

Stallman Wins Extension Paraprofessional Award

UNIVERSITY PARK — Brenda Stallman of Lancaster County is the state winner of the 1986 Paraprofessional Award, sponsored by the Pennsylvania Association of Extension Home Economists. Stallman is an extension nutrition aide supervisor from Hopeland.

In Stallman's award-winning program, which is part of Penn State's Expanded Food and Nutrition Education Program, she worked with juvenile probation officers to present good nutrition habits to teenagers on probation.

"I teamed up with Ed Hafner, family counselor for Lancaster County Juvenile Probation and Parole," she says. "He expressed concern about the diet of many of the teenagers he saw on probation, and how their diets affected their behavior. He understood the importance of a balanced diet and encouraged good eating habits with those he counseled. He wanted to get nutrition information to all the offenders, especially those with a drug or alcohol problem."

Stallman started by presenting a nutrition lesson to all juvenile probation officers, emphasizing the four basic food groups. She asked the officers to complete a 24-hour food recall — writing down everything they ate within a 24-hour period — and to get recalls from some of the youth.

"The kids' diets were very poor," she says. "We realized the kids made a lot of their food choices themselves, but some were locked into bad habits started by their parents." Food recalls on the youth revealed diets high in sugar and large quantities of protein and bread with no milk or vegetables.

The youth came from different backgrounds and economic groups throughout Lancaster County, ranged in age from 13 to 18 and had a variety of social problems. Many were on probation for the first time, some were repeat offenders, some were alcoholics and some had been using drugs.

Since many of the young people were responsible for their own meals, Hafner and Stallman wanted to teach them about nutritious, low-cost snacks they

could make for themselves. Meeting with a new group every six weeks, Stallman, Hafner and nutrition aide Eleanor Derry worked with youth and parents. They discussed food groups and meal planning, watched film strips on nutrition, solved nutrition puzzles, and made snack pizzas, omelets and orange shakes.

Probation officers are now requiring that each new group of offenders attend the nutrition

workshops, and Stallman has been asked to keep the officers up to date on their own nutrition knowledge. One probation officer wrote Stallman a letter saying that the workshop was "one of the most productive and action-oriented sessions we held. At least three group members said they had used

your omelet recipe after the visit, and they planned to continue using it as a menu choice."

Says Stallman, "We wanted to challenge the kids with new, persuasive nutrition information. I feel good about what EFNEP and the Pennsylvania Extension Service have offered these kids."

Vanilla is the favorite U.S. ice cream and ice milk flavor, accounting for almost half of these products sold. Chocolate is next, then nut meats, strawberry, candy or crunch, coffee, and peach.

Of the five major frozen desserts enjoyed in the United States (ice cream, mellorine, sherbet, ice milk, and water ices), ice cream is by far the most popular, accounting for 65 percent of the total frozen dessert consumption.

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Sat., July 5 Demolition Derby
Sun., July 13 Tractor Pull

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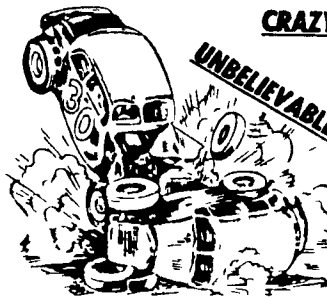


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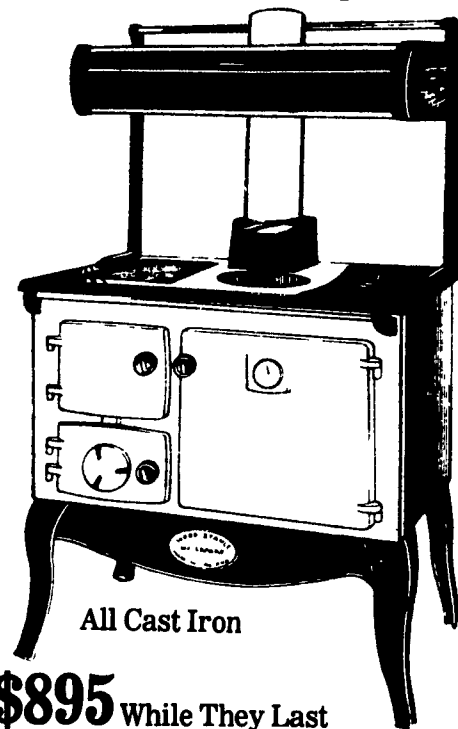
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