

Mastery Highschool Urban Agriculture

Presentation Details

By: Danielle Mitchell

- ❖ **Introduction** – My name is Danielle Mitchell, Program Supervisor of Orchards Family Success Center located in Sicklerville, Camden County, NJ

- ❖ **What is a Family Success Center** – Does anyone know what a Family Success Center is? Or where one is near you? There are 57 FSC's in the state of NJ. They are funded through the state and there is at least 1 in every county. Camden County has 4 FSC's, which I've listed on your handout. Family Success Centers are designed to prevent issues in the community. It's a neighborhood gathering space, with computers, a workshop room, a copier and staff to support participants from the community. Each center provides computer use, copies, printing, faxes, resources and family programming. Programming includes budgeting 101, parent/child cooking classes, yoga, etc. Everything at the FSC's is FREE and open to EVERYONE. There are no qualifications needed to be eligible. Encourage your family to check out their local FSC today!

- ❖ **Where can we seek housing assistance?** – Does anyone know how we could go about finding resources regarding housing? There are many resources online. Start by contacting a local family success center or social services. Or try calling 211 (It's just like 911, but it's emergency assistance for stuff not related to health). It's a good idea for us to check out their website, nj211.org to become familiar with how to navigate their resources. I provided a link to other online resources regarding housing as well on your handout.

❖ **Where can we seek utility assistance?** – What are utilities? Water, gas, electric, internet, etc.

Sometimes we have a hard time paying our utility bills. Some folks may be eligible for a discount on their bills if they apply to some of these programs. There are multiple resources available and easiest to find online. You can also call 211 to get started. I've included a helpful link on your handout as well.

❖ **Where can we seek food assistance?** – Groceries can be expensive and hard to find. There are multiple food pantries and food assistance programs in the county that we can connect with. Food pantries often have canned goods, boxes of food and some perishables like fruit, vegetables, eggs, milk and bread, but the perishables are harder to come by. I included a few food pantries on your handouts, but there are A TON of food pantries in the Camden City area. As soon as you google food pantry, you should be able to find a handful close to you.

❖ **Food and nutrition discussion** – We had wonderful discussions about the food products I brought into the class. We discussed what ingredients were in each product, and what those ingredients were and what the standard daily intake should be for the average person. We talked about how size and health concerns make this variable and a nutritionist should always be sought out to determine what is best for each individual. We did a “quiz” exercise where they had to guess what the daily intake should be vs the items I brought into the classroom. I highlighted the importance of protein and how detrimental sugar can be. Here is the information we talked about:

- Average Calorie Intake a Day – 2,000 – 3,000
- Average Sugar Intake a Day – under 25 grams (about 6 teaspoons)
- Average Protein Intake a Day – 45 – 55 grams a day (veggie burger has 15 grams)
- As many vegetables as you can eat

- 2-3 servings of fruit
- Dairy – 1 – 3 cups
- Grains – Try for whole grains
- Organic – When you can (purify your water and try to get organic apples)

❖ **Recipe Activity** – Easy Afterschool Snacks (Both of these are vegetarian)

- Baked Chickpeas – can be done in a microwave, toaster oven or regular oven. 1 can of chickpeas, drained, pour into bowl, season with salt, pepper, soy sauce. Spread over baking sheet, bake until toasted. Pop in mouth for a delicious snack.
- Tortilla Flats – can be done in a microwave, toaster oven or regular oven. 1 can of vegan refried beans (or regular if you'd like). One tortilla of your choice (flour, corn, gluten free, low carb, high protein). Scoop one big spoon full of beans and spread it onto the tortilla. Sprinkle tortilla with any kind of shredded cheese. Place on cookie sheet and bake until cheese is melted. You can add anything to the top of it like salsa, shredded lettuce, hot sauce, etc.

❖ **Painting Positivity Rocks** – I brought in river rocks, a range of sizes 2-4 inches big. They were gray, so they can be painted any colors. I brought in paints, paintbrushes, cups for water and the rocks. I encouraged everyone to paint 1 rock for themselves and 1 rock for the community. I encouraged them to paint positive words both on their rocks and the ones they were going to leave at different spaces in the community. This was fun for them and wrapped up the afternoon nicely.

❖ **Conclusion** – I asked them what they were working on with their project. I tied what we discussed into their project. I thanked them and they thanked me!