FNP focuses on nutrition education for low-income youths in Missouri

MU Extension offers two key nutrition programs for low-income Missourians.* This annual report highlights the successes during the past year of one of these programs, the Family Nutrition Program (FNP). FNP funds come from USDA, Food and Nutrition Services through Missouri’s food stamp program to MU Extension. The main focus of FNP is on youths and the adults who support them. FNP nutrition educators work primarily in schools, helping students achieve life long health and fitness.

*FNEP (Family Nutrition Education Programs) is the term used to refer to MU Extension’s two key nutrition programs for low-income Missourians: The Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP).

New and notable

Terry Egan and Karen Elliot, nutrition and health education specialists, received a National Extension Association of Family and Consumer Sciences national second place award and Central Region second place award in educational technology for the Steps to a Healthier You curriculum. The curriculum includes PowerPoint presentations that Egan and Elliott developed that summarize nutrition information, including a guide for making healthy food and activity choices.

Alison Copeland, an extension 4-H youth specialist who partners with and contributes to the Family Nutrition Program, received the MU Vice Provost’s Award for Outstanding Achievement. The award recognizes MU Extension faculty members who deliver high-quality programs that are responsive to Missourians’ educational needs.

A big welcome to three new FNEP team members: Karen From, co-coordinator, Northwest region; Denise Schmitz, co-coordinator, West Central region; and Linda Morgan, coordinator, Southeast Bootheel region.
Introducing MyPyramid

The U.S. Department of Agriculture and the U.S. Department of Health and Human Services released the 2005 Dietary Guidelines for Americans in January, which provide the latest science-based advice on food and physical activity choices for health. With the new guidelines and USDA’s MyPyramid, released in April 2005, the University of Missouri Extension’s Family Nutrition Program team needed a strategy to incorporate this new information into nutrition curricula for food stamp eligible clients.

Ellen Schuster, FNEP curriculum and staff training coordinator, worked with a workgroup to design such a multi-phase strategy. First, the group developed an introductory lesson on MyPyramid for each grade level of Missouri’s 12th grade nutrition curricula, Pre-K through 12th. This introduction of MyPyramid was used during the summer of 2005 as an interim step to a more complete reorganization of the curricula that would fully incorporate the guidelines and MyPyramid into nutrition curricula, activities, and handouts. In addition to written material updates, FNEP staff members needed to receive training on the new guidelines and MyPyramid so they could teach them effectively.

The spring 2005 FNEP annual conference, held three weeks after the release of MyPyramid, provided the ideal opportunity to educate FNEP staff members statewide. Schuster and colleague Barbara Willkens, special projects coordinator, provided a MyPyramid 101 workshop to all FNEP staff members attending the conference. During this session, attendees received the youth curricula introductory lessons on MyPyramid so they could begin teaching them over the summer months. In addition, attendees received a packet of materials, MyPyramid 101, which included guidelines, information and handouts adapted from the MyPyramid 101 packet provided at the conference, additional materials and information distributed. The MyPyramid 101 packet was placed on the Missouri 4-H Virtual Library.

Over a 6-week period following the conference, Schuster and curriculum work group colleagues completed curricular revisions so that staff would have revised lessons for the 2005 school year. Revision included incorporation of MyPyramid, as well as the free food group messages and recommended amounts of food. Careful consideration was given to students’ developmental skills in relation to when specific concepts were introduced. MU Extension’s MyPyramid materials were shared nationally with colleagues, and 22 states nationwide have used the materials. Materials are being used by nutrition educators who teach nutrition directly, and in train-the-trainer efforts with teachers, nutrition educators, and local health departments. Several states adapted the materials so that they are tailored to local needs, and some use activities from the lessons.

Schuster notes positive changes in lessons for the result of MyPyramid, food group messages, and more specific recommendations. Those recommendations include consuming more whole grains, orange and green vegetables, and other-containing foods, such as beans. Nutrition Program Assistants have reported classroom teachers and students are eager to learn about the new MyPyramid.

Long-term goals include further curricula revisions to incorporate the new MyPyramid for Kids and addressing the most important nutrition issues for each age level. Designing lessons to support school wellness policies will also be considered. The adult curriculum, Stays to a Healthier You, based on Iowa’s Building a Healthy Diet, was adapted by two regional nutrition and health education specialists, Karen Elliott and Terry Egan, and incorporates the new MyPyramid.

New in delivery!

FNP Budget: fiscal year 2005

FNP educators share unique success stories

South Central Region

Local Superintendents

FNP rolled out its Footprint program in the 1st grade. One student said that she had previously been believed as media hype being about fat because she weighted more than 105 pounds, but after the nutrition lessons reported, “I’m normal and okay. I don’t have to believe that stuff anymore.” — Ingrid Ragusa

Southwest Region

After teaching food safety in 1st grade, a student reported that she told her mother about bacteria while her brother was cooking hamburgers. Then they checked the temperature of the hamburgers to make sure they were safe before eating them. — Jan Gerselander

Central Region

From an educator: “We had 1 class of 3rd graders in one school, I brought whole wheat bread in for a taste test, and the students loved it! The principal is talking to the whole school about making whole wheat the staple in the school cafeteria! Several students reported that they were eating more grains and vegetables. Teachers have been involved too — encouraging parents to send healthy classroom snacks for children — for improved learning!” — Pam Glaubach

Northeast Region

The mother of a first grade boy reported that she watched her son make a torti- llas with cheese and salsa for a healthy after school snack. Not only did she not know that he would make tortillas, she had been baking him in March, and had remembered it for the upcoming national event the previous November. — Becky Mannigul

East Central Region

At one school, I taught several classes of elementary school students. After encouraging a variety of vegetables for recipes, and healing cuts and bruises, I challenged the students to eat more vegetables, and they had colorful veggie stick- ers for them if they made a plan to eat veggies every day. Soon I was called to the school cafete- ria because they wanted to know what to say to the students because the group rarely takes vegetables at lunch but they had all asked for them that day, and the cooks had to make more! When I went to the cafeteria, the students were eating more mixed vegetables. They were proud, and found out the veggie sticker game. One of the cooks asked, “Now, what can you do about broccoli?” — Linda Connell

Southeast Foothills Region

One of the classroom teachers at a school where I told her that she and her son, a first-grader, were just found to be overweight, found out the previous November. — Becky Mannigul

An elementary school student reported that they had tried to get her daughter to exercise, and she would not eat vegetables. She was participating in the nutri- tion lessons and learning about food and fitness exer- cise. She was proud of herself, and showed her mom how much fun it was.” — Judy Tanner

Teachers tell us about FNP’s value

Two thousand seven hundred fifty-three (2,753) teachers gave us feedback:

90% want the program again

97% said class response was excellent or good

99% most ENrP Web site gives new, great recipes and tasting foods!

98% (2,768) reporters reported no more changes in students after FNP

Steps

1. Engage students by offering “Hands-on” lessons

2. Use the FNP method to link Nutrition and Wellness Boards

3. Work with school, family, and community to educate FNEP staff members

4. Use the kits to introduce MyPyramid to students.

5. Show students how to “tailor” MyPyramid to their own needs.

6. Provide resources that are accessible to students who may have limited food access

7. Use the FNP method to link Nutrition and Wellness Boards

8. Work with school, family, and community to educate FNEP staff members

9. Use the kits to introduce MyPyramid to students.

10. Show students how to “tailor” MyPyramid to their own needs.

11. Provide resources that are accessible to students who may have limited food access

12. Engage students by offering “Hands-on” lessons

Pyramid of Power assemblies

FNP’s Nutrition Program Associates Larry Larry’s Jr. and Tracey Dampier’s creative that led to an extensive introduction of MyPyramid in the south central region of Missouri.

Robyns, Lisa and other FNP staff members are magnets Marysha Aborn, FNP program manager, created the food characters and wrote the script that makes Wendy White Wheat Bread, Glucher Granola, Veggies and more. FNP staff members introduced the new MyPyramid.

The characters teach nutrition messages, such as eating breakfast for energy to grow, and choosing fruits and vegetables. Teachers have been involved too — encouraging parents to send healthy classroom snacks for children — for improved learning!”

School Enrichment Kits

School Enrichment Kits are classroom teachers who are interested in teaching nutrition but don’t have the time to pull together the many resources needed to teach it. Based on a system in place at the University of North Dakota, Karen Shoehnleuth, FNP school enrichment project manager, developed a School Enrichment Kit that provides all the information, activities and tools in one resource to teach Missouri’s Super-Me Nutri- ration curricula. Each kit contains a series of lessons that cover nutrition, food safety, and physical activity.

Nutrition and Wellness Boards

In the Southeast Ozark Foothills, a school health coordin- ator, working with a statewide initiative, sought help from the local FNP team including Kathleen Portell, regional coordinator, and Pattie Jones, nutrition program assistant, in providing nutrition and wellness information to school staff members. The project became a train-the-trainer process for teaching students as FNP staff members developed enrichment displays with a classroom connection for teachers. Displays provided information on topics such as MyPyramid, breakfast, healthy snacks and more. Handouts designed for students accompanied the displays, and teachers took the handouts back to their classrooms.

Spanish translation

Nutrition Program Associate Juanita Lopez and Lupsa Hernandez are translating the FNP adult curriculum, Stays to a Healthier You, into Spanish. The Spanish version will be delivered statewide in Missouri.¿ FNP is a vital part of University of Missouri Extension’s effort — bringing nutrition and lifestyle skills to Missouri families.
Research tells us that kids can taste foods 10 or more times before they accept them. That’s why FNP offers tasting as a key part of the nutrition education experience. Kids tasted thousands of foods across the state. On the average, 95 percent of kids present for taste tests tried the food(s) offered. They tasted foods from the five major food groups including nine grain bread, multi grain bagels, hominy, pumpernickel bread, apples with peanut butter dip, apricots, kiwi, pomegranates, orange/banana salad, cucumbers, grape tomatoes, radishes, spinach, strawberry yogurt, soy milk, skim chocolate milk, cheddar cheese, lean turkey, sunflower seeds, almonds, tortilla roll ups, and nearly-a-pyramid sundaes.

<table>
<thead>
<tr>
<th>Number of participants per grade level or age</th>
<th>Total Participants</th>
<th>Participants Pre-K – Grade 12</th>
<th>Adult Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Kindergarten</td>
<td>6,649</td>
<td>213,032</td>
<td></td>
</tr>
<tr>
<td>Kindergarten</td>
<td>21,384</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined Pre-K and K</td>
<td>1,476</td>
<td>225,332</td>
<td></td>
</tr>
<tr>
<td>Grade 1</td>
<td>24,035</td>
<td>213,032</td>
<td></td>
</tr>
<tr>
<td>Grade 2</td>
<td>21,016</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 3</td>
<td>16,027</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 4</td>
<td>14,887</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 5</td>
<td>13,328</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 6</td>
<td>12,328</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined Grades 1-6</td>
<td>7,725</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 7</td>
<td>6,649</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 8</td>
<td>5,023</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 9</td>
<td>4,370</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 10</td>
<td>2,243</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 11</td>
<td>3,972</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined Grades 7-12</td>
<td>11,990</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 19-64</td>
<td>10,853</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages 65-64</td>
<td>1,447</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td>225,332</td>
<td>225,332</td>
<td></td>
</tr>
</tbody>
</table>

A taste of FNP

FNP touches the lives of Missourians of all ages

FNP reaches Missourians in every corner of the state

This map shows the number of participants contacted by FNP nutrition educators in Missouri counties.

2005 FNP Administrative Team
Jo Brits-Rankin, Administrative Director
Candance Gabel, State Coordinator
Ellen Schuster, Curriculums and Staff Training Coordinator
Amy Sigman, Assistant Coordinator
Ann Cohen, Training and Outreach Coordinator
Barbara Willenberg, Special Projects Coordinator

2005 FNP Regional Coordinators
Julie Royse, Central Missouri
Jefferson City (573) 634-2824

Linda Morgan, Southeast
Bootheel
Hayti (573) 159-0921

Carly Daigle, East Central
Damari Karanja, East Central St. Louis (314) 567-2185

Kathleen Portell, Southeast
Van Buren (573) 121-4418

Mary Smyser, Northeast
Palmyra (573) 769-2071

Terry Egan, Southwest Springfield (417) 866-3039

Janet Hackert, Northwest
Karen From, Northwest
Maryville (660) 582-8101

Karen Elliott, West Central
Dunce Schnick, West Central Kansas City (816) 482-5850

Pat Snodgrass, South Central
Steeleville (573) 775-2133

This material was funded by USDA’s Food Stamp Program.

Published by MU Extension, University of Missouri-Columbia