



# Family and Consumer Science

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16 September 2019

# Rankings

- According to the County Health Rankings and Roadmaps, Chatham county is 21<sup>st</sup> out of 100 counties with health outcomes
- For the adult obesity, 25% versus 29% NC.
- According to the NC-NPASS, Chatham County has had a increase from ~3 individuals in the overweight/obese rankings to 14 individuals within that rankings.

# Variety of Programs

- Adult programming –
  - Collaborating with Council on Aging
    - Powerful Tools with Caregivers
    - Healthy Living with Chronic Disease
    - Matter of Balance
    - Speaker at the Annual Aging Conference

# Community Programs

- Faithful Families –  
    Eating Smart and Moving More
- Eating Smart / Moving More –  
    Take Control
- Cooking for One or Two
- Cooking with Herbs
- Med Instead of Meds

# Community Programs, cont.

- Safely Preserving at Home – canning classes
- Fermentation class
- Monthly programs with community partners

Collaborating with the Health Department -  
NC Safe Plates

# Steps to Health

Working with the Schools:

- Second Graders – Nutrition and Activity
- Fourth Graders – Nutrition, physical activity and Gardening
- Head-Start – Color Me Healthy
- Childcare facilities – Color Me Healthy

# Serve on the following committees in Chatham County.

- Treasurer on Chatham County Partnership Board for 12 years
- Obesity Taskforce with Chatham County Health Department
- East Chatham Senior Advisory Board for the Chatham County Council on Aging
- Advisory Board for Chatham County Diabetes program at Chatham County Hospital
- Participates in the Chatham Alliance taskforce

# Junior Chef

Five weeks of cooking programs  
for youth ages from 9 – 17.

Each week the youth learn a variety of  
aspects of cooking techniques.

# In earlier years



- Started as a version of “Chef in the Kitchen” developed by FCS agents.



In 2007, continuing with a large number of youth, I tried to do in a smaller room –  
**FRAZZLING !!!**

# In 2009, Changed to a different format

- Monday - Friday
- Class time: 9:30 am - 3:30 pm
- Limited eight youth to a class
- Ages ranging from 9 y.o. to 13 y.o.





Each child has their own set-up for cooking, except in the situation with the grills.

**Today, the kitchen is designed to accommodate 12 students.**



Each student continues to have their own space.

**Daily** – Each child receives the responsibility of one of the four jobs:

- Washer
- Drier
- Food Person
- Equipment Person



# Recipes -

selected with the following criteria:

- Number of ingredients
- Cooking time frame
- Skills needed to prepare the recipe
- It can be divided down to make a 1 – 2 portion servings

## FOOD NEEDS

- 4 ounces lima beans - one container per person
- Ear of corn - one per person
- Canola oil - one container per table
- Salt - one container per table

## PRODUCTION SHEET

- 12 - 1/2 cups of lima beans
- 12 ears of corn
- 4 containers of oil – 1 cup of oil per table
- Salt - one container per table

## EQUIPMENT NEEDS

- Small boiling pot - one per person
- Lid to small boiling pot
- Tongs - one per person
- Liquid measuring cup - one per person
- Paring knife - one per person
- Measuring spoons - one set per person

A production and needs sheet is developed for each recipe.



We use a quiz wheel daily to take advantage of teachable moments. The youth receive prizes for their answers whether right or wrong.

# Day 1

Farm Visits - we start the week with a visit to a local farm



- Perry-Wrinkle Farms
- Lilly Den Farms
- Celebrity Dairy



Proper handwashing techniques and reasons for correct procedure.

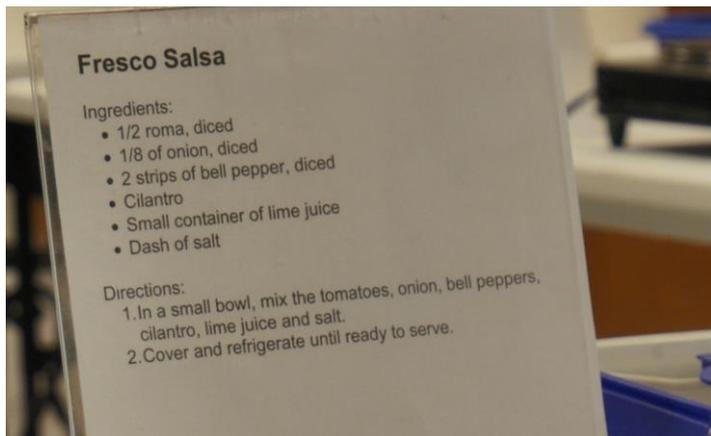


Proper temperatures with washing, rinsing and food preparation.



- Making homemade bread

# Knife skills



# Start learning the skills using specific pieces of equipment-

- 6" Chef knife
- 6" Santoku knife
- Paring knife
- Vegetable peeler
- Grater
- Thermometers



# Day Two

Starting to prepare  
their side dishes  
that goes along  
with the entrée and  
dessert made daily



# Day Three



- Trip to the local grocery store –  
Chatham Marketplace (co-op)



- Label reading, identifying local food products, and food sampling

# Day Four



In addition to make their lunch,  
we conduct Preserving 101.  
Here we are making strawberry  
jam.



# Day Five



Table etiquette

They go home with various gifts:

- Copies of the recipes
- Re-usable grocery bag
- Paring knives with small cutting board
- Thermometers



**Thank you for having me.**

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