



2016-2017 Financial Fitness Project

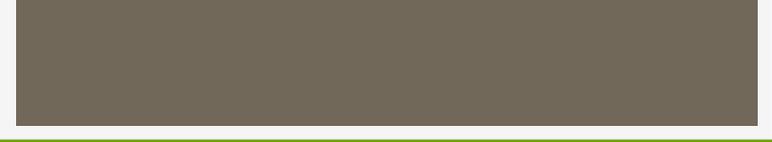
**“PCHS FCCLA Panther
Cooking Academy”**

Page County High School
FCCLA



Needs, Goals, and Objectives

Nearly 23% of children under 18 in Page County are food insecure. Although they have access to breakfast and lunch during school, they may still lack reliable access to adequate amounts of nutritious food, and in some cases, they lack access to any food at all at night and on the weekends. Even for those low-income families who may have access to healthier food options, many lack the time and knowledge of how to prepare a healthy meal. Often, fast or prepackaged food can become the default option for families.



Our goal is to offer cooking classes to teens of low-income families (identified by guidance counselors). This will take place during lunch blocks. Because time and money are often barriers for these teens and families, our classes would teach participants to cook using a crock pot. These meals can be made with cheaper cuts of meat because the slow cooking will tenderize them. They can also use inexpensive vegetables such as potatoes and carrots. That will not only save money, but time by cooking the entire meal in one pot. By the time teens leave school each day, the meal would be ready to eat. They would take the crock pots home with them for a family meal and bring them back for the next class.

For our first trial, we will provide 5 class participants with a week's worth of suppers. To make sure participants have everything they needed to succeed at home, we want to put together kits with the ingredients and all of the kitchen tools. We will also provide our students with cook books of crock pot recipes, as well as resources for obtaining food needed to prepare these meals following our classes.

Activities

In October 2016, our FCCLA Financial Fitness Committee met and proposed the idea of a project to help teens with food insecurity. The committee decided to apply for a grant from the Virginia FCCLA Leadership Foundation to help with project expenses. We received the grant and began to plan the Cooking Academy.

November, 2016- We contacted local agencies to see what resources we would have available for project activities. We received commitments of food donations from the Page County Grown organization and Page One, a local food pantry. We prepared a brochure about the academy and printed parental permission forms, as well as a survey of participating families. On "Black Friday", we used coupons and sale brochures to shop for the best deals on the slow cookers and kitchen equipment. All equipment for the project was purchased.

December, 2016- Menus for the Panther Cooking Academy were established. We also prepared a booklet containing the recipes, kitchen terms and measuring, slow cooker hints and tips, food shopping hints and tips, and local resources for free and reduced foods. We also included grocery lists for each of the recipes we made during the week, as well as the cost per meal and cost per serving of each.

January, 2017- Students were identified through our guidance department as qualifying participants in our program. They were given brochures and permission forms for participation. We held our first PCHS FCCLA Panther Cooking Academy during this month. Participants received instruction from FCCLA members and our adviser in measuring, knife skills, safety and sanitation, reading a recipe, slow cooker operation, determining the costs of making a recipe and shopping tips. Evaluations were filled out and participants graduated from the first Cooking Academy!

February, 2017- Our Financial Fitness Committee is currently in the process of trying to obtain funds for the second Cooking Academy. Based on evaluations, we are changing some of the menus. At the time of this application, we have received a commitment from a local business to purchase the slow cookers for the second PCHS FCCLA Panther Cooling Academy.

What's Cooking!







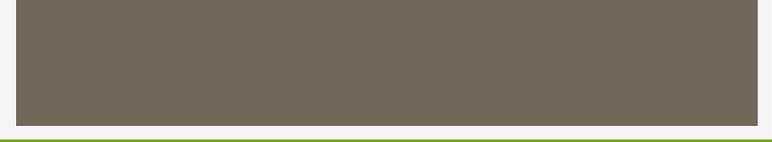












Our project evaluation process included a survey of participants and participants' families regarding the food prepared, student participation and lessons learned. In our follow-up survey, participants reported that they improved in their knowledge of cooking terms and techniques. They mentioned that they now understood that cooking at home can be both cost-effective and delicious! Knowledge gained included how and where to shop for or obtain food supplies for cooking at home, how to read a recipe, how to operate a slow cooker, use of kitchen tools, safety and sanitation and how to determine the costs of a recipe and per serving amounts. Students reported that they were both excited and thankful for the equipment that was purchased for them to keep. Because of the success of the first cooking academy, we have begun to receive sponsorships for the second class of the PCHS FCCLA Panther Cooking Academy!

With permission from project participants and families, we used social media to promote and report on our project activities. These activities were posted to Facebook, Twitter, and Instagram to report on Financial Fitness activities. We felt that the audience for this project would be additional teens who wanted to participate, and we felt the best way to reach them was through social media. We were also able to post pictures on our chapter website.



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for the generous
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Financial Fitness
Project!

