Family Nutrition Program
Annual Report
October 1, 2007 – September 30, 2008
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Family Nutrition Program final report, 2008
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University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri’s Food Stamp Program eligible population. Using the social-ecological model to evoke behavior change, UM Extension faculty and staff provide education to both youth and adults throughout the state of Missouri.

The primary focus is the education of school-age children — to teach them how to make behavior changes that will enable them to achieve lifelong health and fitness. Nutrition educators also reach out to adults through parent newsletters, by direct mail and in group settings at collaborative community agencies.

The Family Nutrition Program is funded through the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the Food Stamp Nutrition Education Program (FSNE). This report features highlights of the FY’08 program, evaluation data and fiscal summary.
Bringing Classroom Learning Home

Missouri’s FSNE program reaches individuals in a number of ways. In fiscal year 2008, a total of 269,064 youth and adult participants learned how to improve their dietary quality, how to handle food more safely, how to stretch their food dollar and how to make physical activity part of their lifestyle. Participants learned these messages over an average of six lessons.

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Parent newsletters are an important part of the Show Me Nutrition youth curriculum. The newsletters provide nutrition education to parents or guardians and reinforce concepts the youth are taught in pre-K through 5th grade. The newsletters also suggest developmentally appropriate, at-home activities that adults can do with the children. These activities focus on dietary quality, physical activity and food safety. Examples of these activities include children’s book titles with nutrition or physical activity themes; healthy recipes that can be prepared at home; and activities that can be done at the grocery store.

The newsletters are available in English and in Spanish. Providing these newsletters will continue in FY’09.

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**Show Me Nutrition Curriculum Newsletters**

Parent newsletters are an important part of the Show Me Nutrition youth curriculum. The newsletters provide nutrition education to parents or guardians and reinforce concepts the youth are taught in pre-K through 5th grade. The newsletters also suggest developmentally appropriate, at-home activities that adults can do with the children. These activities focus on dietary quality, physical activity and food safety. Examples of these activities include children’s book titles with nutrition or physical activity themes; healthy recipes that can be prepared at home; and activities that can be done at the grocery store.

The newsletters are available in English and in Spanish. Providing these newsletters will continue in FY’09.

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**Choosing Foods for Me**

A family newsletter.

- **Read the nutrition facts to eat healthfully**
  - Understanding the Nutrition Facts panel on a food label will help you choose healthy foods for you and your family. Match the numbers below with the Nutrition Facts panel on the back of this newsletter to help you become a pro at reading food labels.
  - **1. Serving size and servings per container**
    - These two numbers on the Nutrition Facts panel tell us how much of the food is considered a serving and the number of servings in the package. Specific nutrient amounts on the Nutrition Facts panel refer to one serving of the food. These are often different than MyPyramid portions.
  - **2. Calories and calories from fat**
    - The number of calories we need in a day depends on age, weight, sex and activity level. Look at how many calories are in a serving. How many of these calories come from fat? The bigger the difference between these numbers, the lower the percent of calories from fat.
  - **3. Total fat, saturated fat, trans fat, cholesterol and sodium**
    - Many of us consume excessive amounts of these nutrients, which may increase our risk for developing heart disease, high blood pressure and some cancers. Use these amounts to help you monitor the amounts in foods you choose.
  - **4. Vitamin A, vitamin C, calcium and iron**
    - These nutrients (along with fiber) often come up short in our diets. Choose foods that are good sources of these nutrients. A food is considered a good source if it contains 10 to 19 percent of the Daily Value.
  - **5. Total carbohydrate, dietary fiber and sugars**
    - Our goal is to increase the amount of dietary fiber we eat and go easy on sugars.
  - **6. Percent daily value**
    - Shows the maximum amounts recommended for total fat, saturated fat, cholesterol and sodium along with the amounts that are recommended for total carbohydrate and dietary fiber. Two caloric totals are listed as a general guideline: depending on our calorie needs, we may need more or less.

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**Healthy foods!**

A family newsletter.

- **Grab some grains!**
  - Making half your grains whole helps you get the nutrients you need for growing strong bones and muscles. Whole grains also contain dietary fiber, protein, and important vitamins and minerals.
  - **In class we read a book called The Big Hungry Bear.**
  - **How to handle food at a party.**
    - You have a menu and a shopping list. Make half your grains whole and choose whole grains more often – they come in all sizes, shapes and flavors. Try to make half your grains whole – make some B-vitamins. There are grains galore to choose from – they come in all sizes, shapes and flavors. Try to make half your grains whole – make whole-grain oats. Look for the whole-grain ingredient list, look for the words whole-grain before the name of the grain.
  - **Your child eat each day whole grains.**
    - On the ingredient list, look for the words whole-grain before the name of the grain.

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**Building MyPyramid**

A family newsletter.

- **Grains galore**
  - No doubt about it – grains taste great!
  - These tasty grain ideas – many are low-fat cheddar and crackers. Try these tasty grain ideas – many are low-fat cheese and crackers.
  - **Low-fat cheese and crackers**
  - **Peanut butter on toast**
  - **Toast with jelly**
  - **Stir-fried rice and vegetables**
  - **Macaroni and cheese**
  - **Two ingredient recipes.**
    - Once you know how to read labels, it helps to find foods that are lower in calories and saturated fat. Choose foods that are lower in calories and saturated fat.
    - **Facts panel tell us how much of the food contains.**
      - A serving of food is a specific amount. Specific nutrient amounts in the Nutrition Facts panel refer to one serving of the food. These are often different than MyPyramid portions.

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**¡Construyendo mi cuerpo!**

Una publicación para la familia.

- **Cómo la depresión de la gripe**
  - Asegúrese de lavar las tablas de cortar, los platos y los utensilios que tocaron los alimentos crudos.
  - **Mantenga la carne, las aves y el pescado**
    - Las enfermedades causadas por alimentos que están contaminados son conocidas como enfermedades de origen alimentario. Muchos de estos alimentos son “no santos” (no inocentes) hacia los microorganismos que pueden causar enfermedades.

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**First Grade - Lesson 3**

- **Help yourself to healthy foods!**
  - A family newsletter.
  - Eating whole grains may help prevent heart disease, diabetes and some forms of cancer. There are many different sources of whole grains – breads, cereals, pasta, rice, and other foods made from whole grains – that are rich in fiber, which helps reduce constipation. Whole grains also contain important vitamins and minerals, such as iron, B-vitamins and calcium.
  - **Grab some grains!**
    - Grab some grains!
  - **Grains whole**
    - Whole grains are important for growing strong bones and muscles. Whole grains also contain dietary fiber, protein, and important vitamins and minerals.
  - **Make your half your grains whole**
    - Whole grains are important for growing strong bones and muscles. Whole grains also contain dietary fiber, protein, and important vitamins and minerals.

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**Fourth Grade - Lesson 5**

- **Choosing foods for me!**
  - A family newsletter.
  - **Reading with children helps them**
    - Try these tasty grain ideas – many are low-fat cheddar and crackers. Try these tasty grain ideas – many are low-fat cheese and crackers.
  - **Stir-fried rice and vegetables**
  - **Macaroni and cheese**
  - **Low-fat cheese and crackers**
  - **Peanut butter on toast**
  - **Toast with jelly**

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**PostScript**

- **Facts panel tell us how much of the food contains.**
  - A serving of food is a specific amount. Specific nutrient amounts in the Nutrition Facts panel refer to one serving of the food. These are often different than MyPyramid portions.
  - **1. Serving size and servings per container**
    - These two numbers on the Nutrition Facts panel tell us how much of the food is considered a serving and the number of servings in the package. Specific nutrient amounts on the Nutrition Facts panel refer to one serving of the food. These are often different than MyPyramid portions.
  - **2. Calories and calories from fat**
    - The number of calories we need in a day depends on age, weight, sex and activity level. Look at how many calories are in a serving. How many of these calories come from fat? The bigger the difference between these numbers, the lower the percent of calories from fat.
  - **3. Total fat, saturated fat, trans fat, cholesterol and sodium**
    - Many of us consume excessive amounts of these nutrients, which may increase our risk for developing heart disease, high blood pressure and some cancers. Use these amounts to help you monitor the amounts in foods you choose.
  - **4. Vitamin A, vitamin C, calcium and iron**
    - These nutrients (along with fiber) often come up short in our diets. Choose foods that are good sources of these nutrients. A food is considered a good source if it contains 10 to 19 percent of the Daily Value.
  - **5. Total carbohydrate, dietary fiber and sugars**
    - Our goal is to increase the amount of dietary fiber we eat and go easy on sugars.
  - **6. Percent daily value**
    - Shows the maximum amounts recommended for total fat, saturated fat, cholesterol and sodium along with the amounts that are recommended for total carbohydrate and dietary fiber. Two caloric totals are listed as a general guideline: depending on our calorie needs, we may need more or less.
Nutrition Line and Post Cards

Continuing an initiative that began in summer 2007, a direct mailing of nutrition education information was sent to 50,000 adult Food Stamp Program (FSP) recipients in northeast, northwest and southeast Missouri on a quarterly basis. The FSP recipients received a postcard containing one seasonal and tested recipe, a list of motivational and easy family nutrition and physical activities and a toll-free number for additional information.

Many callers reported that they enjoyed the recipes because they were simple and tasted good. In fact, recipes were the most requested service. Specific feedback indicated the simplicity, quick preparation, and good taste of the recipe dishes were greatly appreciated.

Other callers reported that their extended family members would be able to benefit from the nutrition and physical activity messages they were receiving and, in many cases, indicated they were going to share the information with those family members. Many parents and grandparents shared stories of cooking with young children. “My son and I just love to cook together,” was one of many stories told by callers. Sharing cooking experiences like these allow families to pass healthy food messages through the generations.

For FY’09, look for a dedicated nutrition line to debut; a partnership with food pantries in high-need areas will target 200,000 FSP eligible families each month.

Grilled Herb Vegetables

Preparation Time: 20 minutes
Cooking Time: 5 minutes

Ingredients
- 3 large green peppers, cut into 1/2 inch cubes
- 3 medium zucchini, cut into 1/2 inch cubes
- 24 cherry tomatoes
- 1 medium eggplant, cut into cubes
- 24 whole mushrooms
- Nonstick cooking spray
- 1/2 teaspoon basil
- 1/4 teaspoon oregano

Directions
1. Wash hands and surfaces.
2. Put green pepper, zucchini, cherry tomatoes, eggplant, and mushrooms into bowl. Lightly spray vegetables with nonstick cooking spray while mixing with spoon.
3. Soak skewers (point side up) in a glass of water for 2 minutes (this will keep them from breaking or catching fire when they are over the hot coals).
4. Place vegetables onto skewers, alternating vegetables as you go.
5. Grill over hot coals or broil for 3-5 minutes. Serve.

A series of postcards with free recipes and physical activities to do with your family have been mailed to you.
A toll free number 1-888-515-0016 has been provided by MU Extension’s Show-Me Nutrition.

Please take a few moments to respond to the following questions and return this postage paid postcard.

1. Did you happen to try a recipe?
   - Yes
   - No
   - If yes, check the ones you tried.
     - Orange Smoothie
     - Pumpkin Muffins
     - Bean Soup
     - Personal Pizza
     - Grilled Herb Vegetables

2. Did you find the ideas on family activities motivating?
   - Yes
   - No
   - If yes, check the ones you tried.
     - Backyard Obstacle Course
     - Outdoor Games
     - Activities with Music
     - Garden or Lawn Activities
     - You pick Fruits and Veggies

3. Did you contact our toll free numbers as a result of this postcard or from previous postcards received?
   - Yes
   - No
   - If yes, for nutrition information or for parenting information?

Thank you.
Loving Your Family Feeding Their Future

This project provides educational and promotional materials and techniques to help FNP educators work with FSP recipients and those who are eligible. Four topics are addressed:

- Planning, shopping and preparing healthy, low-cost meals
- Including the recommended amounts of fruits and vegetables in meal plans and encouraging children to eat fruits and vegetables
- Including ways to get enough daily physical activity
- Being more physically active and making healthy choices for meals and snacks.

The USDA, FNS Loving Your Family Feeding Their Future materials are specifically targeted and designed for English- and Spanish-speaking women with children ages 2 through 18. Staff were trained to use these materials in March 2008. Educational displays on two topics from these materials – Family Meals and Family Time-Make it Active and Fun – were developed and distributed. During FY’08, these materials reached 71 participants. It is anticipated that 250 FSP eligible adults will be reached in FY’09.

Educational display pieces from “Family Meals”
2 Meals for Ten Bucks is back by popular demand!

In FY’08, the original “Two Meals for Ten Bucks” brochure was distributed to 5,000 FSP eligible individuals through collaboration with agencies and FNP educators. The second version of this brochure was released in August 2008 and was distributed to more than 3,000 individuals.

In FY’09, continued distribution of Version 2 is planned, along with finalizing a holiday edition and developing Version 3. These brochures have been very successful because the content assists adults in grocery shopping and cooking two meals inexpensively.

Here’s how to make two savory meals
• easy to fix
• great tasting
• good for your family

Try these healthy Grab ‘n Go snacks!
• Deli meat and cheese roll-up
• Cheese sticks
• Single-serving juice or milk box
• Pudding cup
• Yogurt
• Pretzels
• Fat cereal in a zip-lock bag
• Cheese rolled up in a tortilla
• Tropical fruit trail mix

For more information, contact your local University of Missouri Extension center.
extension.missouri.edu

If you have questions about nutrition, call MU Extension’s Show-Me Nutrition Line:
1-888-515-0016

Running out of money for food? Contact your local Food Stamp Office or go to www.dss.mo.gov/fsd/fstamp

This material was funded in part by USDA’s SNAP.

Choose foods wisely!
Use MyPyramid to guide your food choices.
On the Web at www.mypyramid.gov

Recipe author:
Joyce Lee
University of Missouri Extension

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

Missouri’s FSNE program is also active in local communities throughout the state. Partnerships with local agencies and organizations allow the program to reach FSP eligible audiences in non-traditional educational settings.

Kansas City’s City Market

The Missouri FSNE program partnered with The City Market, an historic landmark in Kansas City. FNP educators promoted healthy eating and an active lifestyle. Visitors to the market were taught how to prepare local produce and were given a chance to taste fresh foods and share recipes. The FSNE program generated synergy with the local farmers by buying the fresh produce for sampling from The City Market vendors.

This program utilized the USDA Eat Smart, Play Hard™ campaign to encourage visitors to “Walk the Market.” The FNP educators provided maps to the vendors; three guided laps of the market equaled a two-mile route.

Research shows that each Saturday—in just six hours—more than 16,000 customers visit The City Market for fresh farm produce, the atmosphere and as a family activity.
Summer Library Reading Program

Each summer as part of the nationwide Collaborative Summer Reading Program, FNP educators partner with public libraries serving FSP eligible neighborhoods to encourage healthy eating through reading nutrition-themed books. Libraries encourage summer reading using a different theme each year. In FY’08, the theme was “Catch the Reading Bug.” Existing nutrition education curricula lessons, using an experiential model framework, were adapted to the “Catch the Reading Bug” theme. The target audience for the reading program is children ages 2 to 12. Missouri reaches children in the elementary grades and their parents who attend. In addition to the nutrition education classes, parent newsletters about nutrition and health and a bookmark were distributed. The program will be continued in FY’09 using the summer ‘09 theme.

Read the Nutrition Facts panel

You don’t have to go on a wild adventure to make healthy and sensible food choices for your family. Learning to read food labels can help make healthy eating easy.

Understanding the Nutrition Facts panel of a packaged food can help you choose healthy foods for yourself and your family. The Nutrition Facts panel tells you the amounts of specific nutrients in the food you are eating. Use the values on the Nutrition Facts panel to compare one serving of the food.

1. Serving size and servings per container: These two numbers on the Nutrition Facts panel tell us how much of the food makes one serving and the number of servings in the package. Specific nutrient amounts on the Nutrition Facts panel refer to one serving of the food.

2. Calories and calories from fat: The number of calories we need each day depends on our age, weight and physical activity level. The number of calories tells us how many calories are in one serving. The calories from fat tells us how many of those calories in one serving come from fat.

3. Total fat, saturated fat, trans fat, cholesterol and sodium: Many of us get too much of these nutrients, which may increase our risk for heart disease, high blood pressure and some cancers. Use these numbers to help you monitor the amount of these nutrients in the foods you consume. For example, if you eat 2,000 calories a day, you should try to keep your total fat below 65 grams a day.

4. Percent Daily Values: The percentages listed show how much of a nutrient is provided by one serving of the food compared to a set of recommendations called “Daily Values.” Specific recommendations for individual nutrients based on two calorie totals — 2,000 calories and 2,500 calories — are listed at the bottom of the panel as a general guideline. Individual calorie needs may be more or less than those listed.

5. Protein: This number tells us how much protein is in one serving of the food. Most of us get enough protein in our diets.

6. Total carbohydrate, dietary fiber and sugars: Our goal is to eat more dietary fiber and go easy on sugars. Women should try to eat 25 grams of fiber per day and men should try for around 38 grams.

7. Vitamin A, vitamin C, calcium and iron: We all need these vitamins and minerals in our diets. Citrus fruits are a good source of vitamin C and dark leafy greens are a good source of vitamin A, calcium and iron.

Catch the Reading Bug! With University of Missouri Extension’s Family Nutrition Education Programs

Bringing Nutrition Education to Communities where Missourians Live, Work and Play
Show Me Nutrition Educational Displays, School Assemblies and MyPyramid Comes to School

Show Me Nutrition Education Displays reach elementary teachers who take nutrition information from the displays into the classroom and share with their students or model behaviors for students. These displays are “training trainers” to deliver good nutrition messages. Display information supports local school wellness policies.

The displays are full color bulletin board displays for teachers and include handouts, references and Points to Ponder, a take back to the classroom resource for teachers. This tool may be used with students when discussing the display topic. It includes questions to stimulate discussion with students and activities that can be used to reinforce the nutrition messages of the featured display topic.

Why eat breakfast?

For nutrients
- When you eat breakfast, you’re more likely to get all the nutrients your body needs for the day.

For learning
- People who eat breakfast are ready to learn.
- Breakfast primes your brain for problem solving, concentrating and memorizing.

For weight control
- Breakfast eaters are less likely to overeat later in the day.
- Skipping breakfast has been linked to obesity.

Easy, nutrient-packed breakfast ideas
- Whole-grain cereal topped with a banana and low-fat milk.
- Breakfast smoothie with blended milk, fruit and Iowa.
- Yogurt topped with granola and fruit.
- Trail mix made with your favorite cereal, nuts and dried fruit.
- Laffy Taffy from last night’s dinner and a glass of low-fat milk.

Break-the-fast
- Most important meal of the day.
- Fuels your body after an 8- to 12-hour fast and supplies needed nutrients.
- Breakfast skippers are often more tired, irritable and restless than people who eat breakfast.

Beat your breakfast barriers

Not enough time?
- Make a quick and easy breakfast.
- Set out items the night before.
- Take food with you.

Not hungry in the morning?
- Begin with a small meal like toast and juice.
- Take something with you for a mid-morning snack.

Don’t like breakfast food?
- Sometimes is better than nothing.
- Eat what you like, and make it nutritious.

Think you will gain weight?
- Breakfast can help you lose or maintain your weight.
- Choose lean foods like fruits, low-fat dairy, and whole grains to satisfy your hunger.

Breakfast Smoothie

Per serving:
- 197 calories
- 5 grams protein
- 2 grams fat
- 44 grams carbohydrates
- 3 milligrams cholesterol
- 25 milligrams sodium
- 19 grams fiber
- 100-percent juice.

Instructions

- 2½ to 5 cups of strawberries or any fruit
- ½ cup apple juice or orange juice
- ½ cup vanilla flavored yogurt
- Fresh vegetables, meat, poultry and fish. Vitamin C are high in iron include nuts, dark green leafy cots. Some non-traditional breakfast foods that are high in iron, such as whole and enriched grains and cereals, raisins, prunes and dried apricots. Leftovers from last night’s dinner and a glass of 100-percent juice.

Breakfast ideas:
- Trail mix made with your favorite cereal, nuts and dried fruit.
- Whole-grain toast topped with scrambled egg, fresh fruit and an English muffin.
- Bagel spread with low-fat cream cheese and fruit.
- Fruit smoothies made the freestyle stretches.
- Boiled egg, fresh fruit and an English muffin.
- Pump Iron, all written by Amanda Stevens and Candance Gabel, MS, RD, LD; and Break Basics, Get Your Motor Running, Breakfast Questions and Answers, Urban Nutrition, and a self-paced curriculum for those who are interested.

Pump Iron, written by Amanda Stevens, MS, RD, LD, University of Missouri Extension.

Samples of a Show Me Nutrition Education display, and handouts.
The School Assembly is based on the USDA “MyPyramid.” It is a live, dynamic theatrical performance written to meet the Missouri State Grade Level Expectations and is in accordance with the School Districts’ Wellness Policy. It presents the messages of the USDA MyPyramid for Kids, the importance of daily physical activity, and the importance of hand washing to elementary school students in a positive and fun way. The performance emphasizes that eating healthy and exercising can be fun.

Each food group is represented by an animated character who delivers key messages about their particular food group and how it helps contribute to a healthy lifestyle. Children learn about the six essential nutrients, their functions in the body, and healthy choices for each food group. The importance of eating breakfast is also addressed as a way to jump start the day, provide energy, and facilitate learning. Several characters discuss the benefits of exercising, and children learn many different and fun ways they can be physically active every day. Students also learn safe hand washing methods. Songs and dancing are included throughout the performance to make it entertaining and interactive for the children, as well as to help reinforce the messages.

The MyPyramid Comes to School program takes the assembly one step further and includes characters from the assembly leading selected Show Me Nutrition lessons with food tasting for the children in the classroom. School enrichment kits that contain two lessons for K-2nd grade and three lessons for 3rd-5th grade are provided for teachers for use in follow-up teaching. These kits are designed to help teachers present basic nutrition concepts for the respective grades in an interesting way using interactive components. Lesson plans and necessary supplies are included in the kits.

In addition, Show Me Nutrition Educational Displays are also provided to the school to keep school staff current on various nutrition and health topics.
Special Funded Projects

Special funded projects reached over 900 FSP eligible families in Taney, St. Clair, Douglas, Boone, Jackson and Barton Counties.

Examples of programs include: Fun City Saturday Academy and two sessions in the Summer Youth Academy provided six lessons of “Kids in the Kitchen.” Students learned how to prepare meals using healthy nutrition and food safety concepts. They also participated in a physical activity challenge that encouraged participation and, ultimately, behavior change. This project culminated in a parent and youth event celebrating the success of the youth and strengthening the education of the parents. 230 educational contacts were made through just these two programs. New this year in Jackson County was an after-school and summer-school program led by 4-H Youth Specialists. Seventeen lessons from “Kids in the Kitchen” and Jump into Foods and Fitness curriculum were taught to 264 elementary students grades K–3rd.

Overall, the total number of FSP eligible people reached in FY’08 was 1,006.

In FY’09, these Special Projects will continue to serve the needs of FSP recipients and their families. Currently, the projects remain the same as 2008, but serving new participants.

“Kids in the Kitchen” helps students learn how to prepare meals using healthy nutrition and food safety concepts.
### Section A. Final Report Summary for Projects and Social Marketing

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Delivery Locations</th>
<th>Audience</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Youth and the adults who support them</td>
<td>Statewide</td>
<td>796 Schools, 13 Other Youth Education Sites, 14 Health Department Offices**, 32 Public Libraries**, 9 Community Centers**, 1 Church**, 3 Public Housing**</td>
<td>Youth (Pre-K through 12th grade)</td>
</tr>
<tr>
<td>2. Adults</td>
<td>Statewide</td>
<td>50 Extension offices, 1 Shelter, 1 Adult Rehabilitation Center, 14 Health Department Offices**, 32 Public Libraries**, 9 Community Centers**, 1 Church**, 3 Public Housing**</td>
<td>Adults</td>
</tr>
<tr>
<td>3. Direct mailing</td>
<td>Targeted 47 counties</td>
<td>Food Stamp Recipients</td>
<td>Food Stamp Recipients</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 (>66% on each indicator) modeled or talked about their own improved behaviors in front of students.

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.
### Methods

<table>
<thead>
<tr>
<th>Frequency, Duration and Type of Educational Methods</th>
<th>Content</th>
<th>Evaluation</th>
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<tbody>
<tr>
<td><strong>Average of 6, 30-minute group classes</strong></td>
<td><strong>Key Messages</strong>&lt;br&gt;Follow MyPyramid. Clean, separate, cook, chill. Be physically active.</td>
<td><strong>Key Measures</strong>&lt;br&gt;Average of 25 participants per class.</td>
</tr>
</tbody>
</table>

| **Average of 6, 30-minute group classes** | **Key Messages**<br>Follow MyPyramid. Clean, separate, cook, chill. Plan meals ahead/make shopping lists. Be physically active. | **Key Measures**<br>Average of 34 participants per class. | **Type and Status**<br>Outcome; completed 9/30/2008 |

| **Quarterly direct mailing** | **Key Messages**<br>Clean, separate, cook, chill. Be physically active. | **Key Measures**<br>Number of pieces mailed. | **Type and Status**<br>Formative; completed 9/30/08 |
Evaluation: Youth Project

Three thousand three hundred forty-three (3,343) teachers gave us feedback.

- 38% have participated in FNP for more than 3 years.
- 99% (3,293 teachers) reported one or more changes in students after FNP.

Teachers report improvements in student behaviors.

<table>
<thead>
<tr>
<th>Student Changes (reported by teachers)</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>92%</td>
<td>85%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>62%</td>
<td>73%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>45%</td>
<td>48%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>73%</td>
<td>68%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>87%</td>
<td>78%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>34%</td>
<td>38%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>58%</td>
<td>60%</td>
</tr>
</tbody>
</table>
## Evaluation*

### Teachers’ Changes (self-reported)

<table>
<thead>
<tr>
<th>Behavioral change</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>49%</td>
<td>49%</td>
<td>89%</td>
</tr>
<tr>
<td>Make healthier meal and/or snack choices</td>
<td>47%</td>
<td>47%</td>
<td>88%</td>
</tr>
<tr>
<td>Eat breakfast more often</td>
<td>33%</td>
<td>53%</td>
<td>73%</td>
</tr>
<tr>
<td>More willing to try new foods</td>
<td>40%</td>
<td>49%</td>
<td>79%</td>
</tr>
<tr>
<td>Improved hand washing</td>
<td>33%</td>
<td>66%</td>
<td>90%</td>
</tr>
<tr>
<td>Improved food safety other than hand washing</td>
<td>35%</td>
<td>60%</td>
<td>69%</td>
</tr>
<tr>
<td>Increased physical activity</td>
<td>38%</td>
<td>41%</td>
<td>79%</td>
</tr>
<tr>
<td>Make/offer healthier food choices for students</td>
<td>49%</td>
<td>37%</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.*

---

*Teachers report behavioral changes.*
Evaluation: Adult Project

A total of one thousand five (1,005) 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>64%</td>
</tr>
<tr>
<td>Use the “Nutrition Facts” label to make food choices</td>
<td>73%</td>
</tr>
<tr>
<td>Consume something within 2 hours of waking</td>
<td>73%</td>
</tr>
<tr>
<td>Consume the equivalent of 3 cups of milk, yogurt, and cheese each day</td>
<td>51%</td>
</tr>
<tr>
<td>Eat more than one kind of vegetable each day</td>
<td>58%</td>
</tr>
<tr>
<td>Eat more than one kind of fruit each day</td>
<td>58%</td>
</tr>
<tr>
<td>Exercise for a total of 30 minutes each day</td>
<td>52%</td>
</tr>
</tbody>
</table>

### Food Safety

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percent of respondents reporting improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let meat and dairy foods sit out for more than 2 hours</td>
<td>46%</td>
</tr>
<tr>
<td>Thaw frozen foods at room temperature</td>
<td>53%</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>67%</td>
</tr>
<tr>
<td>Compare prices before buying food</td>
<td>52%</td>
</tr>
<tr>
<td>Shop with a grocery list</td>
<td>58%</td>
</tr>
</tbody>
</table>
Participant Data
Participants per county FNP Fiscal Year 2008

Total Participants: 269,064

Shaded areas on the map show the MU Extension regions.
### Participant Data

#### Participants by Age

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth participants (through Grade 12)</td>
<td>212,206</td>
</tr>
<tr>
<td>Adult participants (age 19+)</td>
<td>56,858</td>
</tr>
</tbody>
</table>

#### Participants by Race*

<table>
<thead>
<tr>
<th>Race</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td>225,819</td>
</tr>
<tr>
<td>African American</td>
<td>35,539</td>
</tr>
<tr>
<td>Native American</td>
<td>482</td>
</tr>
<tr>
<td>Asian</td>
<td>1,374</td>
</tr>
<tr>
<td>Other</td>
<td>5,850</td>
</tr>
<tr>
<td>Participants of Hispanic ethnicity*</td>
<td>8,431</td>
</tr>
</tbody>
</table>

#### Participants by Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>123,851</td>
</tr>
<tr>
<td>Female</td>
<td>145,213</td>
</tr>
</tbody>
</table>

#### Educational Contacts

<table>
<thead>
<tr>
<th>Category</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct contacts**</td>
<td>1,514,380</td>
</tr>
<tr>
<td>Indirect contacts (family newsletters)</td>
<td>419,604</td>
</tr>
<tr>
<td>Indirect contacts (health fairs)</td>
<td>56,505</td>
</tr>
<tr>
<td><strong>Total educational contacts</strong></td>
<td><strong>1,990,489</strong></td>
</tr>
</tbody>
</table>

#### Groups

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of groups that participated</td>
<td>8,384</td>
</tr>
<tr>
<td>Alternative or special education groups</td>
<td>85</td>
</tr>
<tr>
<td>Groups outside the school setting</td>
<td>526</td>
</tr>
<tr>
<td>Average number of visits per group</td>
<td>6</td>
</tr>
</tbody>
</table>

* Race/ethnicity is estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for 1 group = (number of participants in 1 group) X (number of visits for the group).
## Participant Data

### Number of Participants by Grade Level or Age

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Kindergarten</td>
<td>8,253</td>
</tr>
<tr>
<td>Kindergarten</td>
<td>24,551</td>
</tr>
<tr>
<td>Combined Pre-K and K</td>
<td>2,037</td>
</tr>
<tr>
<td>Grade 1</td>
<td>25,856</td>
</tr>
<tr>
<td>Grade 2</td>
<td>22,847</td>
</tr>
<tr>
<td>Grade 3</td>
<td>19,283</td>
</tr>
<tr>
<td>Grade 4</td>
<td>18,454</td>
</tr>
<tr>
<td>Grade 5</td>
<td>13,267</td>
</tr>
<tr>
<td>Grade 6</td>
<td>6,701</td>
</tr>
<tr>
<td>Combined Grades K-6</td>
<td>54,532</td>
</tr>
<tr>
<td>Grade 7</td>
<td>2,681</td>
</tr>
<tr>
<td>Grade 8</td>
<td>2,140</td>
</tr>
<tr>
<td>Grade 9</td>
<td>773</td>
</tr>
<tr>
<td>Combined Grades 6-9</td>
<td>2,878</td>
</tr>
<tr>
<td>Grade 10</td>
<td>84</td>
</tr>
<tr>
<td>Grade 11</td>
<td>5</td>
</tr>
<tr>
<td>Grade 12</td>
<td>107</td>
</tr>
<tr>
<td>Combined Grades 6-12</td>
<td>537</td>
</tr>
<tr>
<td>Combined Grades 9-12</td>
<td>1,624</td>
</tr>
<tr>
<td>Combined Grades Pre-K-12</td>
<td>5,596</td>
</tr>
<tr>
<td>Adults Age 19-64</td>
<td>49,974</td>
</tr>
<tr>
<td>Adults Age 65+</td>
<td>6,884</td>
</tr>
<tr>
<td><strong>Total Participants</strong></td>
<td><strong>269,064</strong></td>
</tr>
<tr>
<td><strong>Total Youth Participants</strong></td>
<td><strong>212,206</strong></td>
</tr>
<tr>
<td><strong>Total Adult Participants</strong></td>
<td><strong>56,858</strong></td>
</tr>
</tbody>
</table>

*FNP touches the lives of Missourians of all ages.*
# FNP Budget Fiscal Year 2008

<table>
<thead>
<tr>
<th>Item</th>
<th>Budget STATE</th>
<th>Actuals* STATE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personnel</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salaries &amp; Wages</td>
<td>3,898,505</td>
<td>3,815,693</td>
</tr>
<tr>
<td>Benefits</td>
<td>1,169,552</td>
<td>1,094,250</td>
</tr>
<tr>
<td><strong>Supplies</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Postage</td>
<td>50,400</td>
<td>77,866</td>
</tr>
<tr>
<td>Office Supplies</td>
<td>97,300</td>
<td>58,208</td>
</tr>
<tr>
<td>Telephones</td>
<td>46,668</td>
<td>23,672</td>
</tr>
<tr>
<td>Advertising</td>
<td>8,400</td>
<td>5,261</td>
</tr>
<tr>
<td>Nutrition Ed. Materials w/copying</td>
<td>529,000</td>
<td>461,846</td>
</tr>
<tr>
<td><strong>Travel</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-State</td>
<td>420,750</td>
<td>460,158</td>
</tr>
<tr>
<td>Out-of-State</td>
<td>10,000</td>
<td>5,839</td>
</tr>
<tr>
<td><strong>Administrative Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Building Lease/Rental</td>
<td>124,100</td>
<td>133,347</td>
</tr>
<tr>
<td>Maintenance</td>
<td>17,117</td>
<td>18,263</td>
</tr>
<tr>
<td>Other</td>
<td>12,038</td>
<td>3,774</td>
</tr>
<tr>
<td><strong>Equipment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contract/Grants</td>
<td>58,695</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Operating</strong></td>
<td>1,374,468</td>
<td>1,248,234</td>
</tr>
<tr>
<td>Direct Costs</td>
<td>6,442,525</td>
<td>6,158,177</td>
</tr>
<tr>
<td>Total Indirect*</td>
<td>1,626,631</td>
<td>1,565,241</td>
</tr>
<tr>
<td><strong>Total Federal Costs</strong></td>
<td>8,069,156</td>
<td>7,723,418</td>
</tr>
<tr>
<td>Agency Match</td>
<td>5,897,740</td>
<td>5,888,465</td>
</tr>
<tr>
<td><strong>University Cost Share</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salary</td>
<td>1,325,651</td>
<td>1,258,214</td>
</tr>
<tr>
<td>Benefits</td>
<td>397,695</td>
<td>353,242</td>
</tr>
<tr>
<td>Indirect</td>
<td>448,070</td>
<td>418,978</td>
</tr>
<tr>
<td><strong>TOTAL COST</strong></td>
<td>16,138,312</td>
<td>15,642,318</td>
</tr>
</tbody>
</table>

*Indirect costs are calculated at the 26% off-campus rate*
Running out of money for food?

Contact your local Food Stamp office or go to:

www.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

UNIVERSITY OF MISSOURI
Extension
equal opportunity/ADA institution

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