

Food Stamp Nutrition Education Program

MOUNTAIN PLAINS



2004 Regional Report

Sponsoring Agencies:

United States Department of Agriculture
Cooperative Extension Services
Public Health Departments
State and Local Food Stamp Programs
State Universities:

Colorado, Iowa, Kansas, Missouri, Montana,
Nebraska, North Dakota, South Dakota,
Utah and Wyoming

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Goal of the USDA Food Stamp Nutrition Education Program

To provide educational programs that increase the likelihood of all food stamp recipients making healthy food choices [within a limited budget] consistent with the most recent dietary advice as reflected in the *Dietary Guidelines for Americans* and the *Food Guide Pyramid*.

Implementation

State agencies charged with administering the Food Stamp Program for the USDA (e.g., Department of Health and Human Services and Department of Social and Rehabilitation Services) contract with the participating Cooperative Extension Services (CES) and state Public Health Departments to develop and deliver nutrition education programs. In turn they partner with a wide range of state and local agencies/organizations to identify target audiences for nutrition education and to foster collaborative efforts in implementing nutrition programming.

FY 2004 Federal Funding for the Mountain Plains States

Federal funds requested:	\$17,512,707
Match provided:	\$18,175,367
Total:	\$35,688,413

Participant States*

Colorado*	Missouri*	North Dakota	Wyoming
Iowa*	Montana	South Dakota*	
Kansas*	Nebraska	Utah	

**These states also have Nutrition Networks*

Community Partners

The strength of Food Stamp Nutrition Education largely lies in its community partnerships with organizations and agencies. They offer a wide range of resources such as referral of eligible participants, team teaching, meeting space, child care and transportation, food demonstration supplies, interpreters, equipment and cash donations for supplementary resources.

Typical Partners:

Adult and Childcare Providers	Hunger Coalitions
After-school Programs	Indian Health Services and Clinics
Alternative High Schools	Learning Centers (ESL)
Area Agencies on Aging	Local Housing Authorities
Boys and Girls Clubs	Local Hispanic Centers
Commodity Food Distribution Agencies	Mental Health Agencies
Community Action Agencies	Nest (Empowerment Boards)
Community Colleges	Parents as Teachers
County Extension Offices	Parks and Recreation Departments
Department of Education	Public Schools
Department of Human Services	Religious Organizations
Even Start	Salvation Army
Food Banks and Pantries	Senior Centers
Food Stamp Offices	SHARE
Grocery Stores	Social Services Agencies
Head Start	VNA Operation Frontline
Homeless Shelters	WIC
Hospitals	WIN Program
	YMCA/YWCA

Demographic Information

Counties Served

Urban*	56
Rural	411

*(Populations greater than 50,000)

Total Number of FSNE Participants: 693,530

Youth (up to 5 years)	38,687
Youth (5-17 years)	309,303
Adults (18-59 years)	190,640
Adults (60 years or more)	60,590

Number of Participants by Gender

Female	426,223
Male	265,077

Ethnicity/Race of Participants

Whites	506,000
Hispanics	70,358
Blacks/African Americans	63,032
American Indians	37,928
Other	4,051

Types of Education

Direct Nutrition Education:

(Direct education is where clients are actively engaged in the learning process with an educator or interactive multi-media).

Number of individuals participating in Direct Nutrition Education:			
One-on-one	86,461	Group Education	1,336,440
Interactive computer/ web-based program	17,588	Self Study	430
		Other	590
Primary Locations where Direct Nutrition Education Takes Place*			
		Food Stamp Offices	531
		Schools	3949
		Other Youth Locations	664
		Emergency Food Assistance	82
		Elderly Service	736
		WIC Program	610
		Health Care	394
		Adult Education and Training	503
		Worksite	28
		Food Stores	35
		Homes	2202
		Other	293

**Based on limited data, the sites with the greatest number of participants are found at the following locations: schools, elderly services and WIC.*

Social Marketing Campaigns:

(For social marketing, all of the following have occurred: 1) a specific segment of the low-income population has been identified; 2) specific needs, associated behaviors and perceptions about reasons for and against changing behaviors have been identified in the target audience and 3) the message, materials and delivery channels have been tested with the target audience).

Summary of social marketing in the Mountain Plains Region
Activity sites: Examples: schools, congregate meal sites, point of purchase and media
Numbers of individuals reached: 723,000 (estimate)
Intervention levels (examples): Individuals, groups, organizations, communities, local policies
Key Messages: Examples: Choose a variety of grain Choose a variety of 5-9 fruits and vegetables daily
Primary Intervention Strategies: Print media (newspapers, billboards, posters) Radio, TV, and web Classroom education, parent handouts

Indirect Nutrition Education:

Indirect education is the distribution of information and resources including mass communications, public events and materials not reported under Direct Education or Social Marketing. (estimate)

Nutrition education information through the following methods:	Total frequency of distribution or total number of events:
Mass communication (e.g., radio, TV, billboards, posters, newsletters, etc.)	648,259
Print materials distributed (e.g., flyers, fact sheets, pamphlets, and newsletters)	2,079,149

Common Program Topics

Importance of breakfast	Infant and toddler nutrition
Importance of calcium	Meal time/ family time
Children's gardening and nutrition activities	Meals for one or two
Commodity foods usage	Media literacy (for youth)
Cooking with children	Nutrition facts labels
Cooking with herbs and spices	Physical activity
Dietary Guidelines for Americans	Pregnancy post-natal nutrition
Eat out	Preparation/ storage of produce
Eat Smart. Play Hard	Recipe modification
Electronic Benefits (via display)	Senior gardening and nutrition
Importance of fiber	Smart shopping
Fitness Guide Pyramid	Snacking healthfully
Food Guide Pyramid	Spanish recipes
Food resource management	Importance of water
Food safety	Working with basic ingredients

New Curricula or Materials Developed

Cooking for You or Two (for older adults)
Chef Charles Newsletter & Instructor's Guide
Educational calendar, fact sheets, newsletters
Food Stamp Office Referral Card
Gardening with Older Adults for Health and Nutrition
Giving Your Body the Best
Healthy You! (for individuals with developmental disabilities)
Family Food Cent\$ newsletter
Fix it Fresh
Kids a Cookin'/Kids in the Kitchen (KS/MO collaboration)
Spanish/English Cookbook
Toddler Time Nutrition

Outcome Measurements and Indicators of Program Impact

To assess our impact, a regional reporting form and evaluation indicators have been developed. The indicators are based on the *White Papers* which were written by committees appointed by Food and Nutrition Service to identify needs that should be addressed by Food Stamp Nutrition Education. The five topics are: diet quality, food resource management, food safety food security and systems and environmental change. Under each of the broad categories, the Mountain Plains Region evaluation committee developed indicators to assess program impact.

Dietary Quality

Number of participants who have indicated they either have moved closer to or plan to move closer to:

- 105,180 eating recommended number of servings from the Food Guide Pyramid;
- 36,367 increasing their level of physical activity;
- 59,242 following the recommendations of the current Dietary Guidelines and
- 58,798 increasing fruit and vegetable consumption.

A collaborative effort among FSNE, WIC and the Farmers Market

Problem: Overcoming the misconception among FSNE participants that fresh fruits and vegetables are too expensive to purchase.

Solution: A FSNE Nutrition Program Assistant, taught a fruit and vegetable lesson demonstrating easy snack ideas using fresh produce. She also worked with WIC to promote the Farmers Market in her county. Participants were given WIC coupons to be used at the Farmers Market to purchase fresh fruits and vegetables. The Program Assistant provided recipes.

Impact: Families are now using more fruits and vegetables in their diets. They have learned new ways of preparing them. Many are now going to the Farmers Market regularly and their families are enjoying the results! **(IA)**

FSNE lessons were taught to two men receiving food stamps and living in a low-income apartment complex. They typically had been purchasing frozen dinners, but after FNSE classes they tried some recipes and incorporated them into menus. They then used the menus from which to prepare shopping lists. They both agree they are spending less money on food and making fewer trips to the grocery store. And they are making better food choices! **(UT)**

"The Cent\$ible Nutrition Program (CNP) has put me in charge of my health. I no longer take fiber supplements because I get plenty of fiber the natural way by eating more fruits and vegetables and whole grains and legumes. Menu planning and making a complete grocery list has been itself empowering, because I save \$100 a month in my food budget while still having good nutrition. My family and I have replaced pop with fat free milk, 100% juices and water. CNP has taught me the importance of physical activity. With these changes in my diet and physical activity, I feel better and have more energy." (WY)

Food Budgeting and Resource Management

Number of people who indicated they have made or plan to make a positive or behavioral change in at least one of the following:

- 6,797 using a spending plan more often;
- 42,428 utilizing a menu plan;
- 34,229 shopping from a list more often and
- 35,971 comparison-shopping more often.

A FNSE client said, "I have never taken the time to stop and really look at what I have been paying for food. I just figured I was getting a great deal by buying food on sale. Since attending a FNP class, I have started looking at the unit price as I shop. I am saving about \$20 every month by making that simple little change in the way I shop for groceries." (ND)

Outcome data shows that FNSE does have a positive impact on the lives of program participants.

A client reported she was able to feed her family on available assistance (CSFP and food stamps) for the whole month and did not have to ask her mother for money for food. The NEP Assistant asked her what the difference was. She said that she used ideas that we had [Assistant and group] discussed when shopping and it really helped her to stay within her budget. She started using a grocery list and resolved to stick with it. The first couple of times was really hard but it got easier. She started comparing the price per pound of meat and not just the cost on the package. She said it made her feel good about herself to realize she could make a goal and stick to it and not have to ask her mother for help. **(NE)**

*FNP has taught classes at the Alternative School. A favorite was a lesson on skillet meals with students doing food preparation, cost per meal and serving comparisons. It was very well received and many students took the recipes home to share with their parents or to repeat on their own. **(SD)***

“The Grocery Store Tour last week was the first time some participants had ever shopped for themselves. They were given a budget, they planned a menu and wrote a list. They were so proud of themselves for finding the “deals” and they even included produce! Their planning paid off...they had money left over at the checkout counter.” **(MT)**

Food Safety

Number of participants who indicated they have made or plan to make a positive behavioral change in one or more of the following:

29,807 less often let food sit out more than 2 hours;
30,076 wash their hands more often before touching food;
32,433 keep raw meat separate from other foods more often and
1,263 cook meat and eggs thoroughly more often.

*A parent stated that her son used to have to be constantly reminded in class to wash his hands. She said, “Now he reminds me to wash my hands and has me sing the ‘Happy Birthday Song’ twice each time!” **(CO)***

A parent said that after my lessons, her 3rd grade daughter came home and taught me all about storing food properly and not leaving it out of the refrigerator. The parent said it really made an impact on her. **(MO)**

Food Security

Number of participants who indicated the following:

4,144 decreased the frequency of seeking emergency food assistance (e.g., food pantry, soup kitchen, etc.).
19,837 increased the use of available non-emergency food assistance (e.g., WIC, food stamps, school breakfast, etc.).

Number of participants who indicated they had enough to eat:

1,977 always 2,156 most of the time 23,110 sometimes 280 never

*A FNP Nutrition Assistant who was teaching at a WIC clinic had a parent [a single mother of three] come up to her FNP display. After the NA talked about the nutrition information on the display, she gave the young mother a food stamp brochure. When the young mother read the brochure, she learned that she easily met the income guidelines for qualifying for food stamps. She was very pleased that the NA made the information available and planned to contact her food stamp office right away. **(KS)***

System and Environmental Change

196 Number of new collaborating partnerships
235 Number of new collaborations with existing partners

A state university, county extension office, food bank and area agency on aging came together to work with more than 350 youth and their grandparents on the Meskwaki Native American Settlement. The diverse partners successfully gained acceptance within the settlement and brought unique contributions to the project. The university provided expertise in culturally appropriate health education; the food bank offered food packages to help attract people to the educational sessions at the congregate meal sites; and Extension facilitated summer nutrition education activities with the children when administrative barriers in the school delayed the project. (IA)

Barriers

Availability of unhealthy snacks
Basic needs to be met first (getting enough to eat is higher priority than nutrition)
Confidentiality issues with referral partners
Cultural barriers and language barriers
Competition with other activities
Establishing credibility with new and existing agencies
Funding/staffing budget cuts
Lack of program awareness
Lack of childcare and transportation
Lack of client knowledge of the connection between diet and disease
Lack of client motivation
Lack of financial resources
Lack of time/work schedules
Lack of teacher time/competition for classroom time
Learning disabilities
Literacy skills
Personnel changes at collaborating agencies
Poor communications skills
Pride and self-esteem; stigma associated with receiving food stamps
Recruitment difficulties
Transition of clients and/or no telephone

Summary

As we complete the 11th year of the Food Stamp Nutrition Education Project, the Mountain Plains Region continues to provide nutrition and food resource management education to food stamp recipients and applicants. Participants throughout the region have improved in diet quality practices as well as shopping behaviors. Outcome data show that FNSE does have a positive impact on the lives of program participants.



Colorado Highlights

The Colorado Nutrition Education Plan is comprised of four components.

The **Colorado Nutrition Network** is a statewide collaborative alliance with the mission to link together public and private organizations to promote and coordinate nutrition education for low-income Coloradans. The Network has three major initiatives: the “Nutrition Links” program, the School Links program, and the Food Friends Making New Foods Fun for Kids™ program.

Adult FSNE provides classes, demonstrations, and educational activities on nutrition, food choices, food buying, food safety, and food resource management in 22 counties through Colorado State University Cooperative Extension.

The **Youth FSNE** Programs are offered statewide in classrooms and after-school settings. The Integrated Nutrition Program targets fruit/vegetable intake and physical activity promotion; the Growth Project include gardening and seed planting; the Health Kids’ Challenge targets healthy lifestyle choices; and the Denver Museum of Nature and Science offers nutrition education classes.

La Cocina Saludable interactive multimedia program is the major initiative of the Alternative Strategies component. *La Cocina Saludable*, Spanish for “The Healthy Kitchen”, has six bilingual learning modules: Make It Healthy, Make It Safe, Make A Change, Make It Fun, Make A Plan, and Make A Great Start. This touch–screen computer program is placed in such sites as food assistance offices, WIC clinics, health clinics, and other locations that are visited frequently by limited resource families.

Target Audience:

Colorado’s NEP provides nutrition education for low-income individuals and families of all ages from preschool-aged to seniors. Programs utilize various strategies and program delivery modes.

Objectives:

The overall objective is to help low-income and food stamp eligible populations in Colorado acquire awareness, knowledge, skills, attitudes, practices and behaviors related to nutrition, food and physical activity that lead to healthier lifestyles.

More specifically participants will:

- Make food choices that follow the Dietary Guidelines and the Food Guide Pyramid,
- Increase nutrition and physical activity knowledge,
- Increase fruit and vegetable consumption,
- Reduce fat consumption,
- Improve food safety practices, and
- Improve food resource management.

Partnerships/Collaborations:

Partnership and collaboration are key elements to the success of Colorado’s Food Stamp Nutrition Education Plan (NEP). The Plan is administered by Colorado State University (CSU). Collaboration is fostered at the state and local levels. Partnering agencies include the following: Colorado Department of Education, Colorado Department of Human Services, Colorado Head Start Association, Colorado Department of Public Health and Environment, Second Harvest Food Banks, University of Colorado Health Sciences Center, Children’s

“One parent came to me and said, ‘Ollie Orange should have a cape. He’s a superhero for getting my child to try all the new foods that he has.’ The parents loved the program.”

Hospital Foundation, Denver Urban Gardens, CSU Cooperative Extension, WIC, CACFP, Food Stamp Program, Public School Districts, and many other locally-based agencies and organizations.

Evaluation of Impact:

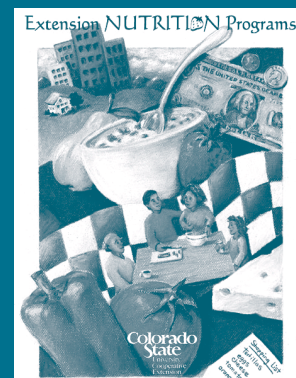
Evaluation of program impact is a major consideration. Each program is evaluated to show outcomes and impact. Methods to capture the results of each unique program are varied. Here are some of the highlights:

- For the Food Friends™ program, 89% of the children tried all four novel foods presented during the evaluation period and 4,641 sets of parent materials were distributed.
- For Adult FSNE graduates 88% reported a positive change in their eating habits, 77% showed improvement in one or more food resource management practices (planning meals, comparing prices, does not run out of food, shops with a list), 88% showed improvement in one or more nutrition practices (reading nutrition labels, eating breakfast, making healthy food choices, planning meals), 64% showed improvement in one or more food safety practices (thawing and storing foods properly), and FSNE graduates reported an average savings of \$75.64 on their monthly food bill.
- Within the Integrated Nutrition Program (INP), treatment children consistently (same effect seen in other years) consume more fruits and vegetables, typically 0.25 to 0.4 servings more than control children. The food preference and favorite food data strongly suggest that children in INP have greater exposure to and acceptance of fruits and vegetables.
- More than 17,500 modules of interactive multimedia were accessed in 27 counties with 35.7 percent being conducted in Spanish. Pre- and post-education assessments were conducted at two locations, showing improvement for selected behavioral outcomes.

Success Stories:

A kiosk was placed at the Basalt Early Head Start socialization site in western Eagle County. Participants were parents of children enrolled in the Early Head Start program. Individuals were able to work through the La Cocina Saludable program at their own pace, receiving a lesson reminder after completing each module. During a 5 month period from February 2004 through September 2004, 185 modules were accessed, 58% of these in Spanish. Later, interviews were conducted about the participants' perceptions of the kiosk. When asked what ideas they had tried at home after using the kiosk seven participants replied (responses were translated from the original Spanish):

- "Using less oil, making a plan for shopping now, shopping list."
- "Cleaning the cutting board after each food, making a shopping list instead of buying what I see."
- "Shopping list, eating less fats & portion sizes."
- "I'm trying to cut out fat and less oil. I removed oil from food."
- "Eating less fat in food and (reducing) portion sizes."
- "Eating (whole) wheat bread and less fat."
- "We are eating (whole) wheat bread instead of white bread."



State Highlights



Iowa Highlights

Target Audience

The primary audience in Iowa for Food Stamp Nutrition Education are low income adults with young children, pregnant teens, and low-income youth.

Objectives

The behavioral and educational objectives of Iowa FSNE are:

- Increase ability of individuals and families with limited resources to use their food dollars and food stamps wisely to purchase and prepare safe, nourishing foods which will lead to increased nutritional status of family members.
- Increase knowledge of nutrition and the selection of healthy food choices and promote physical activity as part of daily life in elementary-age youth.

Partnerships and Collaborations

Partnerships and collaborations include local churches, school districts, community colleges, area education agencies, community action groups, local empowerment boards, county public health, local hospitals and clinics, family resource centers, neighborhood resource centers, Even Start, NEST, WIC, Promise Jobs, Beyond Welfare, House for Habitat, Caring Connections, CRISP, ACCESS, People Place, Genesis Development, and Meskwaki Healthy Start.

Evaluation of Impact

When adult participants entered the program, only 16.2% reported a food pattern of 3-1-1-1-1. This percentage increased to 47.6% by the time participants graduated from the program.

Of the 484 adult and pregnant teens who graduated from the program:

- 91% showed improvement in one or more nutrition practices,
- 85% showed improvement in one or more food resource management practices, and
- 74% showed improvement in one or more food safety practices.

Of the youth tested (approximately 25%) with pre- and post-test items:

- 31% increased their knowledge of the essentials of human nutrition,
- 21% improved their ability to select nutritious food, and
- 24% improved practices in food safety.

Success Stories

Dietary Quality: A young couple with three small children stopped skipping meals and consistently ate breakfast. Dad reported, "I'm more awake and have more energy when I eat breakfast before going to work." They became comfortable with the division of responsibility and allowed their children to decide what and how much to eat. Mom states, "I'm not worrying about it like I was before." They discovered planning meals in advance and shopping with a grocery list meant fewer trips to the store. They shut off the TV and computer and ate together at the table for snacks and meals and discovered the "kids loved it." They are trying to eat healthy and be physically active so they can be positive role models for their children.

Food Safety: A young family was referred to FNP because of concern about the family's poor food preparation practices. The family now uses dish clothes rather than sponges and replaces them daily. The refrigerator temperature was found to be above the recommended guidelines. The family spoke with the landlord who had the refrigerator serviced and repaired. Food is no longer allowed to thaw on the counter.

"I'm more awake and have more energy when I eat breakfast before going to work."

Iowa Nutrition Network Iowa Department of Public Health

Objectives 2004

- **Nutrition Network:** Convey consistent, research-based, nutrition messages to food stamp-eligible individuals and families in Iowa. Strengthen the abilities of community nutrition coalitions to increase healthful, nutrition practices among targeted, low-income audiences. Create a network of public and private partners that support nutrition education.
- **Social marketing campaign:** Increase the consumption of fruit and vegetable snacks among low-income children and their families.
- **Older Adults:** Improve nutrition knowledge and healthful nutrition practices among low-income seniors served by community coalitions and area agencies on aging.
- **Food security:** Increase participation of state and local partners in food insecurity and hunger activities/projects.

Partnerships and Collaborations

The network collaborates with local nutrition coalitions to conduct nutrition education programs at the community level. Coalitions are supported with funding, training, and educational materials that convey consistent nutrition messages. In 2004, the network involved over 18,000 individuals (4,000 older adults) in nutrition education activities. The network supports a state-level coalition of partners who meet on a quarterly basis. Staffs from the Nutrition Network and Family Nutrition Program began discussions with local food assistance staff to pilot nutrition education in county offices.

Evaluation of Impact

Pick a better snack™ campaign: Pre-post surveys were used in elementary schools to examine the effect of classroom campaign promotions (K-2nd n=1170; 3rd-5th n=1029; parents n=387). Surveys measured campaign recognition, as well as students' attitudes about eating fruits and vegetables for snacks. Logo recognition was statistically significant across grades ($p \leq .02$). The number of children in K-2nd grades who selected smiles, to represent "liking" increased significantly for four fruits and six vegetables ($p < .05$). There were significant decreases in the number of children who selected smiles for ice cream, cookie, sucker, soda, chips, candy and fries ($p \leq .05$). Among parents, logo recognition improved ($p \leq .01$) but parents did not report children increased their consumption of any single fruit or vegetable snack at a significant level. Analysis of data continues.

Chef Charles: A nutrition education program designed around Pick a better snack™ was implemented at 74 congregate meal sites. Older adults who attended the Chef Charles Club sessions were surveyed pre-post. In addition to campaign recognition, participants reported purchasing more fruits and vegetables and eating more of them as snacks. "I am physically active 30 minutes each day" increased from 37% to 52%; "using a meat thermometer to test doneness most of the time" increased from 9% to 35% ($p = > .005$); "I refrigerate food promptly most of the time rather than cooling to room temperature before refrigerating" increased from 45% to 52% ($p \leq .05$).





Kansas Highlights

Target Audience

The Family Nutrition Program in Kansas targets all age groups providing nutrition education for youth (pre-school-12th grade), parents and caregivers of young children, adults and seniors. Our target audience is diverse in age and ethnicity with the increasing number of Spanish speaking families in our state.

Objectives

Behavioral objectives are that participants will:

- Choose and prepare nutritious meals and snacks,
- Balance food they eat with physical activity,
- Use safe food handling, preparation and storage practices,
- Move toward managing their food resources and
- Move toward achieving food security.

Partnerships and Collaborations*

The Kansas Family Nutrition Program has collaborative partnerships with :

- Schools, libraries, and learning centers,
- WIC and health departments,
- Senior centers and congregate meal sites,
- Department of Social and Rehabilitation Services and
- Head Start, Early Head Start and childcare centers.

**List is not all-inclusive*

Evaluation of impact after participating in FNP (Sample results)

Teens and adults:

Dietary Quality

56% intend to consume more servings of fruits and vegetables each day.

Food Resource Management

49% intend to use a plan for spending money more often.

Food Safety

61% intend to use a thermometer when cooking meat when more often.

3rd –6th grades

After participating in FNP, behavior change resulted:

	Pre-test	Post-test
I wash my hands before I touch or eat food.	56%	68%
If I think my food may be spoiled, I throw it out.	71%	78%
I eat a different kind of fruit everyday.	40%	50%
I drink milk or eat cheese at least three times a day.	47%	56%

K-2nd grades

After participating in FNP, significantly more children could identify:

	Pre-test	Post-post test
The correct number of food groups in a Cheeseburger	42%	76%
That French fries are “sometimes: foods	48%	75%
The correct length of time to wash your hands	62%	89%

Success Stories

Dietary Quality

A FNP nutrition assistant reported that two girls told her they had never made breakfast a priority and seldom ate it, until after the FNP lesson that emphasized the importance of breakfast. Now they eat it regularly!

A participant from a FNP class shared that she had been successful with weight loss and lowering her cholesterol. She believes it is because she is following the *Food Guide Pyramid* and watching her portion sizes.

“...they had never made breakfast a priority and seldom ate it...Now they eat it regularly!”

Kansas Nutrition Network

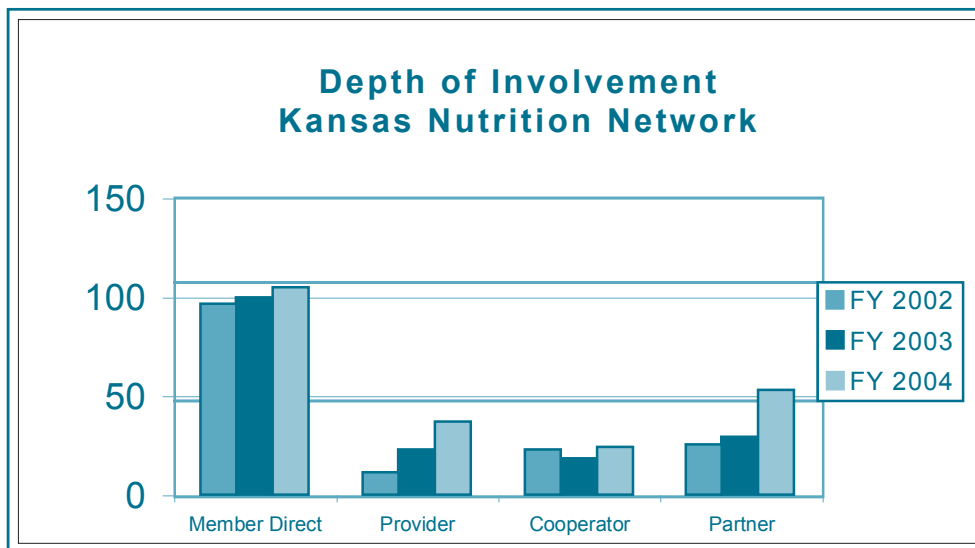
Target Audience:

The Kansas Nutrition Network's (KNN) target audience is state-level public and private agencies that provide nutrition resources and/or provide nutrition or physical activity education to food stamp eligible Kansans. KNN's mission is to develop and expand partnerships, which provide nutrition and physical activity education, and improve access to nutrition resources and nutrition and physical activity education to improve the health of low income Kansans. KNN accomplishes this through a variety of methods, including bi-monthly partner meetings, monthly email newsletters, a web page, and coordinating the State Nutrition Action Plan (SNAP). See <http://www.kansasnutritionnetwork.org/>. KNN has consistently shown growth in developing and supporting partnerships, and KNN partners report that they perceive KNN as functioning at a high level in supporting partner agencies. KNN helps agencies achieve more by working together through KNN than they can by working independently to improve the health of low income Kansans.

Evaluation of Impact:

Each KNN partner completes a Depth of Partnership form during KNN meetings. A member attends meetings and participates in on-going dialog and information sharing. A provider shares brochures, handouts, or other materials from their own organization. A cooperator assists with the outreach of other KNN organizations, such as distributing brochures of other organizations, or putting information about other organizations in newsletters. A partnership is a collaboration to create something new, such as a joint grant proposal or a joint project.

The number, type, depth, and strength of partnerships involved in the social marketing of nutrition education efforts can be important indicators of change. The greater the number and variety of community partnerships and the deeper the collaborations among these partners, the greater will be the exposure of the target audiences to social marketing messages and affordable and nutritious food (*J Nut Ed 33 supp 1: S8-S9, 2001*).





Missouri Highlights

Target Audience:

Food stamp recipients of all ages including youth and the adults who support them

Objectives:

- **Food Security**
To ensure individuals and families have enough to eat with less reliance on emergency food assistance.
- **Dietary Guidelines**
To motivate consumers to adopt eating and lifestyle behaviors consistent with the *Dietary Guidelines for Americans* and the *Food Guide Pyramid*.
- **Food Safety**
To improve households' safe handling, preparation and storage of food.
- **Food Resource Management**
To enhance practices related to thrifty for and preparation of nutritious foods.
- **System and Environmental Change**
To bring change to the system and environment that makes healthy food and lifestyle choices more available to food stamp participants.

Partnerships and Collaborations:

Partnerships and collaboration are key to successful programming across Missouri. Partnering agencies for educational activities include WIC clinics, local community agencies, housing authority, health departments, Head Start, Senior Centers, Department of Education and schools, day care centers, grocery stores, libraries, Parents as Teachers, University Extension, Department of Social Services—Food Stamp Division, Department of Mental Health, Department of Agriculture, Missouri Association for Community Action, food banks, Bootheel Heart Health Coalition, and Bootheel Healthy Start.

Evaluation of impact:

Method of impact evaluation varied so as to capture results of the unique programs offered within the University of Missouri Extension Family Nutrition Program. Here are some highlights:

Youth:

Teachers whose classes received the University of Missouri Extension's Family Nutrition Program reported these changes:

- 94% of teachers reported students were more aware of nutrition
- 58% of teachers reported students made healthier meal and/or snack choices
- 41% of teachers reported students ate breakfast more often
- 64% of teachers reported students were more willing to try new foods
- 82% of teachers reported students improved their hand washing
- 32% of teachers reported students improved their food safety, other than hand washing
- 38% of teachers reported students increased their physical activity

Students in grades 4 through 6 who received the University of Missouri Extension's Show-Me Nutrition Curricula completed a pre- and a post-test with questions about how often they ate breakfast, how often they washed their hands before they ate, and how often they played actively. The pre-test was given before receiving the curriculum, and the post-test was given after the last lesson of the curriculum. A subset of responses was analyzed including 1978 pre-tests and 1479 post-tests. Post-test responses showed improvement in all three areas as follows.

"... daughter came home and taught the family about storing food properly and not leaving it out of the refrigerator...."

Questions	Answers	Percent of students who gave this answer on the pre-test	Percent of students who gave this answer on the post-test
I eat breakfast.	Most days.	66%	70%
I wash my hands before I eat.	Most of the time.	60%	62%
I play actively.	Most days.	78%	82%

Success Stories:

While talking with students at lunch, I [Nutrition Educator] saw a first grade student who was drinking 100% grape juice. We talked together about the benefits of 100% juice. The student's mother, a teacher in the school, happened to be in the lunchroom. She said she learned about the importance of offering "100%" juice from me when I taught FNP in her class. She now only buys juice that is labeled 100% juice. **(FNP Nutrition Educator)**

A parent said after my lessons her 3rd grade daughter came home and taught the family about storing food properly and not leaving it out of the refrigerator for extended periods of time. The parent said it really made an impact on the family. **(FNP Nutrition Educator)**

After FNP lessons, a teacher told me she was eating better by choosing foods from the Food Guide Pyramid and by exercising. She and her students now start their day with marching exercises. **(FNP Nutrition Educator)**

Missouri Nutrition Network (MNN) FY 2004

There were 22,811 individuals who received direct nutrition education. There were 12,186,133 mass communication contacts made during FY 2004.

The *Eat for Health* and *Nibbles for Health* lesson plans and the *TEAM Nutrition Tool Kit* were utilized in the nutrition education activities. The activities for the MNN were marketed in Food Stamp Distribution offices, retail stores, government offices, daycares, Head Starts Centers, After School program sites, Boys & Girls Club sites, food pantries, food commodity distribution centers, churches and hospitals.

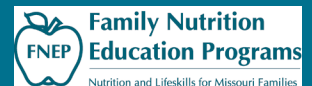
The major collaborating agencies in FY 2004 were local public health agencies, food stamp offices, Head Start Centers, WIC, WISEWomen Show Me Healthy Women, and the Cancer Control and Diabetes Control programs. The MNN also worked in partnership with the Missouri Department of Elementary and Secondary Education, the Missouri Department of Social Services, Missouri Dairy Council, St. Louis University, and the Missouri Association for Community Action. New agencies/partnerships include the Tri-Parish Nursing Ministries, NutraNet of Kansas City and the greater St. Louis YMCA.

Top Projects during FY 2004 included:

The School Nutrition Education Program: A combined effort with TEAM Nutrition providing training and resources for elementary school teachers and pre-school providers.

The Healthy Community Nutrition Education Initiative: Funding was provided to nine local coalitions to coordinate, conduct, and evaluate community-based nutrition education initiatives targeted to food stamp eligible families with children.

The Nutrition Training Institute: Successful training programs have been established to meet the needs of community-based professionals delivering nutrition education interventions.





Montana Highlights

Target Audience

Montana Food Stamp Nutrition Education serves limited resource individuals of all ages who are receiving or are eligible to receive food stamps. Programming is delivered in 30 of the state's 56 counties, including 4 reservations. This year we began a third grade nutrition education program in Title I schools in 7 counties. Montana FSNE is also developing a culturally responsive Native American nutrition education model for use on all 7 reservations.

Objectives

To encourage behavior change in the following categories:

- All FSNE audiences will understand how to use the Food Guide Pyramid, 5-A-Day message, and Dietary Guidelines to make healthy choices and increase physical activity.
- Adult FSNE audiences will use food-shopping strategies to cut costs, and stretch food stamps and other resources.
- All audiences will gain an awareness of and practice food safety skills.

Partnerships and Collaborations

The Montana Department of Public Health and Human Services and the Montana State University Extension Service are collaborating to develop and implement Montana FSNE. Additional collaborators include local OPA/Food Stamp offices; food banks/pantries; senior centers; area agencies on aging; city/county health departments; WIC; Early Start/Head Start; Job Service Centers/WORC; Commodity Supplemental Food Program; HUD Section 8 Housing, and Boys' & Girls Clubs. The implementation of in-school programming brought about further partnerships with the MT Office of Public Instruction; Team Nutrition; local Title I schools; Title I after-school programs and the USDA Summer lunch programs. The development and pilot testing of culturally responsive nutrition materials created more opportunities to collaborate with Tribal colleges, Tribal councils and Indian Health Service.

Evaluation of Impact

- Pre- and post- evaluations are used in third grade classrooms indicating a knowledge and behavior improvement from 75% to 84%.
- Post-only evaluations are used in the after-school and summer youth programs with a 'call to action' at the end of each lesson to challenge the children to share their new knowledge/skills with parents.
- Pre-then-Post is used for adult series lessons; and "intent to change behavior" evaluation is done with adults after each program.
- Evaluations were developed for use with every lesson to determine participants' commitment toward making a behavior change. Using the "Stages of Change", short statements were distributed at the end of each program asking participants to indicate willingness to change physical activity and nutrition behaviors. Surveys showed significant increase in motivation to adopt healthy behaviors.
- Focus groups were conducted in 2004 to determine consistency of nutrition messages and if there was any effect in participants' behavior change regarding nutrition, food safety and/or physical activity.

"I learned that I really need to drink milk and increase my dietary fiber. I didn't realize eating was so important!"

Success Stories

Food Budgeting/Resource Management: “I was at the grocery store shopping for my family when one of the couples from my class came up to me and showed me they had written a grocery list. They were going to try to prepare some of the recipes we’d done in class.”

Environmental Change: “During our ‘call to action’ in one of our classes, a participant challenged the others to meet her to start walking with her each day.”

Dietary Quality: ‘Ann’ wrote, “I learned that I really need to drink milk and increase my dietary fiber. I didn’t realize eating was so important!”

“I appreciated hearing about our ancestors’ healthy ways of life in the past and how I can make better food choices. You taught me that physical activity doesn’t have to be boring!”

Additional highlights from Montana:

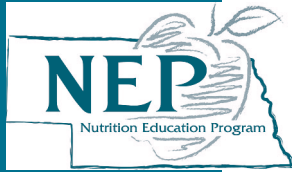
Montana Nutrition Education Web site—our web site was under development this summer and presented to our staff at our 2004 Fall Conference. The site was developed as part of our county outreach as well as a way to offer timely information to our field staff. Much of our mandatory paperwork was put on the web site to reduce postal expenses. (The site can be accessed at www.montana.edu/nep).

Development of 5th grade lessons for FY 2005—As the 2003-2004 school year came to a close, many schools inquired about expanding our nutrition education efforts to 5th grade students as well as the 3rd grade classes we already reached. Purdue University Extension’s curriculum “Exploring the Food Pyramid with Professor Popcorn” was reviewed and revised to reflect Montana’s Office of Public Instruction Health Enhancement standards as well as the concerns of 5th grade teachers who helped review the lessons. Our nutrition assistants started the 2004-2005 school year teaching in both 3rd and 5th grade classrooms.

Recipes on CD-Rom with nutritional analyses—As reported in our 2002-2003 report, our staff was in the process of testing and analyzing all of the recipes used in our program to reinforce portion size, label reading, and ensure a quality outcome. The review of recipes has been completed and all recipes are available for nutrition assistants on CD-Rom as well as our web site. The CD allows each county office to design their own recipe handouts that are tailored to the skill level of a specific audience.

Individuals with Developmental Disabilities—Although this group of individuals is not a large portion of our Montana food stamp audience, we found that neither the adult nor our youth curricula were appropriate for this audience. A review of the literature was conducted and we found that lessons did not exist that took into consideration the needs of this audience. We designed a series of 12 lessons, approximately 30 minutes in length that address no more than two objectives per program. Research indicates that this audience has a higher than average risk of nutrition related diseases that can be reversed through nutrition education.

State Highlights



Nebraska Highlights

Target Audience

Limited resource families which include food stamp recipients, especially single parents, minority households, pregnant and parenting teens, at risk youth and older adults.

Objectives

- Food Stamp recipients especially single parents, older adults and minority households will develop new skills and learn behaviors leading to improved nutritional well being and utilization of food resources.
- Pregnant and parenting teenagers receiving food stamps will increase knowledge of nutrition, improve their nutritional intakes and develop food resource management skills.
- Children ages 2-18 years from limited income families will increase nutrition knowledge and application of the knowledge.
- Nutrition education and training network (Community Nutrition Partnership Council) will provide educational in-services to support limited resource families and to insure non-duplication of services.

Partnerships/Collaborations

The Nebraska FSNE program has developed partnerships with local schools, community action agencies, WIC programs, local food pantries, the food bank, local Health and Human Services Systems Food Stamp Program, TANF case workers, job/life skill training programs, homeless shelters and programs, housing authority, senior programs, commodity food programs, Head Start and Early Head Start Programs, after school programs, summer feeding programs and with the Visiting Nurses Association's Operation Frontline Program.

Evaluation of Impact

Using a behavior checklist and conducting entry/exit 24-hour recalls on our graduates, the FSNE program continues to help our families improve their nutrition, food safety and food resource management practices. Of the current 734 graduates of the program (entry versus exit data):

- 74% improved in at least one food resource management area,
- 79% improved in one or more nutrition practices,
- 53% improved in one or more food safety practice and
- 87% improved in their nutrient intake according to their 24-hour recall.

Areas clients improved in, but still were below recommendations were:

- *Number of fruit servings.* The majority of clients (55%) on entry had less than one serving per day. Even though there was improvement upon exiting, consumption was still slightly below the minimum number of servings per day of 2. *Calcium intake.* The average daily intake from the milk and dairy group was less than 2 servings per day. 43% of the graduate met 70% or more of the RDA at entry and at exit 51% met 70% or more of the RDA.

“A client reported that after thinking about our discussion on fruits and vegetables he realized that he was not eating enough of them.”

Group Presentations Impact Data

Using regional indicators the participants from group presentations also demonstrated improvement.

- 705 participants moved closer to the recommendations of the *Dietary Guidelines*,
- 978 Increased their fruit and vegetable consumption,
- 626 participants shopped from a list more often,
- 703 participants comparison shopped more often and
- 574 participants indicated they less often let food set out more than two hours.

Youth Programming

Youth programming has also demonstrated an impact. A total of 4656 youth have participated in NEP youth programs. Most of the youth programming is done in groups. Out of 1,286 youth, over 82% demonstrated an increase in knowledge on why nutrition is important to good health, 85% of the 996 youth indicated they improved in eating a variety of foods, and 76% of the 897 youth improved practices in food preparation and safety.

Senior Programming

The older adult portion of the program has continued to be an area of growth in NEP. Questions that were significant ($p < 0.05$) from pre to post were:

- I eat three or more different vegetables per day,
- I choose to eat whole grain foods,
- I choose foods low in fat,
- I use the nutrition facts label when making food choices and
- I eat at least two servings from the dairy group each day.

Success Stories:

A client reported that after thinking about our discussion on fruits and vegetables he realized that he was not eating enough of them. He decided to make a conscious effort to try and eat more. We also discussed the difference in calories between fruit and vegetables and other foods. He saw the connection between what kinds and the amount of foods he was eating and his weight. Since increasing fruits and vegetables in his diet, he said that not only has he felt better, he has also started to lose extra weight.



North Dakota Highlights

Target Audience

North Dakota's Family Nutrition Program (FNP) serves food stamp recipients of all ages including youth, families with children, and seniors. FNP serves customers in all 53 of the state's counties and on all Indian Reservations.

During the 2004 program year 94,304 direct educational contacts and 890,326 indirect educational contacts were made with the target audience. This represents a 29% increase in direct educational contacts and a 43% increase in indirect contacts from the previous year.

Objectives

The overall objective of the Family Nutrition Program in North Dakota is to help food stamp recipients acquire the knowledge, skills, attitudes and changed behavior needed to maximize their resources and achieve nutritionally sound diets.

Specifically, for program year 2004, participants will:

- Make dietary quality changes by decreasing consumption of fat,
- Make food purchasing changes by using unit pricing,
- Make food safety changes by implementing correct food storage and
- Be assured access to enough food throughout the month.

Partnerships and Collaborations

The North Dakota Department of Human Services (NDDHS) is an especially strong partner, as evidenced by their electronic transmission of food stamp household mailing labels to the NDSU Extension Service for the monthly mailing of the FNP newsletter. This newsletter goes directly to the home of each food stamp recipient in the state and offers nutrition, food safety and food purchasing information to help reach the overall FNP objective.

Referrals and access to the intended target audience are other important avenues of partnership for the Family Nutrition Program. Numerous agencies serving the same citizens have joined with FNP to provide access to clientele and to afford a more complete approach to the delivery of education and services. FNP reaches people by delivering education at locations the audience frequents. This continues to be a strong feature of FNP's success in North Dakota.

Evaluation of Impact

During the 2004 program year, goals were focused on one key concept within each FNP care area – dietary quality, food resource management, food safety, and food security. Participants were surveyed after their involvement in the education to determine impact of each core topic.

Survey results after FNP education indicate:

- 55% of respondents decreased their consumption of fats,
- 97% of respondents made food purchasing changes by using unit pricing,
- 94% of respondents improved food safety practices by using correct storage of leftovers, and
- 96% of respondents indicated assured access to enough food without resorting to emergency food assistance.

"I have started unit pricing as I shop and would like to let you know that I am saving about \$20 every month by making that simple little change in the way I shop for groceries."

Success Stories

Dietary Quality:

One county reports the following dietary practices being implemented to help reduce consumption of fat:

- Take skin off chicken,
- Buy only lean hamburger,
- Use applesauce and low-fat sour cream in baking,
- Take smaller portions,
- Eat less processed foods,
- Bake, not fry,
- Eat more fruits and vegetables,
- Drain the fat off hamburger,
- Cut back on candy snacks,
- Eat less 'junk' food,
- Change whole milk consumption to 1% or skim and
- Read labels more.

"A fourth grade student at an elementary school said he remembered when I had been in his classroom last year and used a visual of a car trying to run on 'empty'. He said he always eats breakfast because he wants to keep his body fueled so he can do better in school."

Food Purchasing:

"I have never taken the time to stop and really look at what I have been paying per ounce on certain food. I just figured I was getting a great deal by buying foods that are on sale. I have started unit pricing as I shop and would like to let you know that I am saving about \$20 every month by making that simple little change in the way I shop for groceries."

Food Safety:

At the last lesson at the Senior Site so many women just had no idea that it was not safe to let leftovers cool on the counter before putting them in the refrigerator. One woman was sure meat would "go bad" if not cooled before putting it into the refrigerator. The timing of this lesson could not have been better, as we focused on storage of holiday leftovers.



"I learned something. At work when I went on break I was going to eat my cheese covered pretzels for a snack, decided to read the label and realized the calories were too high and chose not to eat them."

South Dakota Highlights

Target Audience

South Dakota Food Stamp Nutrition Education (FSNE) is a partnership between the South Dakota State University Cooperative Extension Service, the South Dakota Office of Economic Assistance, and the USDA Food and Nutrition Service.

The FSNE Program has two components: 1) the Family Nutrition Program (FNP), in which Extension nutrition assistants work directly with program participants; and 2) the South Dakota Nutrition Network, through cooperating organizations provide consistent, practical, research-based information.

In FY 2004, FNP was available in 15 counties: Beadle, Bon Homme, Brookings, Brown, Codington, Davison, Grant, Gregory, Hanson, Kingsbury, Lake, Lyman, Moody, Sanborn, and Yankton. FNP targets families and individuals with limited financial resources, including families with young children, teenagers, and senior citizens.

The Nutrition Network conducts activities through income-qualifying schools and network partners to reach low-income families with children less than 18 years of age across the state. South Dakota teachers and Team Nutrition are an integral part of teaching nutrition education, while network partners are responsible for distributing physical activity cards throughout communities.

Objectives

FNP goals are to help people with limited financial resources gain basic skills in food safety, diet quality, food budgeting and food security practices so that they might achieve a healthier, more adequate diet.

SDNN objectives are to disseminate consistent food and nutrition information to income qualifying schools, families, and communities, and to coordinate nutrition education to improve the nutritional status of South Dakotans with limited resources.

Partnerships and Collaborations

Partnerships include the South Dakota Department of Education, Department of Health, the Department of Social Services and South Dakota State University. Local partners include Social Services and WIC offices, Head Start and Healthy Start programs, low-income day care centers, income qualifying schools, alternative high schools, after-school programs, adjustment training centers, senior meal and commodity distribution sites, food pantries, low-income housing, hospitals, clinics and counseling centers. Faith based partnerships exist with the Salvation Army and church facilities where emergency feeding services exist. Native American connections continue with various tribal organizations including Head Start, Healthy Start and Senior groups. Tribal Health is also involved with FNP. Local preferences guide program delivery.

Evaluation of Impact

Of the 116,650 contacts made through FNP in FY2004, 23% (27,289 contacts) were made through group classes and one-on-one instruction; 77% (89,361 contacts) were made through indirect means such as visual displays, newsletters, and fact sheets.

Participants spanned the lifecycle: 24% were children, 8% were teenagers, 35% were adults, and 33% were seniors. The majority of participants were female, Caucasian, and not disabled. The number of participants who were disabled yet living alone has increased as participation in cooking classes at local community counseling centers has increased. The number of teenage contacts has doubled from the previous year through programming at alternative high schools.

Program effectiveness was determined according to self-reported behavioral change by participants in written and verbal comments, and by direct observation. Assessments were not completed by all FNP participants, so changes represent a conservative estimate:

- 4,192 participants reported improved food safety practices (washing hands, preparing, cooking, and chilling foods properly),
- 5,458 participants reported changing what they ate to improve the quality of their diets (following Food Guide Pyramid, Dietary Guidelines, and physical activity recommendations),
- 2,914 participants reported improved budgeting practices (following a spending plan and menu plan, shopping from a list, and comparison shopping), and
- 1,783 participants reported increased food security (use of emergency food assistance when needed, having enough to eat).

Success Stories

One way to measure behavior change is through the words of FNP participants:

After completing a program on label reading at the local food pantry, one of the clients spoke with the Nutrition Assistant the following month. "I learned something. At work when I went on break I was going to eat my cheese covered pretzels for a snack, decided to read the label and realized the calories were too high and chose not to eat them."

After viewing the safe turkey cooking display and receiving the handout, a young WIC mom said that she really needed the information because she had never roasted a turkey before and would be doing so this holiday season. On a return visit, she stated that her first attempt was a success and that she had referred to a FNP handout when cooking her turkey.





Utah Highlights

Target Audience

Food Stamp Nutrition Education (FSNE) in Utah primarily targets adults and youth who are receiving food stamps or have applied for food stamps. Other limited resource groups whose income includes those who are 185% of poverty or less are also targeted.

Objectives

Food budgeting practices of Food Stamp Nutrition Education participants will improve as indicated by the following:

- Planning meals in advance,
- Comparing prices when shopping,
- Using a list for grocery shopping, and
- Budgeting food dollars to last all month.

Nutrition practices of Food Stamp Nutrition Education participants will improve as indicated by:

- Moving closer to the number of servings recommended by the *Food Guide Pyramid*,
- Reading labels to select food,
- Reporting their children ate breakfast more often, and
- Moving closer to the recommendations of the *Dietary Guidelines*.

Food safety practices of Food Stamp Nutrition Education participants will improve as indicated by:

- Following the recommended practice of not allowing potentially hazardous foods to sit out for more than two hours,
- Not thawing foods at room temperature, and
- Washing hands before touching food.

Partnerships

The Utah Department of Workforce Services that administers the food stamp program continues to be a major partner and supporter of FSNE in Utah. At the local level, county FSNE through Utah State University Extension, works in partnership with WIC, Head Start, schools where 50% or more of the students receive free or reduced price lunch, senior centers, low-income housing projects, churches, and other agencies and organizations that provide support and services to low-income families and individuals.

Evaluation of Impact

Of the 934 families enrolled in individual and group education 600 successfully completed 6 or more lessons for a 64% graduation rate. Thirty percent of the 934 families enrolled are continuing in the program while 6% dropped out. The following impacts are for 237 program participants who completed the exit/entry behavior checklist.

- The **Dietary Quality** initiative includes improvement shown in nutrition practices related to the *Dietary Guidelines for Americans* and the *Food Guide Pyramid*:
 - 91 of 159 increased their level of physical activity.
 - 71 of 237 moved closer to the recommendations in the *Dietary Guidelines for Americans*, and
 - 111 of 237 moved closer to the recommended number of servings of the *Food Guide Pyramid*.
- The **Food Budgeting** initiative includes improvements shown in menu planning, shopping from a list, and comparison shopping:
 - 146 of 237 utilized a menu plan,
 - 161 of 237 shopped from a list more often, and
 - 128 of 237 comparison shopped more often.

"I am now more careful about defrosting food and storing it safely. I am also using the recipes and cooking more than I have in years."

- The **Food Safety** initiative includes improvement shown in thawing and storing food properly:
 - 110 participants (47%) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours and 96 participants (41%) always follow the recommended practice, and
 - 131 participants (56%) more often followed the recommended practice of not thawing foods at room temperature and 107 (45%) always follow the recommended practice.
- The **Food Security** initiative includes improvement in having enough food:
 - 120 of 237 decreased the frequency of seeking emergency food assistance (eg, food pantry, soup kitchen, etc).

County Highlights

- Three counties work with their local Departments of Workforce Services in providing group lessons on nutrition, menu planning, shopping skills and basic cooking once a month at the food stamp office.
- Three counties provide fact sheets to participants at the monthly DROPS (Distribution and Redistribution of Product Surplus) sites.
- Many counties are working with local churches to identify members of their congregations who qualify for FSNE lessons.
- Several counties work with elementary schools where 50% or more of the student population qualifies for free or reduced price lunch to deliver nutrition and food safety messages in after-school activities and during regular classroom time.
- Three urban counties work with seniors living in rent subsidized housing projects to provide nutrition information in individual or small group settings.

Success Stories

Food Safety

"I am now more careful about defrosting food and storing it safely. I am also using the recipes and cooking more than I have in years. I have started to make weekly menus and it has helped me save money and eat better than I used to."

Dietary Quality

After completing and evaluating a 24 hour recall, a mother and daughter became inspired to make changes in their eating habits. They noted how much "empty calorie" foods they had been eating. They began cooking more nutrient dense foods and eating less empty calorie processed foods. They were delighted about the two dress sizes they shed as a result!

Wyoming Highlights

Target Audience

Wyoming Food Stamp Nutrition Education, known as the Cent\$ible Nutrition Program provides education to all Wyoming residents who are receiving or eligible to receive food stamps. Waivers have been written to include WIC clients, Senior Centers and Title I schools. Participants come from all 23 counties in the state and the Wind River Indian Reservation, and are all ages from school-aged youth to senior citizens.

Objectives

CNP provides educational opportunities for Wyoming families and individuals with limited resources that lead to food security. Classes enable participants to develop new skills and gain knowledge to:

- Improve nutritional and physical well-being of the total family.
- Increase knowledge of the essentials of human nutrition and physical activity.
- Increase the ability to select and buy food that satisfies nutritional needs.
- Improve skills in food production, preparation, storage, safety, sanitation, and meal-time practices.
- Increase the ability to manage food budgets and related resources such as food stamps.

Partnerships and Collaborations

Partnerships with other agencies serving the limited-resource audience are very important to the success of our program. Partnerships include, the Department of Family Services (food stamp offices), WIC, Public Health, senior centers, Head Start, emergency food providers, Department of Education and Title I schools throughout the state. We also partner with these and tribal agencies on the Wind River Indian Reservation.

Evaluation of Impact

Educating the limited-resource audience is done in many ways. Our more traditional teaching methods include presentations at cooperating agencies where clients are considered one-time contacts, and enrollment of participants in the CNP program where they complete a series of lessons to graduate from the program. One time presentations may include a lesson with a display or demonstration. Nutrition educators presented 1,196 one-time presentations to over 18,712 participants. Evaluating one-time contacts is done with a post-lesson evaluation that determines number of clients with intended behavior change. A random sample of the state shows, 94% intended to make a positive behavior change after our lessons.

Every year participants enrolled in the Cost Cutter lessons show substantial change in behavior in all areas and this year was no exception. One thousand seven hundred and thirty-three participants made behavior changes in the following areas: Food Resource Management Practices, Nutrition Practices and Food Safety Practices:

- 86% of homemakers showed improvement in one or more Food Resource management practices,
- 91% of homemakers showed improvement in one or more nutrition practices,
- 94% of graduates showed a positive change in any food group at exit, and
- 66% of homemakers showed improvement in one or more of the food safety practices.

“During the CNP class I learned to compare prices using the unit price. I never knew what that number was! Now my food stamps last all month.”

Educational displays (1,814) and newsletters (190,000) were placed at locations where the limited-resource audience frequent. An educational TV series is being aired on Wyoming Public Television reaching about 190,000 viewers each year. There were 4,293 visitors to the Cent\$ible Nutrition web site, with 39,841 hits. There were 233 releases to the media resulting in 969,099 low-income contacts.

The Marty Moose and WIN Kids curriculum in the Title I schools reached 10,826 youth. Impact indicators for our Grazin' Up the Pyramid with Marty Moose Curriculum show:

- 90% of students now eat a variety of foods,
- 73% of students increased knowledge of the essentials of human nutrition,
- 74% of students increased their ability to select low-cost, nutritious food,
- 75% of students improved practices in food preparation and food safety, and
- 33% increased participation in physical activity.

All teachers reported a large increase in respect shown to fellow students.

Success Stories

"Before taking CNP I used to go shopping and put whatever looked good in the cart. Then my food stamps would run out after two weeks. During the CNP class I learned to compare prices using the unit price. I never knew what that number was! Now my food stamps last all month."

A very young mother with 3 young children was not cooking hot meals because she didn't have a working stove. With help of CNP classes she has learned to cook with an electric skillet, crock pot and the CNP cookbook. Her kids are eating more nutritious meals now.

"I no longer run out of food by the end of the month and I am also able to buy more food than I used to. I use my sanitizing spray bottle in my kitchen and we have not gotten sick. Cent\$ible Nutrition classes are fun!"

"I usually run out of food 10 days before the end of the month, but since I started taking Cent\$ible Nutrition classes my pantry is full of food. I have been planning menus every week and cooking with the cookbook."





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The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.