CONNECTICUT 20TH CENTURY AGRICULTURAL HISTORY PROJECT

ORAL HISTORIES

Interviewer: Luane J. Lange

Name of Person Interviewed: Helene Jensen

Date of Interview: August 18, 1998

Transcriber: NIM Transcription

Interviewee Address:

Q: It's Tuesday, August 18th. Luane Lange interviewing Helene Jensen who has retired from the Food and Nutrition Program at the University of Connecticut.

   Helene, where did you attend College?

A: At the University of Missouri and at the University of Connecticut.

Q: And what were your Majors?

A: My Major was Food and Nutrition at the University of Missouri and it was Nutrition at the University of Connecticut.

Q: Where was the Nutrition Program at the time you did your work?

A: It was in the Department of Nutritional Science. It was...I'll give you a date. These degrees are a little...quite a distance apart. I graduated from the University of Missouri in 1951 and I graduated with an M.S. in Nutritional Science in 1983 from the University of Connecticut. And then later on, I worked on my Ph.D. in Education and graduated in 1996.

Q: You have a kind of a traditional kind of...of woman's timing in those degrees. You were raising a family?

A: Raising a family and then I...I worked all those years.
Q: Okay. Um hmm. What were your first connections to nutrition? What made you choose that as a Major?

A: The fact that I was being married in 1947 when I was eighteen years old and I thought I needed to know something about preparing food. That was my original interest.

Q: And then how did you...you go from that into when you went back to school?

A: Well, I had worked in an area of large quantity food production all those years and certainly had an interest in preparing food. My original job position was at the University of Missouri running a resident hall food services. An example is, feeding fourteen hundred men three meals a day, seven days a week. Then later I moved on to working in a hospital. Of course, in the meantime I had gotten an administrative internship...did an internship at the University of Missouri first. Then when I moved to Connecticut I started working in a hospital. So certainly I had worked with special diets and so forth and so I was very interested in nutrition. And then I moved...well I worked in the school lunch program. Then later on I went to work as a member of the Food Management Team in the Nutrition Program at the University. While working there in this program, graduate students suggested, they work with me, “Helene, you would love some of these courses.” And I went over and took a course or so. This is of course, thirty years after getting a B.S. and I did love just learning and going to school so I...even though I worked for the Nutrition Program I kept taking courses and then developed Nutrition Ed material for the Program, for the Nutrition Program that was funded in the Department of Nutritional Science.

Q: Now, let’s go back a minute. What were you doing in Food Management?

A: In Food Management, we were...there was a team of forty people hired for this Nutrition Ed Program. My duties then were to train managers in the school lunch programs. I did training in purchasing, meal planning, sanitation, many subjects. And so my expertise of about thirty years of food management was used to help the school lunch Directors.

Q: So this was an outreach program of the University’s Nutrition Program to train food administrators for the schools?

A: Yes. We had four goals if you’re interested in those and for the Nutrition Ed Program: to teach students the nutritional values of foods and interrelationships of food, nutrition and health; to increase the competency of food service personnel in nutrition, menu planning, food production and food service management. The third goal was to increase competency of teachers as nutrition educators so eventually they’d go out and train teachers. The fourth goal was to provide access to current nutrition, education and training materials and this we did by setting up materials in libraries and schools and so forth that they had access to. Those were our goals.
Q: When the people took part in this program, was it part of a degree program?

A: It was not. The degree part was...well, I have to back up. We did have graduate students to assist. Most of these forty people I’m talking about though were professionals in their field. Some of them were consultants part-time and we had...we h...we started actually in January, 1979 and we had a budget of about $370,600. But through the years, of course, that budget changed to where the program is today funded for about $5,000.

Q: Oh. Was it in cooperation of the State Department of Health?

A: No, it...

Q: Of Education?

A: Yes. The money came from the U.S. Department of Agriculture. It came to the Education Department, the section of Child Nutrition and from there it was contracted out to the Department of Nutritional Science at the University of Connecticut to supervise and run the program.

Q: And you and the other people went out to deliver these programs to existing food service administrators or did they come on campus?

A: It worked both ways. We had special courses on campus but we did try to reach them. We had at one time three different offices. We had an office in Hartford, we had an office in Stamford and an office in Storrs. And so from those places we did the outreach directly to schools. These were mostly the public schools, but was not restricted to that. It didn’t make any difference. If there were children in correction facilities, we went there. We went to daycare facilities. We went to non-profit organizations that dealt with children. We went to all different kinds of facilities.

Q: And so how was this whole program structured? Well, first of all, were...were these at the University Branches in Stamford and Hartford or held other places?

A: Well, we used their buildings, their facilities. We used what is now part of the Law School in Hartford. In Stamford, we used part of their facilities to house our offices.

Q: And how was it structured administratively? How did it work?

A: Well, we had someone in charge of each team and of course, the teams were...one dealt with food management, one dealt with nutrition education, one dealt with daycare centers. We had those team leaders. The program was originally was set up with Jan Cykowski from Extension in charge of it with Lois Selnow in charge at the Department of Education in Child Nutrition Programs in Hartford. These two women received the original funding for this program.
Q: I've talked with Jan on the phone and she told me to come back and talk to other people. That they would (Yes.)...give a little more input into it than...

A: Lois Selnow would be happy to talk to you too. They are the originators and they need a lot of credit. They had this...well she told you, the original program that started this...they got this funding in '78 to '79. We kind of had an overlap of two years of funding. But we really got off...started in January, 1979. I started out as a Team Leader in Food Management but because of my administrative experience I just sort of migrated to being a...actually a leader of the group un...working under Jan Cykowski.

Q: What stands out most about that program that you enjoyed or felt made the most impact?

A: I have to think about this a little bit. Well, we did begin to see changes in children's behavior in...in the school lunch program and in making food choices. We did work a lot on a breakfast program and of course, that's being worked on much more, stress the importance of breakfast. These things were exciting. We were excited in finally having some training for food service people who had basically, you are probably aware that, originally a food service worker in a school was a mother who could work part-time but they did not have any training in large quantity purchasing or preparation or meal planning actually, in that form. Of course, they planned well for their families but it...there's a different situation in an institutional kitchen. So it was so exciting to finally for the first time, have some training which had never been offered before. The other thing was to work with Nu...with teachers. We went out and I actually in time, conducted classes with teachers, would travel and they would come. We were so pleased because they were not reimbursed to come to our classes but they were interested in nutrition and of course, they had immediate contact with the students, more than we did at times. And so that was exciting and of course, there's still such a need. We haven't scratched the surface for the training in Nutrition Ed with the children or the food service people.

Q: At these schools, were there any people who were hired as the head of their individuals programs who came in with some kind of experience?

A: No. We offered information but they were strictly volunteers.

Q: Interesting. So the...the school programs were then...with these parents, they were paid, or were they volunteers?

A: Oh, you're talking...you're talking about working in the kitchen?

Q: Yes, uh huh.
A: Oh, those were beginning to be paid. They were paid but, again, when they came like in the summer for training, we offered a two-week course in an institutional kitchen here at UConn, they did that on their own time. And really we actually sponsored the course and maybe did a little bit with housing for a few days but that was all.

Q: Back years ago, if you majored in Home Economics Education you took courses so that you could run the school lunch program.

A: That is correct.

Q: I mean, three courses, maybe, but that’s what was supposed to prepare you.

A: Right.

Q: Were many of these people Home Ec teachers back then?

A: Not very many, there were some certainly and there are some now in the schools now that have a lot of training. They may be a registered dietitian. We’d like to see lots of them in the schools but again most of them that are directors have just worked up through the ranks. You’ve got to admire them. They do their best but there’s always plenty...there’s always lots of training that is needed in this area.

Q: What do you feel about some of the changes that are taking place where some of the schools now are contracting with outside commercial groups to come in and run their kitchens, their dining rooms, their cafeterias? Some of them have McDonald’s and others. I mean, I don’t want to just (Right.)...name just one but they...do you have any feelings about that?

A: Well, I have feeling about in that it’s commercial and they have to make money. Now again though, I have to go back and say that school director has to make money too. She has to break even. The schools will not subsidize that food service director very much. So she has to learn management and so she can run that program but I feel basically that there won’t be money skimmed off the top immediately from a program that is run by the school. I feel strongly that I’d rather see it run by the schools but when you talk about the commercial companies, some of them are good. They’re only as good as the manager they put in there when they run the program. But they have a lot more skill in advertising and selling the school board on promoting their meals and so forth then the directors do. Now our...some of our directors are getting better about that but...

Q: Are the school lunches still Federally supported?

A: Yes they are. Not as much as they once were but there is money for...I don’t know the amount but there is money for...to feed...to have free lunches and to have partially supported lunches. And now there is a real need to have free breakfast in the school
because children do not...even if the family has money, the child may not eat before they come to school. Mother’s rushing off to work and they may not be interested in it and it would be wonderful if we offered free lunch...free breakfast to everyone in schools and there wouldn’t be an stigmatism toward the child who was coming from a poor family.

Q: So how long then were you involved in the community nutrition program?

Q: That’s a long time huh? Who were some other key people that you remember that that stick out in your mind?
A: Oh, we had lots of key people. Pru Holton was the Team Leader in Nutrition Ed. Arlene Edmonds was a Team Leader in Child Nutrition and the Daycare Programs. I can’t begin to tell you...they’ve...all forty were really devoted, outstanding people. Marilyn Rickey is an outstanding Nutritionist and Food Management. A lot of the people had a combination of training in both areas. We had...
(Tape interruption.)

Q: The program has been cut back as you said originally, quite a bit. I have run into a couple of people. What are some of them doing now? Have...have these programs been taken over by schools? Who does the training now?
A: Let’s see. I have to think how it’s being d...Susan Bjorklund is in the...in the Child Nutrition Department of the Department of Education. Since a small amount of money comes there, she does still sometimes contract with the University. I said only $5,000 coming out here, now, so it’s very limited what they can do. They do though, offer a few workshops. I know Ellen Shanley has done something for them and I’m...I’ve gone blank about the girl that’s been working with that program. You probably...maybe you know who’s work...she’s pregnant and she’s not working right this minute and I can’t think of it.

Q: So basically the training is now done by a different group of people or they are not being trained?
A: They are...

Q: Or they’re hiring different people who are already trained?
A: Well, they don’t have any money to hire anyone.

Q: Oh, I mean the schools.
A: Oh. The schools are...what is happening is that a school lunch director is training is offering training to her peers or her colleagues...is what’s happening. You have...there are directors out there that are dietitians or maybe have had a lot of nutrition ed and they...or have a lot of experience in management and they are helping by offering training. Maybe paid a little or maybe volunteering to train the other school lunch directors.

Q: And then other school directors who have more knowledge do their own training? Is that...?

A: Yes, within their own system. And a lot of training is just come in and work with someone. And in other words, what’s wrong with that sometimes is that if that particular worker has some bad habits then the new employee picks up the same habits.

Q: What were your...your day’s schedules like?

A: Well, you had to be very flexible because you drove clear across the State. You couldn’t work regular hours and you may get home very late at night and you may get caught in traffic it’s...And you had...I had to learn to relax even about getting to... Of course, thank goodness Connecticut’s a small State but if I was going to be in charge of a workshop and I just had to...I did start always very early but just say I would arrive when I could. And I only remember one incident when I had a flat and I was going down to Deep River, which is not so far from Storrs, and I drove on that flat tire to a filling station. They said they would have it fixed in about an hour. I called ahead and told the director of that food service what to do until I got there and I said I’d be there when I can. But as a...as a rule, it always worked out but I had...I had to talk to myself to become more relaxed about it.

Q: What were some of the key problems that you faced doing that kind of a program? Maybe from the beginning and it...did it change along the way?

A: Let me think about that. Maybe you shut if off in a second. (Tape interruption.)

Q: We were talking about what were some of the key problems that...that needed to be faced.

A: Well, I think one of the biggest problems is getting people to change. Now this may be in food production. If I’ve always done one way or if I just shine the apples and didn’t wash them, well, it’s easy to revert right back not...not to change. And also it has to do with teachers not being interested in teaching nutrition saying, I have too much...too many other things to do. They do have a lot of other things to do or maybe not seeing the importance themselves or having different habits. Maybe they were strictly vegetarians and so they wanted to convert their whole class to vegetarians.
The other changes were with children. They had their customs, they have their food likes and you certainly have to face the fact that they have their food likes and some things will not change. Children who absolutely have never eaten breakfast, just because you talk about the importance of breakfast and help learning, is not necessarily going to change them. So I've found change in all these areas very difficult. And you really have to involve parents. I can't stress that enough. It takes parent involvement to make any changes. If vegetables and fruits are not consumed at home, at an early age, you're not going to get those children to eat vegetables. We did better when we did raw vegetables and had them dip them in some kind of a dip or something then... otherwise they would not eat vegetables. They perhaps, some like corn, some like green beans but the majority of vegetables... I don't think that has changed even to this day.

Q: How did you get to some of the parents? How could you get to them?

A: Well, we did have newsletters for parents. We also had meetings with parents at night. When we were starting the program in a school we worked with parents trying to get them involved in... in the... at least know what was going to happen in the school. And also in some of the things that I developed... I sent newsletters home for parents to sign, some activities that sort of involved parents. But it is not easy to reach the parents.

Q: Did you need to rewrite materials much or were these things available? Did you have to start from scratch 'cause Food and Nutrition is not that old.

A: We did have to start from scratch and that's what we spent a lot of time on was developing materials. I developed materials and other people developed materials and also in a way to help raise funds, we did give free materials to schools in Connecticut but we did market materials to other States. Other States were having... the whole United States was working on this. So they were all developing materials so we did look at other States' material and other States liked our materials. That was a way that later on I helped sup... it did help support the program and then also I looked for additional funding. Of course, this had to do partly with my education but I went out and got a few dollars from Metropolitan Life to develop a what I call a "breakfast team program" to promote breakfast. But the materials we worked on we spent a lot of time. We used consultants to help us on develop materials. Of course, what... what happened was we went... we were doing very well for about three years and then less and less funding and then less and less people and that made it difficult to develop any more materials and difficult to do very much training.

Q: So your primary audience was made up of school personnel who were in charge of cafeterias and lunch rooms and then pre-school children and... and their parents and staff and then also the children... elementary school children in school. Did you work at the high school level too?
A: Yes we did. Yes. We went to anyone under eighteen in any place. Of course, it was a real experience to go to correction centers for us which we…we actually trained people in the correction centers as far as what…how to prepare foods and try to get more nutritious food. We even look at the menus in the prisons and did some work for them. We went anywhere and everywhere. Sometimes it was difficult to get into a system. That was a problem area. If the superintendent and the principal in charge was not sold on the idea of giving time for nutrition programs then there wasn’t a heck of a lot you could do.

Q: Did this kind of sift down to the health programs?

A: Certainly it did. We had good connection with the Health Department and they have some nutritionists. And most of your nurses were interested because they often had to get out a jar of peanut butter and crackers and feed hungry children in their schools or solve problems in the middle of the day. And teachers had to do it, too, the ones that appreciated the problem. See people…parents didn’t even realize that their child perhaps, or that they, could qualify for a free lunch. They didn’t even know that free lunch or breakfast existed. It was important to get the word out and we got companies to help us sometimes like with that. Like Northeast Utilities made flyers or placemats and even used them in McDonald’s to tell about a school lunch which was interesting but companies would help. There were people...

Q: They did printing costs for...

A: Um hmm, they did.

Q: Now what about…did the teachers ever incorporate going back to health. Did the teachers ever incorporate...in the health curriculum for elementary school there used to be a little bit on nutrition and health. So this would supplement this?

A: Yes, it would…it would. The nurses came to our classes and received materials the same as teachers, you know, as the teachers and they were interested.

Q: Okay, were there any technology changes that…that changed your work at all? Did you change in how you presented it, through all your audiovisual things or did...

A: Well, we always h…used audiovisuals. We used a combination of things and we’ve always felt we had to tell the same thing three different ways to all people. And so then if we found one thing wasn’t working, we changed it and did away with things that were not successful. Tried to but always we had…we had good audiovisuals. We previewed them. We purchased them to go in those resource facilities where teachers could borrow them afterwards and use them and so we did have…But there wasn’t…there actually wasn’t so many things out there. But we did purchase what we could and we…the same thing is true with Nutrition Ed materials from other places but we also, by having graduate students, we were always working on developing things.
There was new things coming out. And of course, it’s a job to keep nutrition information up to date ‘cause we change our minds every few days.

Q: How do you feel about some of the new...now that...I joined Extension when they (USDA) were just going to the use of more carbohydrates in the program and now they’re doing some other things. How do you think that’s changing and also there’s new, you know, this great interest in health now and (Yes.)...but I don’t know how many people follow through on it.

A: Well, I think we do need...we still need nutrition ed in the schools and with the young children and with parents as much as ever and we need basically...My feeling is that just moderation and not go to extreme on one particular item, with carbohydrate or fat or whatever. That’s my feeling about it is to stick with moderation and of course, more exercise has to be stressed. That’s what I had developed already in this breakfast team thing...was an exercise...even did exercise in the classroom. I...when I did the research on it in the North-end of Hartford I had the students exercise with me and I’m not an exercise specialist but we had a good time and I felt that was crucial too.

Q: Um hmm. You were ahead of your time weren’t you. Yes.

A: I always have been in lots of respects. Marrying early and going to school and working. All that combination and very few women were doing it and some of these things I did. I also worked with stickers as reward for...as we taught nutrition. That was rather new and that was something I learned in that very first course I took in my Master’s degree. I noticed teachers were using rewards, why couldn’t nutritionists use rewards and it wasn’t a food reward. It was a sticker. And now they’re used all over to promote school lunch.

Q: That’s amazing.

A: Isn’t that all over the United States?

Q: Yes. What other kinds of things do you think were happening? You mentioned some things were happening across the country in nutrition. Did you have any affiliations with other countries beside...?

A: I did not at that time. That is going on now with the other countries. We have a Janet Bentley who used to be in Child Nutrition over in the Department of Education. I had contact because I was on the national board of American School Food Service, I had contact with all the other NET directors. We had a whole organization and now there is training offered down in...There’s some funding for NET coordinators and it’s offered down in Mississippi. They have set up a...a training program.

Q: Like an institute that they run?
A: Yeah, that’s the word, thank you. Yeah. So they have at least twice a month...twice a month? How about twice a year? Have leaders brought in. But until NET, Nutrition Education Training, is funded...it’s very difficult for anyone to attend those institutes. Sometimes someone goes directly from the Child Nutrition Program in your State Department of Education.

Q: All right and then people come...other countries send their people to be trained too or do people from here go there?

A: People from here go there and I...I have just had an invitation to go to Russia but I do not plan to go because of health reasons.

Q: That’s interesting.

A: They’ve been going to China. They went to Africa. Ellen Shanley went to Africa. We are, I think, in demand to help other countries. I wouldn’t say we’ve solved our own problem but of course, we have a lot of materials and advantages that would help other countries. And of course, it’s a small world now. With computers we’re all connected.

Q: We still have in Connecticut, three of the poorest cities in the Country. Is that what you’re referring to?

A: Oh, yes. It just makes me so sad. You see for research I did go the North-end of Hartford and work in the schools. There’s so much that needs to be done. You know, some of us have so much and some have so little and the outreach to those parents and those children and nutrition is not making it. For one thing, how can you teach nutrition if you haven’t got any food in your house to eat?

Q: So did...in your nutritional education, did you also get into then, money management?

A: I did not in this particular instance. We didn’t. We never got that far.

Q: Were there surplus foods available to them at the time? This has been cut way back too.

A: There were some things but we...we didn’t do that. I mean, that I’m sure should have been done and I’m sure...I think it is done by Extension some, certainly. But we really wanted to set up...ideally. I’ve felt that this was just an idea and it never did materialize but I just wanted to see a community resource center. Maybe it’d have...certainly have medical and nursing and everything but have nutritionists right in that community center to give out all this information where somehow you just...they could walk to it, the center and get any materials they needed and really learn that school lunch existed that commodity foods existed. Where did you go and oh, give them transportation to get there. This is another problem in the city. But I thought...
Q: Go on about the transportation. How...how do you mean that?

A: Well, I mean that if we don’t have really a local community center for them, they can’t get to...well, they...maybe isn’t it...there won’t even be a grocery store or there won’t be markets with fresh fruits and vegetables and they can’t get to it and they...and then if you first come to this Country and you...someone doesn’t reach out to you right in your neighborhood, you’re not even going to know this place exists, this community center where everything is going on. Except maybe by word of mouth. Let’s hope it would work but they got to have transportation to get to a place and feel safe going there.

Q: Some people, because of the quantity of groceries they need, they...they spend their food budget taking a cab to go to a market removed from their house and it’s amazing what’s spent on a taxi.

A: Yes. You probably know that whole area more...better than I do, but I know that it’s a real problem. And then see, they don’t have a...they don’t have people to take care of their smaller children while they’re even talking to someone or to...or they’ve got to take...this is why they don’t get their get their inoculation shots all other kinds of things. If you have three or four children and no one to sit and no money, how do you get to the facility and then also how do you cope with what’s going on in this facility and are you made to feel welcome when you get there? It is a serious problem for those families.

(End of side one.)

...classes in the North-end of Hartford. They knew what day was going to be my last day and I want you to know, they surprised me with a...a well-planned nutrition party. These fifth graders...and I really of course, didn’t expect this, and this wasn’t easy for them because they really had limited funds and limited time but they did give me a party. The other wonderful experience was to go to the last meeting that particular year when I was retiring with the Connecticut Food School Service Association and their entire program was in my honor and I was thrilled with that. I was thrilled with the meetings with teachers in that they pleaded with me to come back and do another course with them. So I knew they really enjoyed or they wouldn’t be asking me because this...they came to these classes after they’d had a day at school. So those are some bright moments but there’s been lots of bright moments. I just can’t put my finger on them at this moment along the way.

Q: You...you’ve kept on a long time and then you pursued this even after you retired to finish you degree in Education, which is...is amazing. You have a lot to contribute. Are there any kind of personal friendships or stories that you...that resulted from your work?

A: Oh, yes. There’s lots of personal friendships. I don’t know where to begin. There’s personal friendships all over the United States that I’ve made that I’ve...we’ll receive
A: Yeah, that’s the word, thank you. Yeah. So they have at least twice a month...twice a month? How about twice a year? Have leaders brought in. But until NET, Nutrition Education Training, is funded...it’s very difficult for anyone to attend those institutes. Sometimes someone goes directly from the Child Nutrition Program in your State Department of Education.

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A: Yes. You probably know that whole area more...better than I do, but I know that it’s a real problem. And then see, they don’t have a...they don’t have people to take care of their smaller children while they’re even talking to someone or to...or they’ve got to take...this is why they don’t get their get their inoculation shots all other kinds of things. If you have three or four children and no one to sit and no money, how do you get to the facility and then also how do you cope with what’s going on in this facility and are you made to feel welcome when you get there? It is a serious problem for those families.

(End of side one.)

...classes in the North-end of Hartford. They knew what day was going to be my last day and I want you to know, they surprised me with a...a well-planned nutrition party. These fifth graders...and I really of course, didn’t expect this, and this wasn’t easy for them because they really had limited funds and limited time but they did give me a party. The other wonderful experience was to go to the last meeting that particular year when I was retiring with the Connecticut Food School Service Association and their entire program was in my honor and I was thrilled with that. I was thrilled with the meetings with teachers in that they pleaded with me to come back and do another course with them. So I knew they really enjoyed or they wouldn’t be asking me because this...they came to these classes after they’d had a day at school. So those are some bright moments but there’s been lots of bright moments. I just can’t put my finger on them at this moment along the way.

Q: You...you’ve kept on a long time and then you pursued this even after you retired to finish you degree in Education, which is...is amazing. You have a lot to contribute. Are there any kind of personal friendships or stories that you...that resulted from your work?

A: Oh, yes. There’s lots of personal friendships. I don’t know where to begin. There’s personal friendships all over the United States that I’ve made that I’ve...we’ll receive
e-mail from them at this point. What's going on and what are you doing and then for a great deal of time I maintained friendship with the entire team. I saw that we got together and that was wonderful experience even after they were in other positions. I haven't done that recently but I did for along time. I maintained contact with the two people that started this program, Lois Selnow and Jan Cykowski. I talk to them on the phone and enjoy so it's lasting friendships, lots of them. And also it's interesting and I'm sure that if I stopped in a lot of schools across the State of Connecticut, there'd be someone there would say, "Oh, I remember you were here." And it's interesting because every tow...every city we drive to if I can't find my way around, I can always find the schools.

Q: We do develop a way of getting around cities don't we?

A: Yes.

Q: Is there anything else you'd like to add to...to this about anything that...that just kind of pops into your head?

A: Well, the best thing that ever happened to me was to leave food production and go to the University and start working in this program and then...and going back to school. It was a...it was a major change, I made a good salary as an Administrator of Hospital Food Service and my family couldn't understand how I could leave that job. And I said, "I need a change." And I went but I never dreamed that I would get two advanced degrees after...at this time or that stage of my life, but I've enjoyed and the whole thing has been a learning experience, the whole program. I learned a lot about Connecticut. I learned a lot about the schools and I...I learned that a principal in a school sets the whole tone of the activities and what goes on in that school.

Q: Thank you so very, very much for taking the time. This has been a discussion, an interview with Helene Jensen. Thank you.

A: I'm talking about the affiliation of the NET Program with the University. The thing that happened was if we were developing a fact sheet on a particular vitamin, of the faculty in the Department, there was usually an expert in that area and so they would help review. Or if you had a question would...such as spinach, was that really such a good food? You could go to Dr. Allen and she could tell you whether it was cutting down on the absorption or something else...in other words, we could really get feedback immediately on our fact sheets; whether this was the latest knowledge to be putting out to the State of Connecticut.
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