

SOUTHERN INDIANA

HEALTHY BITES

Nutrition Education Program
April 2025: Volume 1, Issue 2

WELCOME!

This quarterly newsletter highlights the regional work of the Purdue Extension Nutrition Education Program in Floyd, Clark, and Harrison Counties.

- **Cindy Finerfrock** is the Nutrition Education Program Advisor (NEPA) for these counties. Cindy's evidenced based, hands-on programming helps Hoosiers of all ages understand how to eat smart and move more.
- **Katie Davidson** is the Community Wellness Coordinator (CWC) for this 3-county region. Her policy, system, and environment change projects help make the healthy choice easier for Southern Indiana families.



PROGRAM HIGHLIGHT: Seniors With A Goal!

- Cindy collaborates with SWAG!/Seniors With A Goal coordinator Sherry Stroud & RSVP/Retired Senior Volunteer Program Tri-County Coordinator Leann Lindley, who serve programs that operate under grants from Hope Southern Indiana (hopesi.org)
- SWAGs main focus is to engage senior citizens in Indiana to meet for social, educational, and service-focused activities twice a month. They prep various sensory kits for Head Start programs. They also incorporate clients from RAUCH Day Program Fairmont Center in New Albany.
- Cindy provides 'Eat Smart Live Strong' nutrition education sessions at Sherry's member sites: Henryville Library, Ramsey Fire Station/New Salisbury, Tunnel Hill Christian Church, & host location CenterWell Senior Primary Care/New Albany.
- They have teamed up to promote engagement & recruitment with quarterly Themed sessions. Each includes how to swap ingredients in 'Colorful & Classic' Recipes to lower salt/sugar/fat.

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PROGRAM SESSIONS

Cindy completed programming with **19 partners** between January and March 2025. Sessions explored the benefits of **calcium & flavonoids** in Hot Cocoa, heart healthy **lycopene** in tomatoes, & the wide variety of nutrient rich green colored fruits & vegetables ...while helping find ways to keep physically moving during weather challenges.

SOUTHERN INDIANA NEP

CWC HIGHLIGHT: Growing Together Grant Awards

- It is going to be a busy and exciting garden season! Katie worked with community partners to apply for 2 Extension Master Gardener Growing Together Grants:
 - Harrison County was awarded \$1,471 to partner with Corydon Christian Church to start a community garden
 - Clark County was awarded \$1,448 to work with Family Ark/Lotus House to start a teaching and community garden on-site

Be on the lookout for more updates as these garden projects come to fruition over the spring and summer!

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Peppers and cabbage harvested for donation from Our Community Garden - a Purdue Extension Floyd County project

INDIANA STORIES AND SOLUTIONS

FOOD, INSECURE

This winter, Katie facilitated viewings of the new "Food, Insecure" documentary that features Indiana families' voices. This film is a follow up to the 2023 film "The Working Hungry", and focuses on understanding local issues and coming up with local solutions. Documentary viewings are accompanied by a facilitated group discussion. We hope that participants learn new things about the people in their community and are inspired to act!

If you are interested in hosting a viewing of either of these 30 minute films with a guided discussion, reach out to Katie for more information.

Both "The Working Hungry" and "Food, Insecure" can be streamed for free at <https://workinghungry.org/>.

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INITIATIVES

From February 2024-January 2025, Katie worked on 21 different initiatives throughout Southern Indiana, focused on increasing food and physical activity access. Many of these included writing and securing grant funds, along with coordination of volunteers and logistics.

CONTACT US

FOR MORE INFORMATION!



Katie Davidson
Community Wellness Coordinator
davidskm@purdue.edu
(334)412-8981



Cindy Finerfrock
Nutrition Education Program Advisor
cfinerfr@purdue.edu
(812)948-5470