

# Cooking classes move online during pandemic

By **JADE MCDOWELL**  
NEWS EDITOR

Angie Treadwell considers herself a people person.

The Oregon State University Extension Service nutrition educator in Hermiston usually spends her days teaching cooking classes to families, senior citizens, students, school nutrition staff and other groups. But since COVID-19 put a stop to those interactions, Treadwell said she and the other nutrition staff have missed them.

"It's been a huge shift for us," she said. "We all really like people, so it's been interesting."

Treadwell has continued teaching some classes over the video chatting app Zoom, but where she has found real success is in creating her own cooking show on YouTube with her two daughters. So far, she has posted five free videos to [foodhero.org/food-hero-cooking-show](http://foodhero.org/food-hero-cooking-show).

"I've gotten such good feedback, especially from families with young children, that I will probably continue it post-COVID," she said. "People like that they can do it on their own schedule."

The videos, between six and



Photo contributed by Angie Treadwell  
**Angie Treadwell, left, and her daughter Acelyn Treadwell pose with a dish from their new cooking show.**

12 minutes long, walk participants through simple, nutritious recipes, such as a broccoli and beef stir fry or the Pop-eye Power Smoothie. Each recipe comes from the Food Hero website, where the extension service provides free, healthy recipes searchable by what ingredients families have on hand.

Treadwell's 15-year-old daughter Ashley uses the skills she learned from past video production classes with

Armand Larive Middle School TV to shoot and edit the videos, while Treadwell's 8-year-old daughter Acelyn assists her on screen.

"She's excited to be a star on YouTube," Treadwell said.

She said the videos take a lot of work behind the scenes to produce. She has to get the kitchen camera-ready and make the dish the night before to show off at the beginning of the video what the finished product will look like. She can't show any brand names on the video, so ingredients must be removed from their packages and placed in unmarked bowls or other containers. Videos must clearly show all the steps, but edit out unnecessary waiting.

"There's no script," she said. Treadwell said other staff plan to start posting videos in Spanish soon, and the Hermiston Public Library has asked Treadwell to do some videos for their summer reading program participants as well.

Treadwell has also continued teaching classes on Zoom to her Snap-Ed class, which, through a partnership with Umatilla Morrow County Head Start, drops off fresh ingredients to participants before each

class. Treadwell said the classes can be fun, but she has also witnessed a few "little disasters."

"I can't reach through the screen and help them, so that's hard for me," she said.

Treadwell's job with the extension service is about helping people live healthier lives, so beyond teaching cooking, she also teaches participants skills, such as substituting ingredients for healthier ones or comparing labels on packages in the grocery store.

Some events she usually puts on in the summer, such as Screen Free Week celebrations and the Family Health & Fitness Day, have been put on hold by the pandemic, but Treadwell said she is happy to have found a way to use video to do parts of her job. She said she wants everyone to know that the Hermiston Agricultural Research and Extension staff are still "very much available."

"The best part is working with families on something useful to them," she said. "When you cook a lot, you take for granted everyone knows things, but the thing I've learned in this job is that not everyone does."

**IN BRIEF**

**Recruitment underway for next REAL Oregon class**

The Resource Education and Agricultural Leadership Program (REAL Oregon) is looking for members of Class 4 after its third class recently graduated.

The program is a partnership between stakeholders in the agricultural industry and others that have "recognized the importance of developing and grooming natural resource leaders now and in the future," according to a news release. It brings together class members from across the state to network with each other, learn about natural resource sectors in the state, gain leadership skills and learn how to navigate government and media relations.

Class 3 graduated after holding their final class virtually in March.

The fourth set of classes, which will begin in November, will see some adjustments due to COVID-19. REAL Oregon board member and curriculum chair, Lauren Lucht said in a statement that these changes will not take away from the programming or this distinctive opportunity.

"The COVID situation has created challenges to be sure, but it has also created opportunities and could, in fact, make for an even more unique and rewarding experience for participants," she said.

The deadline to apply is July 24, 2020 and information about applying can be found online at [www.realoregon.net](http://www.realoregon.net). Twenty-five people will be chosen to participate. Tuition is \$2,000 and participants will be responsible for their own lodging and travel costs.

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**184 Personals**

**CLASS OF 2020**

*Avery, we are so proud of you. We hope all of your dreams come true. We love you and wish you success in attaining your goals. Grandmother and Grandfather Vandever*

**184 Personals**

**CLASS OF 2020**

*Congratulations Auralia M. Heay on your completion of high school. You have made so many people proud in your family and the community for your accomplishments. We love you very much!*

**184 Personals**

**CLASS OF 2020**

*Congratulations to Pilot Rock High School Senior, Logan Weinke Logan will graduate as Valedictorian of his class and has been a three sport athlete all four years of High School. He had been selected to play in the 2020 Shrine Game. Logan plans to attend Eastern Oregon University in La Grande and looks forward to playing football as a Mountaineer.*

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**CLASS OF 2020**

*We, his family are so proud of him, he is my oldest son, he is going to Western Oregon University to study an Education Career.*

**CLASS OF 2020**

*Mikena Gene Ruth 2020 honors Graduate from Pendleton High and BMCC. Mikena's higher education plans include attendance at OSU, where she will focus her study and organizational skills towards achieving her goals. We will miss her, but are so happy for her. Love, Aunt Sue and Richard*

**CLASS OF 2020**

*Kylie Rose Mountaichief Nixyaawii Community School*

*Congratulations! Words can't express how proud of you I am. I've watched you change from a stubborn independent little girl to a determined and confident young woman. You never quit and overcame every obstacle set in front of you. Best of Luck at UNLV! Love Mom and all your family*

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*Congratulations Kayla Humphrey, Umatilla High School. We wish it could have happened at a happier time for you, but I hope it helps to know how loved you are and how proud you've made all of us who care about you. Love you lots, Grandma, Grandpa, Mom, Dad, Chris*

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