickerson at the Lauderdale County Extension office at 766-6223 for more details or if you are interested in signing up for a class.

Recipes featured in all classes are nutritious and taste good too. Everyone needs three to four servings of calcium daily. Yogurt is a great source of calcium, an eight ounce serving of yogurt has 100 mg more of calcium than an eight ounce glass of milk. Try the recipes below to increase your calcium intake.

YOGURT PIE

1 (8 ounce) container fruit flavored yogurt

1 (8 ounce) container non-diary whipped topping

1 graham cracker crust

Combine yogurt and whipped topping, blending well. Pour into crust. Refrigerate at least 2 hours before serving.

YOGURT PIE II

1 (8 ounce) container fruit flavored yogurt

1 (8 ounce) container non-dairy whipped topping

Vanilla wafers

1 (8 or 15 ounce) can crushed pineapple

Combine yogurt and whipped topping, blending well; set aside. Arrange vanilla wafers to cover bottom of an 8 inch dish. Spoon half of the pineapple over wafers; top with half of yogurt mixture. Repeat layers. Chill and serve. *Your favorite fruit may be substituted, fresh or frozen strawberries, blueberries, peaches, etc.

YOGURT FRUIT CRUNCH

2 cups lowfat yogurt, plain or vanilla

1 cup fruit, fresh or canned in light syrup or natural juices (drained)

1 cup dry cereal (granola type or dry crunchy, grapenut type, cereal)

Drain fruit. Mix yogurt and fruit together in a mixing bowl. Spoon into small bowls. Sprinkle $\frac{1}{4}$ cup cereal on top of each. Serve and enjoy.