Family Nutrition Program

UNIVERSITY OF MISSOURI Extension
an equal opportunity/ADA institution

Funded by USDA SNAP

Annual Report
October 1, 2012 to September 30, 2013
2013 FNP Administrators
Jo Britt-Rankin, Administrative Director
Candance Gabel, State Coordinator
1205 University Avenue, Suite 300
Columbia, MO 65211
Telephone: 573-882-9760
Fax: 573-884-5412

2013 FNP Regional Coordinators

East Central
Julie Royse
Jefferson City
573-634-2824

Southwest
Terri Fossett
Springfield
417-886-2059

Northeast
Mary Smyser
Palmyra
573-769-2071

Urban East
Sue Wille
St. Louis
636-797-5391

Northwest
Penny Crawford
Cameron
816-632-7009

Urban West
Rachel Gordon
Kansas City
816-482-5854

Southeast
Linda Morgan
Dexter
573-614-7110

West Central
Cary Creach
Clinton
660-890-0858

Contents
FY13-15, Year one of three complete .............................................................. 1
Budget: Impact of Mid-Year Cut ........................................................................ 1
Introduction to the University of Missouri Family Nutrition Program ................ 2
Nutrition Line, Buddy Pack and Pantry Programming ....................................... 3
Success Stories: Community Pitches In .......................................................... 3
Success Stories: Nutrition Line, Buddy Pack and Pantry Programming ............ 4
Success Stories: Going Bananas ....................................................................... 5
Partnering with the Suite of FNS Food Assistance Programs ......................... 6
MoCAN: FNEP Partnerships Promote Consistent Messages ......................... 8
Success Stories: Partnering With Other Programs ......................................... 9
Success Stories: Working With Seniors ............................................................ 10
Reaching Our Audience in New Ways: Pinterest ........................................... 11
Success Stories: Expanding Education Through Social Media and Online Efforts 12
Reaching Our Audience in New Ways: Facebook ....................................... 13
Success Stories: Long Term Behavior Changes ............................................. 14
Success Stories: International Students Explore Food Education ................. 14
Success Stories: Trying New Foods ............................................................... 15
Welcome Londa Nwadike ............................................................................... 16
Success Stories: Food Safety ........................................................................ 16
Success Stories: Obesity Prevention ............................................................... 17
Success Stories: Healthy Snacks .................................................................... 17
Eating From the Garden ............................................................................... 18
Core Nutrition Messages: Maximizing Messaging ......................................... 20
Evaluation and Participant Data
State Nutrition Education Final Report Summary ........................................ 22
Participants per county FNP Fiscal Year 2013 ................................................ 24
Missouri's Family Nutrition Program will continue to:

- Focus on providing nutrition education in accordance with the USDA Food Guidance System
- Stress balancing caloric intake with physical activity
- Strengthen collaboration with the suite of USDA Food Assistance Programs
- Expand collaborations with the anti-hunger community
- Continue to use the social ecological model (SEM) as the underpinning of all programming to address both the individual and the environment
- Use the learner centered teaching approach
- Partner with agencies to provide education related to growing vegetables
- Use evidence based curricula
- Provide consistent messages related to food and activity through the Missouri Nutrition Network

Budget

Impact of Mid-Year Cut

The first quarter of FY2013 began as most other years. Educational programming was occurring statewide and materials were reaching over 120,000 families statewide through collaborations with food pantries. On Dec. 31, 2012, the passage of the American Taxpayer Relief Act (ATRA) created a 28 percent mid-year cut. For Missouri, that was a $2.9M reduction in available funding for the remainder of the year.

Over the remaining nine months we realized the following impacts:

- More than 80,300 fewer SNAP recipients and eligibles received classroom-based nutrition education. This is a 26 percent reduction from FY12. Each of these persons would have received an average of six lessons.
- Even though direct education was dramatically cut, this did not mean there was a correlating decrease in program demand. Almost 315,000 more people received educational materials through emergency food distribution sites, food pantries, back pack programs and through food assistance programs. This is a 60 percent increase over FY12.
- Regardless of instructional type, the percent of participants making positive behavior changes remained unchanged.
- Although no employee was placed in layoff status, more than 50 positions partially or fully funded by the program remain vacant. Staff were also allowed to voluntarily reduce their effort to .8 FTE from June-September to avoid placing individuals in layoff status.
University of Missouri
Family Nutrition Program

According to the Missouri Food Bank Association, one in eight Missourians receive emergency food assistance each year. In the past two years, food banks have increased their statewide distribution by 20 percent. As a result of the increase in need, our statewide backpack program has nearly doubled in a year, from reaching 9,800 kids in October 2012, to reaching 19,200 in September 2013. In the past four years, this program has expanded dramatically to include children from 372 schools and 92 counties throughout the state. Students and teachers alike find that our educational materials complement the food banks ready-to-eat food in the backpacks. Each month students receive a seasonal fruit and vegetable activity sheet, a kid friendly recipe card, a “Did You Know?” fun fruit and vegetable fact card, and a reinforcement item.

Along with our extremely successful backpack program, we also send food pantries educational postcards with nutritional information that includes two seasonal recipes and a physical activity tip. Since this campaign started in July 2007, this program has expanded to include all 114 counties in Missouri and has reached 136,300 adults in food pantries across the state each month. Our campaign this year focused on the increased cost of food and developed a new series of flyers called the, “Can Do,” recipes. Each installment contains five family friendly recipes that have one main canned ingredient and all of which contain no more than five other ingredients plus spices. In the month of February we highlighted the many uses of canned chicken, from chicken vegetable soup to grandma’s chicken pot pie.

Our materials encourage SNAP recipients to reach out through social media, Facebook, Twitter as well as our toll-free Show Me Nutrition line. The toll-free line allows individuals to ask nutrition and physical activity questions and discover where programming is available in their local area.

In FY13 the Show Me Nutrition Line received more than 153 requests via telephone, email and postal mail. Requests came from 44 counties in Missouri. The top three reasons that were noted for calling the nutrition line were related to food safety, dietary quality, and physical activity. Inquiries made regarding food safety consisted of preservation techniques, proper cooking temperatures and storage methods.

Success Stories
Community Pitches In

We have had so much local support of our program. Recently, budgets have been tight and programming slow, and that’s when you really see the effects of what you do in your community. I have had citizens call and donate funds for our new Eating From the Garden curriculum. Our Extension council has paid mileage and pitched in for food to get summer school classes done. It feels great knowing that others want your program to succeed as much as the staff involved with FNEP! With the community helping as much as they have and having a great council to back me, I am confident that we will make it through this fiscal year without having missed much!

7/10/13
Heather, Montgomery
A scheduled afternoon of sampling and providing nutrition information to patrons of Share the Harvest Food Pantry quickly turned into a “think on your feet” moment for NPAs from Camden County. Upon arrival, the director of the pantry said they had 2 pallets of bananas that were perfectly ripe.

While bananas are known for high levels of potassium, they are also loaded with Vitamin C, Vitamin B-6 and fiber. Although relatively sweet, bananas contain natural sugar that is used by the body to provide a quick energy boost.

Larry Roberts and Amy Bartels, Nutrition Program Associates with the University of Missouri, decided to chop the bananas and warm them in an electric skillet that had been sprayed with a bit of cooking spray. Caramelizing bananas brings all of their natural sugars to the surface and forms a delicious, sweet crust.

Adding some granola to the top created an instant dessert with no added sugar or fat. Try topping this dish with a spoonful of nonfat vanilla yogurt and a sprinkle of cinnamon. The addition of walnuts or pecans would add protein making this an excellent choice for breakfast on the go!

Success Stories
Going Bananas

An unexpected shipment of bananas has Camden county NPAs thinking fast. Caramelizing bananas brings all of their natural sugars to the surface and forms a delicious, sweet crust. Caramelized bananas and granola. Just add a spoonful of nonfat vanilla yogurt and a sprinkle of cinnamon to make an easy dessert.

Success Stories

Nutrition Line, Buddy Pack and Pantry Programming

Cheryl, a client at Hand Extended Food Pantry, commented to me that she is so excited each time she comes to the food pantry. She cannot wait to see what the new recipe is. She reported to me that she was not much of a cook but since she has been trying the samples and getting the recipe she has been preparing most of her family’s meals from scratch.

I was talking with clients at the food pantry about protein foods and handing out “Cheesy Chickens/Turkey Broccoli Casserole” recipes and one of the clients smiled and said to me, “You know I want one of those. I try every recipe I get from you, and almost all of them I really love!” Many of our clients each month now look for, or ask for, a recipe if I’m not already putting one in their hand!

An Ellington Food Pantry client was excited I was there. She loves the Show Me Simple and Healthy Recipes. They help her to save money and the family enjoys the taste. She enjoys knowing they are eating healthier with just a few different ideas she had never tried before.

I taught the kids how to make parfait using canned fruit. One of my students said she made one at home using a can of fruit that she had brought home in her buddy pack.

Nutrition Program Associates with the University of Missouri, decided to chop the bananas and warm them in an electric skillet that had been sprayed with a bit of cooking spray. Caramelizing bananas brings all of their natural sugars to the surface and forms a delicious, sweet crust. Adding some granola to the top created an instant dessert with no added sugar or fat. Try topping this dish with a spoonful of nonfat vanilla yogurt and a sprinkle of cinnamon. The addition of walnuts or pecans would add protein making this an excellent choice for breakfast on the go!

Success Stories

Going Bananas
Partnering With the Suite of FNS Food Assistance Programs

USDA Undersecretary Kevin Con- cannon told SNAP-Ed Implementing Agencies at the 2012 ASNNA Annual Meeting that they should be engaged with the “suite of FNS Food Assistance Programs.” The University of Missouri SNAP-Ed program took that message to heart. That message has resulted in Memorandums of Understanding (MOUs) with state partners who deliver FNS Food Assistance Programs to expand the reach of SNAP-Ed.

Department of Health and Senior Services (DHSS)

WIC and Nutrition Services

Women, Infants and Children (WIC) is a supplemental nutrition program that provides services to pregnant women, new mothers, infants, and children up to age 5 based on nutritional risk and income eligibility. The primary services provided are health screening, risk assessment, nutrition education and counseling, breast feeding promotion and health care referrals. Supplemental food is provided at no cost to participants. Local WIC providers in Missouri frequently partner with the University of Missouri Extension SNAP-Ed educators to provide nutrition education for children under their care.

Summer Food Service Program (SFSP)

SFSP helps assure that eligible populations have access to nutritious meals during the summer months. When school is not in session, SFSP provides reimbursement to community agencies offering the required continuum of meals. Eligible participants include: children under age 18 whose family incomes are less than or equal to 185 percent of the Federal Poverty Guidelines and to income-eligible adults over age 18 who have been determined by a state educational agency to have a disability and who participate in a school-based program for the disabled during the school year. SFSP contracts with schools and other community-based organizations to sponsor the local programs and provide meals that meet established guidelines. The program improves the quality of the summer programs offered in areas of economic need. Local SFSP providers in Missouri frequently partner with SNAP-Ed nutrition educators to provide nutrition education for their attendees.

Chronic Disease Prevention and Nutrition Services

Although not an FNS Food Assistance Program, WISEWOMAN has been a strategic partner with SNAP-Ed. Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) provides heart disease and stroke prevention health screenings and education to clients of the Show Me Healthy Women (SMHW) program, Missouri’s National Early Breast and Cervical Cancer Control Project.

To be eligible for WISEWOMAN services, women must be participants in the Show Me Healthy Women breast and cervical cancer control project and meet the program’s age (35–64 years) and income guidelines. WISEWOMAN partnered with MU Family Nutrition Program to provide telephonic nutrition education by two designated nutrition educators. WISEWOMAN provides financial support for this program.
with the Show-Me Standards and the development of written curriculum guides required by the Missouri School Improvement Program and the OutStanding Schools Act.

Local educational agencies in Missouri frequently partner with nutrition educators with the Family Nutrition Education Programs from University of Missouri Extension to provide nutrition education for children attending their schools. DESE supports this local partnering by encouraging eligible schools to participate.

School Food Services (SFS)

Missouri participates in the national school meal programs [National School Lunch Program (CFR Part 210), After School Snack Program, Seamless Summer Option, School Breakfast Program (CFR Part 220), Special Milk Program (CFR Part 215), Fresh Fruit and Vegetable Programs through the Donated Foods Program (CFR Part 250)]. One of the requirements is to provide free meals to children who are or whose family is participating in the Supplemental Nutrition Assistance Program (SNAP), formerly known nationally and still known as Food Stamps in Missouri. USDA allows families to complete a paper application, yet USDA is encouraging state education agencies to coordinate with their social services agencies to determine eligibility for children automatically through electronic means. Making the eligibility in this manner is referred to as “directly certified.”

In FY’11, SNAP-Ed program staff collaborated with SFS to write and submit a planning grant for Missouri to review its current process, how other states are directly certifying their eligible children, how Missouri could change the current process to be more user-friendly and result in more children being directly certified to reduce the paperwork burden on their families, and write a grant to implement the new process determined during the planning year. SFS entered into a contract with the SNAP-Ed program for staff to coordinate the work of the planning grant. During the planning year, the project team that included members from the Missouri Department of Social Services, Information Technology specialists, DESE and Local Education Agencies (LEAs) conceived an implementation grant application, which was submitted and approved for funding by USDA.

Once again, SFS chose to contract with the SNAP-Ed program for staff to coordinate the implementation of the new process envisioned by the project team. Currently, the new process has been implemented in the public schools after piloting the process. During the next year, the new process will be “rolled out” to the non-public LEAs, again using a pilot process. The SNAP-Ed program continues to seek out additional ways to partner with the Suite of FNS Food Assistance Programs through periodic meetings and planning sessions.

FNEP Partnerships Promote Consistent Messages

MoCAN is a long-standing coalition that unites many members to improve the nutritional intake and increase physical activity levels of Missouri residents, especially low-income individuals. Fifty-one organizations have signed a formal member profile. In addition, there are more than 280 individuals on the overall MoCAN list serve.

The mission of MoCAN is to provide consistent written and spoken messages by all member agencies. In Missouri, many residents find it difficult to eat healthily or be physically active because the environment in which they live, work, learn, play or pray is not supportive. MoCAN was founded as a nutrition network for SNAP-Ed, and has a successful track record of leveraging non-SNAP-Ed funding to support its efforts. Currently MoCAN members are working in three initiatives. First, “Farm to School” continues to provide technical assistance to local schools to bring local, fresh food to their students, thus increasing their intake of fruits and vegetables.

“Farm to School” is currently funded through the Healthcare Foundation of Greater Kansas City. Second, the “Livable Streets” (often called “Complete Streets”) provides services to assist communities in providing modes of transportation for all of their residents - those who drive vehicles, those who ride bicycles and those who walk. During this last year, the advisory council has continued to meet and discuss ways of assisting communities.

During the coming year, additional work will be accomplished through funding from the Centers for Disease Control and Prevention (CDC) through a contract with the Missouri Department of Health and Senior Services (DHSS). Finally, “Eat Smart in Parks” is the newest initiative focused on assisting park food vendors to provide healthier food options. This initiative has continued to receive interest from the Missouri Foundation for Health (MFIH). Additional parks have been trained to use the nutritional guidelines for foods served in parks for park staff. While the project has not yet been evaluated, the number of parks that are incorporating healthier food options in their parks has increased based upon partner organization, Missouri Park and Recreation Association (MPRA), remarks. This initiative will continue through funding from CDC through a contract with the DHSS. In addition, two state of the plate conferences will be supported with funding from DHSS.

MoCAN steering committee desires to recognize key contributors and supporters of MoCAN initiatives. The MoCAN Healthcare Work Group developed criteria to recognize a health care provider or student instrumental in changing policies or environments to improve dietary intake or increase physical activity. The first awardee was Ed Kraemer, M.D., family physician from Lee Summit, Missouri; a video of the presentation given can be found at http://www.youtube.com/watch?v=psy6Ur8upE&feature=youtu.be.

Success Stories Partnering With Other Programs

Inuarepartnership effort with the Hickory Co. Health Department, Jan Gerstlauer, Nutrition Program Associate with the University of Missouri Extension’s Family Nutrition Education Program (FNEP), began offering nutrition classes in August 2013 to the Health Department’s WIC (Women, Children and Infants) participants. As part of the effort, the Health Department purchased food for weekly food demonstrations, highlighting and incorporating WIC-approved foods where possible. In September, the nutrition lesson focused on the importance of calcium in building strong bones, and the recipe chosen for the month was “Fruit and Yogurt Breakfast Waffle Pizza,” an FNEP-approved recipe. Several days after receiving the lesson, a young mother of two boys returned to the Health Department to share with the WIC coordinator that all her boys could talk about was the delicious snack they tasted during the nutrition lesson. The boys enjoyed the food so much that mom had to start making it for them. The mother was thrilled she had another snack/breakfast option for her kids and more importantly, she was happy knowing it wasn’t going to take a monumental effort to provide foods her kids would like that were also nutritional. She also noted in passing that she had learned more about food safety from CDC through a contract with the DHSS.
Success Stories

Working With Seniors

This past June I started programming at the Warsaw Food Pantry at least once a month around the first and then sometimes around the 20th of the month when Senior boxes come in. I work with Jeannie Arnold, assistant manager, to coordinate what food they get in with a Nutrition topic MyPlate subject. As they are waiting between the sign-up and when their food is ready, they sample or talk and share information about the subject on my display board. Recently, I was asked if we had any recipes for use of hard boiled eggs, since they give us and I was explaining to them the difference in whole-wheat flour and white flour and how the entire seed is used for whole-wheat flour and that only the endosperm is used for white flour. I didn’t really think that I made an impact on the group until the end when I asked if they picked up anything new from my teaching. Three-fourths of the group said yes, we had no idea that whole wheat was the entire seed. They found the difference of whole wheat and white grain products interesting.

\[5/10/13\]  
Nicole Cravens, Bates

In March 2013, I had my second visit to the senior center. The first visit included a display about phytonutrients and a sample of snap peas. On the second visit, one of the men that had sampled the baked snap peas came up to me and said that when his wife goes shopping, instead of buying potato chips, she buys the snap peas. That’s what they now snack on. He says they both feel better, and it’s truly guilt-free snacking.

\[3/31/13\]  
Monica Spittler, Stone

I have been teaching at a Senior Living facility in St. Louis County. One of the women was very interested in nutrition and seemed to be well-informed already. She was diabetic, and had taken and paid for a class through a local hospital. While she was already doing a lot of things in her routine to control her diabetes, she always commented how much she liked our curriculum. She enjoyed the recipes that were cost-conscious, delicious, and easy to prepare.

\[6/14/13\]  
Peggy Milford, St. Louis

Reaching Our Audience in New Ways: Pinterest

MU Family Nutrition Education Programs are an important part of University of Missouri Extension, bringing nutrition information to low-income Missourians.

Our Boards include:

- Autumn Favorites
- Soups, Soups and More Soups
- Kid Friendly Recipes
- Oodles of Noodles
- Healthy lifestyle tips
- Game Day Treats
- Food Safety
- BBQ Time
- Mother’s Day
- Breakfast
- Meals on the Go
- Gardening
- Cinco de Mayo
- Veggies
- Get Fit!
- Father’s Day
- Crockpot Recipes
- Nutrition
- Emergency Kits
- Pinching Pennies
- Family Fitness
- Kids in the Kitchen
- Weight of the Nation

MU Family Nutrition Education Programs

Our numbers:

- 48 boards and growing
- More than 1,678 pins
- Boards are updated daily with timely, pertinent information to boost awareness of MU FNEP and family health and wellness

pinterest.com/mufnp/boards/
According to a national survey by the Kaiser Family Foundation, the amount of time young people spend with entertainment media has risen dramatically, especially among minority youth. “The study found that 8- to 18-year-olds devote an average of 7 hours and 38 minutes (7:38) to using entertainment media across a typical day (more than 53 hours a week). And because they spend so much of that time ‘media multitasking’ (using more than one medium at a time), they spend an average of 7 hours 8- to 18-year-olds devote among minority youth. Media has risen dramatically, especially media has risen dramatically, especially among minority youth.

Success Stories
Expanding Education Through Social Media and Online Efforts

This spring I was doing the Live It! curriculum with three groups of health students at Mansfield School. In one of the groups there were four girls who were really impressed with the MyTracker Web page. They loved the feature where they can keep track of their food amounts and nutrients. This was not because of their interest in restricting their calories, but to make sure that they were eating enough from each group to get their nutrients and monitoring their exercise levels. They were all athletes, who want to be at their best physically.

2/8/13
Stephanie Weddle, Gentry

One week I decided to have the girls look up the website ChooseMyPlate.gov. We went to the section on having a healthy baby. They were able to enter what they ate for the day. It calculated the calories, fat intake and all the other nutritional values. Priscilla said she was shocked to see how many fat calories she had absorbed in a day and not nutrition. We also looked at the effects on the baby not eating healthy. The pictures, the lessons and the website amazed her and gave her a better understanding on what she needs to do to have a healthy baby.

2/16/13
Teri Tillman, Jackson

Instead of dance for activity?” And a comment on this post from a King City, second grader’s mother: “I agree! Kylie had the healthy kick tonight too. She lectured me at dinner time while she ate her boiled chicken.”

Top 5 Most Viewed Posts
1. Grilled green beans recipe
2. Looking for a creative, low-carb sandwich? Try using a cucumber as your “bread.”
3. From our friends at 1234 Fit-Tastic: Peanut butter, banana and spinach smoothie!
4. Are you going to the Missouri State Fair this week? We hope you’ll stop by Mizzou Central for a little education and a little fun, like the MU Extension photo booth.
5. Headed to the Missouri State Fair this week? We hope you’ll stop by Mizzou Central for a little education and a little fun, like the MU Extension photo booth.

Reaching Our Audience in New Ways:

University of Missouri, Family Nutrition Program, 2013
Success Stories

Long Term Behavior Changes

Last week, while visiting with the Upward Bound students, one of the program participants from last summer (now a summer helper) came up to talk to me. She was telling me about her future plans now that she’s graduated from high school when she asked if I remembered her from last summer. She then started to talk about the Live It lessons that we’d done and she said: “Remember that peanut butter and banana tortilla that we made? That was so good! It’s still my favorite snack, and I tell everyone about it. It’s so easy and good! I’ve been making it at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!”

This year the New American Students Summer School comprised of 115 children, Kindergarten through 6th grade whose families immigrated from countries that included, Burma, Africa, Thailand, Somalia, Nipo, Djibouti, South Africa, Cambodia, China, Pakistan, El Salvador, Guatemala, Mexico, Cuba, Congo and Iraq. These students have been in America anywhere from 1 month to 1 year, some speaking none or very little English. Through our Let’s Read and Kids in the Kitchen programs these students enjoyed learning about the importance of hand-washing and food safety. Each day the students learned new “healthy words” and enjoyed tasting new foods. The excitement, smiles and hugs I received each day was evident in how much they all enjoyed the lessons.

Judy Colligan, St. Francois

Success Stories

International Students Explore Food Education

In July 2013, I ran into Connie and John, who were in my May 2013 ESBA (Eating Smart, Being Active) class in Galena, at a local coffee shop. Connie shared that the class on “Fruits and Veggies” had changed their lives. They said that the taste-test really helped them with healthy fruit juice choices. The one change that they have both made is that they only drink V-8 Fusion juice or “no sugar added” juice. They also read labels to make sure that sugar is not the first or second or third ingredient in their foods. I’ll be doing it in college.” She said: “Remember that peanut butter and banana tortilla that we made? That was so good! It’s still my favorite snack, and I tell everyone about it. It’s so easy and good! I’ve been making it at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!”

Judy Colligan, St. Francois

Success Stories

Trying New Foods

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for “Eating Smart, Being Active” adult curriculum materials. Several people have been encouraged by our materials and that “healthy food can be tasty, too!” and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! During our discussion we’d mentioned you can use all sorts of healthy ingredients you might have around or be able to access easily. She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn’t realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

Julie Williams, Clay
Welcome Londa Nwadike

We welcome Londa Nwadike our new Food Safety Specialist. Londa’s position is a joint effort between K-State Extension and MU Extension. Londa has an office in Olathe, KS and in Blue Springs, MO. She has hit the ground running producing a variety of articles and fact sheets related to current trends and unexpected events. This work includes a monthly Food Safety newsletter, a fact sheet on Food Safety in pregnancy and a recent interview on the effect of Government shutdown on food safety.

Her work can be found on www.krse.ksu.edu/FoodSafety. The recent interview will air on a variety of radio stations and is also posted at: www.harvestpublicmedia.org/content/government-shutdown-crimps-some-food-inspectors.

Success Stories

Food Safety

After teaching Eating Smart, Being Active, the “Go Lean with Protein” lesson, to a group of Ozark Area Community Action Corporation clients, a young woman came up to me following the class. She said that she is a food server at a restaurant in Branson. Looking at the agenda prior to class, she hesitated coming to the class. She wanted to be sure that she was a part of all Food Safety information that was being offered and asked about the agenda prior to class, and we were talking about the refrigerator and the teacher said, “I have always wondered about that and now I know.” I thought that was pretty wonderful for her to admit she was learning right along with her class.

October 8, 2012, I was teaching 4th grade at Phelps County R-III about food safety and we were talking about the temperature of the inside of a refrigerator and the teacher said, “I have always wondered about that and now I know.” I thought that was pretty wonderful for her to admit she was learning right along with her class.

Teach during PE classes at Noyes Elementary in St. Joseph (Buchanan County). John Wachtel, PE teacher at Noyes, had asked his fourth-grade students about their Thanksgiving break. One student reported that it was fine except the turkey was “rotten.” On this day, the fourth grade students were learning about food safety from the Choosing Foods for Me curriculum. We began our investigation on how we thought the turkey became “rotten.” During the course of class, the student replied that the family defrosted the turkey using hot water in the sink, and his brother in sixth grade ended up with a foodborne illness. The following week, the student came to me before class. He told me how he took all the information home and shared it with his family. He said, “My mom is not going to defrost turkey like that anymore! She’s going to do it in the refrigerator.” It amazes me at times how our curriculum will meet the immediate situations of the students.

Success Stories

Obesity Prevention

The battle of the bulge: A young man that I knew came to me and asked if I had any advice on losing weight. The best advice that I had for him was to change his eating habits. I informed him that promoting healthy eating by following MyPlate, watching your portion sizes and eating the right kinds of foods should assist you in reaching your goal. Through walking and following MyPlate this young man lost 150 pounds and dropped five pant sizes. He learned that he had to change his lifestyle rather than dieting and that dieting alone does not promote healthy eating.

While I was teaching 2nd grade class, I sent home the “Make room for snacks - they’re good for you!” brochure in addition to the regular newsletter during a lesson. I asked all the kids to take that to their parents or guardians and share. I really love this handout, it has so many great ideas and information. Two days later, I received an email at our county office asking me to come to another school and share that same information. One of my students took that paper home, the parent is an exercise instructor and works with another school district. I was invited to do a program for their students because of how much one student had taken home to her mom! Way to go kids! They really do tell their families what we teach.
Presented by:
Jo Britt-Rankin MS, Ph.D.; Candance Gabel MS, RD, LD; Larry Roberts and Rebecca Mott

EATING FROM THE
GARDEN

Why Gardening?
Gardening is a popular pastime for people of all ages. Children and their families can often enjoy this creative and fun activity in their own backyard. Growing fruits and vegetables in a home or a school garden provides an environment where nutrition and plant science skills can be taught. The Eating From the Garden curriculum provides hands-on activities to reinforce these lessons and skills.

School and community gardens have been expanding nationwide, which provides those who participate the opportunity to taste and prepare the foods that they have grown. When participants experience these foods, they are more likely to incorporate them into their daily food choices. This is important because most individuals do not consume the recommended servings of fruits and vegetables.

Program Description
The Eating From the Garden program provides evidence-based information to youth in schools and community programs. The program hopes to increase consumption of fruits and vegetables by youths through nutrition and gardening activities. Childhood obesity has reached an epidemic level in this country. Approximately 15 percent of children in the U.S. are overweight and up to an additional 15 percent are obese. One of the main issues facing many children and families is access to safe, healthy, affordable food. This program helps kids improve their diet and food choices by providing them the skills to grow, harvest and prepare healthy food options. With help from area partners and volunteers, the program promotes healthier food choices, gardening skills and physical activity.

Program Objectives
- Increase gardening skills
- Increase consumption of fruits and vegetables
- Increase food preparation skills
- Increase participants financial understanding of gardening

Garden Sites

Results
Gardening allows both youth and adults to take great pride in their efforts and to give back to the community. Participants at each garden site determined how the excess produce would be distributed following the food tastings and demonstrations. Some sites chose to send the produce home with the children or families so that they could replicate the recipes tried during the program. Other sites donated the produce to food pantries within the community. One school, incorporated the produce into their school lunch program. Each day the produce was served, Eating From the Garden signs were placed on the salad bars so children would know they had produced some of the foods being served.

The data below reflects the produce harvested from 20 sites from which we collected data. These data reflect only produce harvested from the spring plantings. Many of these gardens will be replanted for fall crops.

<table>
<thead>
<tr>
<th>Produce</th>
<th>Input Cost</th>
<th>Yield (lbs)</th>
<th>Retail Value</th>
<th>Cost Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>tomatoes</td>
<td>$39.54</td>
<td>340 lbs.</td>
<td>$94.76</td>
<td>$90.22</td>
</tr>
<tr>
<td>zucchini</td>
<td>$5.96</td>
<td>67 lbs.</td>
<td>$333.76</td>
<td>$327.80</td>
</tr>
<tr>
<td>peppers</td>
<td>$26.12</td>
<td>75 lbs.</td>
<td>$256.85</td>
<td>$230.73</td>
</tr>
<tr>
<td>okra</td>
<td>$0.01</td>
<td>40 lbs.</td>
<td>$203.66</td>
<td>$203.65</td>
</tr>
<tr>
<td>radishes</td>
<td>$4.01</td>
<td>32 lbs.</td>
<td>$155.00</td>
<td>$150.99</td>
</tr>
<tr>
<td>carrots</td>
<td>$5.19</td>
<td>33 lbs.</td>
<td>$313.34</td>
<td>$266.15</td>
</tr>
<tr>
<td>lettuce</td>
<td>$9.05</td>
<td>23 lbs.</td>
<td>$120.06</td>
<td>$111.01</td>
</tr>
<tr>
<td>squash</td>
<td>$0.00</td>
<td>53 lbs.</td>
<td>$105.47</td>
<td>$105.47</td>
</tr>
<tr>
<td>turnips</td>
<td>$6.63</td>
<td>26 lbs.</td>
<td>$64.48</td>
<td>$57.85</td>
</tr>
<tr>
<td>spinach</td>
<td>$6.30</td>
<td>12 lbs.</td>
<td>$64.27</td>
<td>$57.97</td>
</tr>
<tr>
<td>cantelope</td>
<td>$0.00</td>
<td>21 lbs.</td>
<td>$63.00</td>
<td>$63.00</td>
</tr>
<tr>
<td>cucumbers</td>
<td>$0.99</td>
<td>58 lbs.</td>
<td>$48.45</td>
<td>$47.46</td>
</tr>
<tr>
<td>turnip greens</td>
<td>$1.59</td>
<td>10 lbs.</td>
<td>$43.60</td>
<td>$42.01</td>
</tr>
<tr>
<td>mustard greens</td>
<td>$0.59</td>
<td>10 lbs.</td>
<td>$43.60</td>
<td>$43.01</td>
</tr>
<tr>
<td>cabbage</td>
<td>$0.00</td>
<td>32 lbs.</td>
<td>$40.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>sugar snap peas</td>
<td>$5.68</td>
<td>6 lbs.</td>
<td>$35.88</td>
<td>$30.20</td>
</tr>
<tr>
<td>onions</td>
<td>$5.32</td>
<td>16 lbs.</td>
<td>$34.88</td>
<td>$29.56</td>
</tr>
<tr>
<td>garbanzo beans</td>
<td>$0.00</td>
<td>3 lbs.</td>
<td>$27.50</td>
<td>$27.50</td>
</tr>
<tr>
<td>eggplant</td>
<td>$0.00</td>
<td>11 lbs.</td>
<td>$19.92</td>
<td>$19.92</td>
</tr>
<tr>
<td>watermelon</td>
<td>$0.00</td>
<td>10 lbs.</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>pumpkin</td>
<td>$0.00</td>
<td>10 lbs.</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>olimanese</td>
<td>$0.00</td>
<td>8 lbs.</td>
<td>$16.72</td>
<td>$16.72</td>
</tr>
<tr>
<td>strawberries</td>
<td>$4.48</td>
<td>6 lbs.</td>
<td>$11.99</td>
<td>$7.51</td>
</tr>
<tr>
<td>broccoli</td>
<td>$0.00</td>
<td>2 lbs.</td>
<td>$9.84</td>
<td>$5.36</td>
</tr>
<tr>
<td>swiss chard</td>
<td>$0.00</td>
<td>1 lb.</td>
<td>$5.36</td>
<td>$5.36</td>
</tr>
<tr>
<td>basil</td>
<td>$0.00</td>
<td>1 lb.</td>
<td>$4.36</td>
<td>$4.36</td>
</tr>
<tr>
<td>green beans</td>
<td>$0.00</td>
<td>1 lb.</td>
<td>$4.00</td>
<td>$4.00</td>
</tr>
<tr>
<td>chailteño</td>
<td>$0.00</td>
<td>1 lb.</td>
<td>$2.26</td>
<td>$2.26</td>
</tr>
<tr>
<td>watermelon</td>
<td>$0.00</td>
<td>10 lbs.</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>pumpkin</td>
<td>$0.00</td>
<td>10 lbs.</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

Total yield: 921 lbs.
Total input costs: $121.46
Total retail value: $3,248.87
Total cost savings: $3,126.61

For more information about Eating From the Garden, go online to missourifamilies.org/eatfromgarden.

Funded in part by USDA SNAP. For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp.
Core Nutrition Messages

Maximizing Messaging

The Dietary Guidelines encourage Americans to balance calories, to eat more whole grains, vegetables, fruits, fat-free or low-fat milk products, and seafood and to eat less added sugars, solid fats, refined grains, sodium, and sugary drinks.

Core nutrition education messages from USDA Food and Nutrition Service reflect the goals and guiding principles of nutrition education delivered through Federal nutrition assistance programs. Designed specifically for populations served by these programs, the messages help nutrition educators deliver consistent messages that resonate with mothers and children and motivate them to adopt healthier eating habits.

These consumer-tested messages are designed to help low-income mothers and children meet key aspects of the Dietary Guidelines for Americans. The messages focus on increasing consumption of fruits, vegetables, whole grains, and lower-fat milk products and encourage mothers to engage in child-feeding practices that promote the development of healthy eating habits.

The messages and their supporting content are tools that can enhance theory-based interventions that address key behavioral outcomes, use motivators and reinforcements that are personally relevant to the target audience, utilize multiple modes of communication, actively engage participants and provide multiple exposures to the messages.

Family Nutrition Education Programs use these core messages and content to develop effective nutrition education resources and activities. These tools allow for the delivery of consistent key nutrition messages through a variety of channels to move the target audience to take action and create behavior change. Nutrition educators use these tools to support and enhance nutrition education targeting low-income mothers and children to help them take small steps to put the Dietary Guidelines and MyPlate into action.

Messages are incorporated into lessons in both youth and adult curricula, and delivered in group settings in classrooms and agencies. Food demonstrations and tastings give program participants the opportunity to try new fruits, vegetables, whole grains, and low-fat dairy products, as well as receive healthy recipes focusing on these foods. Take-home newsletters reinforce the messages taught in the youth curricula and provide an avenue to reinforce these messages with parents and caregivers.

Displays highlight the core messages in schools, food pantries, farmers markets, and other community agencies. These reinforce the messages from classes which may also be taught in these venues.

Performance-based programming.

Food Power Young Adventure uses puppetry and music to teach the messages of healthy eating, food safety, and physical activity. The Power Panther mascot makes appearances around the state, with his Eat Smart. Play Hard messages. These messages remind audiences to eat breakfast, have healthy snacks and drinks, eat more fruits and vegetables, and be physically active.

Activity-based programming.

Food Power Adventure adds unique activity-based experiences to Family Nutrition Education Programs. This interactive exhibit experience takes children to the farm to learn where food comes from, and into the human body to learn how it gives them energy to grow and play.

Messages are found in food pantries, where displays showcase key messages and nutrition educators provide classes, food demonstrations, tastings and recipes. Food pantry mailings also provide food pantries with cards that contain seasonal recipes and physical activity tips.

In the Friday Backpack Program, fruit and vegetable activity cards and child-friendly recipes are distributed to food banks that supply children with ready-to-eat food in backpacks on Fridays. These materials reinforce the fruit and vegetable messages.

Many educational materials are translated into other languages, allowing the messages to be shared with non-English-speaking audiences. Bilingual educators provide nutrition education programming.

Multi-Media

Beyond the classroom and agency settings, billboards spread the message of eating fresh fruits and vegetables. Nutrition education messages are also delivered through social media sites, such as Facebook, Twitter, and Pinterest.

The likelihood of nutrition education messages successfully changing behaviors is increased when key messages are delivered consistently and repeatedly through multiple channels. From the classroom, to the community, to social media sites, the Family Nutrition Education Programs integrate the core nutrition education messages in a variety of program delivery approaches, with the end goal being to move the target audience to behavior change through multiple and varied exposures to the same consistent messages.
# State Nutrition Education Final Report Summary

## Section A. Final Report Summary for Projects and Social Marketing

<table>
<thead>
<tr>
<th>Project name</th>
<th>Geographic area</th>
<th>Delivery locations</th>
<th>Audience</th>
<th>Total number of participants</th>
<th>Frequency, duration and type of educational methods</th>
<th>Key messages</th>
<th>Key measures</th>
<th>Type and status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Youth</td>
<td>Statewide</td>
<td>648 Schools</td>
<td>Youth (Pre-K through 12th grade)</td>
<td>210,303</td>
<td>Average of 4.4, 30-minute group classes</td>
<td>Follow MyPlate.</td>
<td>Average of 25 participants per class</td>
<td>Outcome, Impact completed 9/30/2013</td>
</tr>
<tr>
<td></td>
<td></td>
<td>162 Other Youth Education Sites</td>
<td>Youth</td>
<td></td>
<td></td>
<td>Clean, separate, cook, chill. Be physically active.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>43 Health Department Offices**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>23 Public Libraries**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>48 Emergency food assistance sites**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>34 Churches**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>19 Public Housing**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>26 Community Action Agencies**</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In the Youth project, the outcome evaluation indicated that youth FSNE participants made improvements in each of the program objectives (dietary quality and physical activity; food safety). Their teachers also reported improvements in their own behaviors regarding these objectives, and the majority of teachers (>68% on each indicator) modeled or talked about their own improved behaviors in front of students.

| 2. Adults    | Statewide       | 13 Shelters        | Adults | 23,129                  | Average of 4.4, 30-minute group classes | Follow MyPlate. | Average of 18 participants per class | Outcome, completed 9/30/2013 |
|              |                 | 3 Adult Rehabilitation Centers | Adults |                           |                                                  | Clean, separate, cook, chill. Plan meals ahead/make shopping lists. Be physically active. |             |             |                |
|              |                 | 43 Health Department Offices** | Adults |                           |                                                  |             |             |                |
|              |                 | 23 Public Libraries** | Adults |                           |                                                  |             |             |                |
|              |                 | 48 Emergency food assistance sites** | Adults |                           |                                                  |             |             |                |
|              |                 | 34 Churches** | Adults |                           |                                                  |             |             |                |
|              |                 | 19 Public Housing** | Adults |                           |                                                  |             |             |                |
|              |                 | 26 Community Action Agencies** | Adults |                           |                                                  |             |             |                |

In the Adult project, the outcome evaluation yielded statistically significant findings on each of the three program objectives for this audience (dietary quality and physical activity; food safety; food resource management).

*For evaluation type, indicate Formative, Process, Impact, Outcome or None.

** These delivery sites are counted under both projects. They served both youth and adult audiences.
**Evaluation: Youth Project**

Three thousand, one hundred ninety-nine (3,199) teachers gave us feedback:

- 50 percent have participated in FNP for three or more years.
- 99 percent (3,158 teachers) reported one or more changes in students after FNP.

**Youth participants improve dietary quality, food safety skills and physical activity.**

**Related State Objectives:**

In FY 2013:

- 75% or more youth evaluated will improve their knowledge/skills, or behaviors related to dietary quality and/or physical activity.
- 70% or more of parents and/or teachers reporting will indicate improved food safety behavior(s) of the youth served.

---

**Student changes (reported by teachers)**

<table>
<thead>
<tr>
<th>Student changes</th>
<th>Percent of teachers who observed each type of student change</th>
<th>Percent of teachers whose students talked about this change</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>91%</td>
<td>91%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>68%</td>
<td>81%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>49%</td>
<td>56%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>82%</td>
<td>80%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>82%</td>
<td>79%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>37%</td>
<td>43%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>65%</td>
<td>70%</td>
</tr>
</tbody>
</table>
**Evaluation**: Adult Project

A total of five thousand seven hundred twenty-one (5,721) Adult Survey cards were completed. The adults made significant improvements in each area addressed.

### Dietary Quality and Physical Activity

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think about healthy food choices when deciding what to feed your family</td>
<td>58%</td>
</tr>
<tr>
<td>Use the Nutrition Facts label to make food choices</td>
<td>70%</td>
</tr>
<tr>
<td>Consume something within two hours of waking</td>
<td>46%</td>
</tr>
<tr>
<td>Consume the equivalent of 3 cups of milk, yogurt and cheese each day</td>
<td>59%</td>
</tr>
<tr>
<td>Eat more than one kind of vegetable each day</td>
<td>56%</td>
</tr>
<tr>
<td>Eat more than one kind of fruit each day</td>
<td>61%</td>
</tr>
<tr>
<td>Exercise for a total of 30 minutes each day</td>
<td>51%</td>
</tr>
</tbody>
</table>

### Food Safety

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not let meat and dairy foods sit out for more than two hours</td>
<td>41%</td>
</tr>
<tr>
<td>Do not thaw frozen foods at room temperature</td>
<td>60%</td>
</tr>
</tbody>
</table>

### Food Resource Management

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan meals ahead of time</td>
<td>65%</td>
</tr>
<tr>
<td>Compare prices before buying food</td>
<td>55%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>60%</td>
</tr>
</tbody>
</table>

---

**Evaluation and Participant Data**

- **Related State Objectives:**
  - In FY 2013, 70% or more of teachers reporting will indicate improved food safety behavior(s).

<table>
<thead>
<tr>
<th>Teachers' changes (self-reported)</th>
<th>Percent of teachers who made each type of change</th>
<th>Percent of teachers already practicing the behavior</th>
<th>Percent of teachers who model or talk about the behavior in front of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>More aware of nutrition</td>
<td>51%</td>
<td>48%</td>
<td>95%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>51%</td>
<td>45%</td>
<td>94%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>35%</td>
<td>54%</td>
<td>81%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>43%</td>
<td>49%</td>
<td>90%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>31%</td>
<td>67%</td>
<td>94%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>35%</td>
<td>61%</td>
<td>79%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>40%</td>
<td>46%</td>
<td>88%</td>
</tr>
<tr>
<td>Make/Offer healthier food choices for students</td>
<td>52%</td>
<td>38%</td>
<td>NA</td>
</tr>
</tbody>
</table>

*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through grade 12.

---

- **Related State Objectives:**
  - In FY 2013...
    - ...75% or more adult participants evaluated will improve their knowledge skills, or behaviors related to dietary quality and/or physical activity.
    - ...30% of adult participants surveyed will implement one or more food safety behaviors to ensure a healthy food supply.
    - ...60% of adult participants surveyed will implement one or more food resource management practices to effectively utilize their food dollars.
### Participant data for direct contacts

#### Participants by age

<table>
<thead>
<tr>
<th>Grade level</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth participants (through grade 12)</td>
<td>210,637</td>
</tr>
<tr>
<td>Adult participants (age 19+)</td>
<td>23,543</td>
</tr>
</tbody>
</table>

#### Participants by race

<table>
<thead>
<tr>
<th>Race/ethnicity</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td>205,039</td>
</tr>
<tr>
<td>African American</td>
<td>20,663</td>
</tr>
<tr>
<td>Native American</td>
<td>325</td>
</tr>
<tr>
<td>Asian</td>
<td>1,424</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Island</td>
<td>725</td>
</tr>
<tr>
<td>Other</td>
<td>6,004</td>
</tr>
<tr>
<td>Participants of Hispanic ethnicity*</td>
<td>11,409</td>
</tr>
</tbody>
</table>

#### Participants by gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>113,217</td>
</tr>
<tr>
<td>Female</td>
<td>120,963</td>
</tr>
</tbody>
</table>

#### Educational contacts

<table>
<thead>
<tr>
<th>Contact Type</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct contacts**</td>
<td>1,030,393</td>
</tr>
<tr>
<td>Indirect contacts (family newsletters, health fairs, food pantries, Show-Me Nutrition Line)</td>
<td>3,162,641</td>
</tr>
<tr>
<td><strong>Total educational contacts</strong></td>
<td>4,193,034</td>
</tr>
</tbody>
</table>

#### Groups

<table>
<thead>
<tr>
<th>Description</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of groups that participated</td>
<td>9,696</td>
</tr>
<tr>
<td>Average number of visits per group</td>
<td>4.4</td>
</tr>
</tbody>
</table>

* Race/ethnicity is estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for one group = (number of participants in one group) X (number of visits for the group).
### FNP Budget Fiscal Year 2013

<table>
<thead>
<tr>
<th>Item</th>
<th>Budget STATE</th>
<th>Revised STATE</th>
<th>Actuals* STATE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personnel</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salaries and wages</td>
<td>6,275,336.00</td>
<td>3,906,303.00</td>
<td>4,364,908.31</td>
</tr>
<tr>
<td>Benefits</td>
<td>1,761,487.00</td>
<td>1,064,68.00</td>
<td>1,296,972.89</td>
</tr>
<tr>
<td><strong>Supplies</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Postage</td>
<td>49,400.00</td>
<td>49,400.00</td>
<td>44,102.27</td>
</tr>
<tr>
<td>Office supplies</td>
<td>176,975.00</td>
<td>176,975.00</td>
<td>102,951.60</td>
</tr>
<tr>
<td>Telephones</td>
<td>20,050.00</td>
<td>20,050.00</td>
<td>21,381.19</td>
</tr>
<tr>
<td>Advertising</td>
<td>56,500.00</td>
<td>56,500.00</td>
<td>4,093.72</td>
</tr>
<tr>
<td>Nutrition Ed. materials with</td>
<td>807,536.00</td>
<td>741,635.00</td>
<td>356,818.43</td>
</tr>
<tr>
<td><strong>Travel</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-state</td>
<td>511,500.00</td>
<td>441,500.00</td>
<td>354,584.50</td>
</tr>
<tr>
<td>Out-of-state</td>
<td>15,000.00</td>
<td>15,000.00</td>
<td>5,165.80</td>
</tr>
<tr>
<td><strong>Administrative expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building lease/rental</td>
<td>244,252.00</td>
<td>275,000.00</td>
<td>255,522.02</td>
</tr>
<tr>
<td>Maintenance</td>
<td></td>
<td>64,000.00</td>
<td>16,063.175</td>
</tr>
<tr>
<td>Other</td>
<td>26,000.00</td>
<td>13,000.00</td>
<td>1,266.00</td>
</tr>
<tr>
<td>Contract/grants</td>
<td>56,500.00</td>
<td>56,500.00</td>
<td>4,093.72</td>
</tr>
<tr>
<td><strong>Total operating</strong></td>
<td>1,997,213.00</td>
<td>1,917,860.00</td>
<td>1,226,748.70</td>
</tr>
<tr>
<td>Direct costs</td>
<td>10,034,036.00</td>
<td>6,888,631.00</td>
<td>6,888,629.90</td>
</tr>
<tr>
<td>Total indirect*</td>
<td>1,114,781.00</td>
<td>765,327.00</td>
<td>765,328.10</td>
</tr>
<tr>
<td><strong>Total federal costs</strong></td>
<td>11,148,817.00</td>
<td>7,653,958.00</td>
<td>7,653,958.00</td>
</tr>
<tr>
<td><strong>TOTAL COST</strong></td>
<td>11,148,817.00</td>
<td>7,653,958.00</td>
<td>7,653,958.00</td>
</tr>
</tbody>
</table>

* Indirect costs are calculated at the 10 percent of the total awarded amount. 11/06/13

---

**Evaluation and Participant Data**

If you are running out of money for food, contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).

For more information on nutrition and physical activities you can do with your family, call MU Extension’s Show Me Nutrition line at 1-888-515-0016.
University of Missouri

Family Nutrition Program

Bringing Classroom Learning Home

Bringing Nutrition Education to Communities where Missourians Live, Work and Play

Fund by USDA SNAP.