

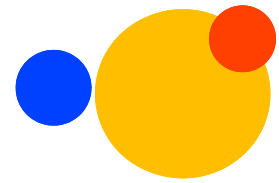
Organization: Rockingham County Schools

County: Rockingham**Address:** 511 Harrington Hwy.
Eden, N.C. 27288**Phone:** 336-627-2691**Website:** <http://www.rock.k12.nc.us/rockingham/site/default.asp>**Project:** Educational Sessions on Healthy Eating and Cooking for Teens*****Below are excerpts from their final report*****

About the Project: The community grant was used to support a project for Rockingham County School students entitled, “Girls Can Cook!” This project was designed to provide nutrition and cooking lessons to young women in middle and high schools. The program overview involved a series of lessons that focused on healthful choices and healthy food preparations (i.e. breakfast, lunch, dinner, snacks and party foods). Each lesson also included a nutrition related topic (i.e. safety, sanitation, nutrients, food pyramid, portion control, and food labels). The funds were specifically used to purchase cooking supplies, food, books, lunch boxes (environmental-friendly and portion control friendly) and Farmer's Market gift certificates.

The target group was Rockingham County Schools’ middle and high school girls who are pregnant, parenting, at-risk of pregnancy, or being overweight. We chose to concentrate our efforts on a group of young ladies in the afterschool program at the Boys & Girls Club of Eden. Through this partnership, the program reached girls who are students at Holmes Middle School and Morehead High School (who have not yet had a child). Additionally, we provided the program for several parenting groups. One was a group of young ladies at Reidsville High School that are parenting one or two children. Another parenting group that benefited from the project is one that meets at a local church in the evenings. And we also reached young women at all of the middle and high schools who are homebound due to pregnancy or parenting.

Successes: Overall, the project provided young women with the skills and resources necessary for making healthful choices related to their food selection and preparation for themselves and their families. The program emphasized the benefits of maintaining a healthy fitness and nutrition level. For the young ladies at the Boys & Girls Club, the “Girls Can Cook!” project gave them a new approach to personal development. Through this project, the girls learned far more than nutrition and cooking; they learned social skills, etiquette, goal setting, and teamwork. Not only did they have something “constructive” to look forward to afterschool, they started to discover what their own personal passions are. As a result of coming together for a common goal, each of these young ladies’ self-worth increased tremendously. By reaching outside of the school walls to provide a project in the community, we laid the foundation for an ongoing relationship with the Boys & Girls Club of Eden and other similar youth-serving organizations. By meeting the needs of our students within their community, we were able to



build more meaningful relationships. By meeting the girls where they are, we were able to have an impact on each young lady as a person, not simply as a student. Also by providing the girls with skills and resources that they could immediately implement at home, we felt that we made a real connection with their families. In Rockingham County Schools, we believe that “productive citizens and lifelong learners” require that the student, school, community, and family collaborate to provide school health solutions.

Photos from “Girls Can Cook!” are available online at:

<http://www.scrapblog.com/viewer/Viewer.aspx?sbid=1819690>