



Food \$ense Staff WSU Mason County Extension

Robert Simmons, County Extension Director, simmons@wsu.edu

R. Jeanne Rehwaldt, Food \$ense Coordinator, rehwaldt@wsu.edu

Jeanne joined the Food \$ense staff in September of 1999. Since then the program has grown from a few lessons in a few schools, to a major presence at many Mason County schools. Five nutrition educators join Jeanne in teaching classes and spreading the word about healthy food and physical activity choices. Her work as coordinator of the Master Gardener program ties nutrition education to growing school gardens where students learn where their food comes from and enjoy a salad party at the end of the school year.

Diana Castro, Food \$ense Educator, dcastro@wsu.edu

Diana has taught with Food \$ense since 2001. She teaches bi-lingual Spanish and English classes at Evergreen Elementary in Shelton. In 2010 Diana was fortunate to receive her own classroom space in the school where she has many fun nutrition related visuals on display.

Pamela Lyons, Food \$ense Educator, pllyons@wsu.edu

Pamela Lyons joined Food \$ense in 2002. She plays as a Nutrition Educator with the first through fifth grade children at Mountain View Elementary in Shelton, WA. In addition to being a healthy eating & physical activity coach, Pamela enjoys many outdoor pursuits, dancing, theater, baking & cooking, and volunteering. She also thinks her students & families, and her fellow Food \$ense co-workers are The. Best. Ever!!!

Theresa Gorman, Food \$ense Educator, tagorman@wsu.edu

Theresa joined Food \$ense in 2003. She teaches the students and parents at Pioneer Primary and Intermediate schools.

Karen King, Food \$ense Educator, karen.king@wsu.edu

Karen just began teaching with Food \$ense in 2011. She works with the students at Hood Canal School and with participants at the Squaxin After-School program.

Katie Wolt, AmeriCorps Member, kathryn.wolt@wsu.edu

We are lucky to have Katie, an AmeriCorps member, teaching classes at Mary M. Knight and Pioneer schools, and with the 4-H After-School program at Bordeaux and Mt. View Elementary schools. Her enthusiasm and zest for life is contagious with all the students she works with.