

Family Nutrition Program

Missouri's SNAP-Ed Program

FY2021 Annual Report



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University of Missouri Family Nutrition Program

Missouri's SNAP-Ed Program

University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program (SNAP) recipients and eligibles. Using the socio-ecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

Whether reaching out to youth and adults through classroom education or working with communities to promote healthy policies, systems and environments, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. Along with state-wide education, MU Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition (MOCAN) and collaborates with Operation Food Search to expand nutrition education throughout the state.

The Family Nutrition Program is funded through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the SNAP. This report features highlights from the fiscal year 2021 program, evaluation data and a fiscal summary.

Whether in the classroom or the community, the goal of the Missouri SNAP-Ed program is to help participants make behavior changes to achieve lifelong health and fitness.



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Program Objectives for FY2019–2021

Progress in meeting the objectives below is found throughout this report with the appropriate projects.

Our year three objectives build upon establishing baseline programming established within each of six projects. Each project combines direct and indirect education that is supported by policy, system, or environmental change in one of six types of settings:

Places Where SNAP Recipients Eat (Eat)

- Determine baseline number of EAT sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Learn (Learn)

- 67% of youth assessed ate fruit or vegetables every day
- 47% of youth will have 1 hour of daily physical activity in at least 6 of the past 7 days
- 77% of youth will wash their hands most of the time or always before eating
- Determine baseline number of LEARN sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 35% of schools will participate in farm-to-school activities in the 2019 Farm to School Census
- 50% of MOCAN member agencies will promote social marketing campaign materials

Places Where SNAP Recipients Live (Live)

- 67% of adults assessed will eat more fruits or vegetables
- 65% of adults assessed reported they most of the time or almost always

performed 30 minutes of daily exercise

- 86% of adults assessed either did not thaw foods at room temperature or did not let meat or dairy foods sit out for 2+ hours
- Determine baseline number of LIVE sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 50% of MOCAN member agencies will promote social marketing campaign materials

Places Where SNAP Recipients Play (Play)

- Determine baseline number of PLAY sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Shop (Shop)

- 80% of adults assess planned meals or shopped with a grocery list at least most of the time
- 65% of adults assessed will use labeling to make food choices
- Determine baseline number of SHOP sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Work (Work)

- Determine baseline number of WORK sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 100% of SNAP offices provide information about SNAP-Ed
- information about SNAP-Ed

EXECUTIVE SUMMARY

Missouri completed the third year of our FY 2019—2021 statewide SNAP-Education project. Missouri's program combines direct education, indirect education, and collaboration with organizations and stakeholder groups to create changes in policy, systems, and environments. These projects are:

- Places Where SNAP Recipients Eat (Eat)
- Places Where SNAP Recipients Learn (Learn)
- Places Where SNAP Recipients Live (Live)
- Places Where SNAP Recipients Play (Play)
- Places Where SNAP Recipients Shop (Shop)
- Places Where SNAP Recipients Work (Work)

Program Goals

Goal 1: Participants will establish healthy eating habits and a physically active lifestyle to prevent or reduce the incidence of overweight, obesity and other nutrition-related diseases.

Goal 2: Participants will increase their food resource management skills so that they can reduce and/or eliminate their reliance on emergency food systems, and ultimately, food assistance programs, including SNAP.

In FY19–21, our program focused on increasing dietary quality and physical activity and emphasized the following messages:

- Make half your plate fruits and vegetables, at least half your grains whole grains, and switch to fat-free or low-fat milk and milk products
- Enjoy your food, but eat less, avoid oversized portions, drink water instead of sugary drinks, compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle; and,
- Maintain appropriate calorie balance during each stage of life --- childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

Program Progress

Year One Objectives (FY19) focused on establishing baseline programming levels within each of the six proposed projects. **Year Two Objectives** (FY20) focused on improving outcomes over the baseline year, and the **Year Three Objectives** (FY21) were a further refinement of program activities leading to improved outcomes over the baseline year. We recognize that some efforts, particularly those involving PSE changes, can be long-term efforts that do not yield quick results. We also recognize that public health and social distancing measures that were implemented as a result of COVID-19 continue to impact our partners and clients, providing challenges but also new opportunities for meeting client needs.

Implementation Partnerships

We partnered with Operation Food Search to expand reach of their Cooking Matters curricula statewide, beyond their coverage area. They also deliver our educational materials to food pantry clients in their coverage area each month.

Through partnership with the Missouri Council for Activity and Nutrition (MOCAN) and its member agencies, we were able to leverage additional resources to fund work with communities engaged in projects to increase physical activity infrastructure and work to improve food service guidelines in community settings and worksites. Our SNAP-Ed program also collaborated with MOCAN partners to improve the nutrition and physical activity environments in early childhood education settings.

Conclusions

Missouri SNAP-Ed served SNAP eligible audiences across the state. Our participants learned to eat healthier, be more physically active, and to better manage their food resources. Additionally, we worked with partners on policy, systems, and environmental changes to assist limited-resource audiences in these goals.

EAT

At places where SNAP recipients eat, participants learn to establish healthy eating habits and a physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.



Project summary

	Estimated SNAP-Ed participants reached (total)	31,956
	Partnering organizations Elderly service centers (Senior centers, senior nutrition centers)	87

Nutrition Supports

Farm to Institution

Farm to institution initiatives build connections between Missouri agricultural producers and institutional food service such as schools, hospitals and workplaces. The main goals are to serve fresh, high-quality, locally grown food in cafeterias; to provide education about nutrition, health and agriculture; and to support local and regional farmers. Examples of farm to institution activities include:

- Assisting food service directors in establishing procurement policies and procedures to source more local produce.
- Helping design and build a school or community garden.
- Assessing the capacity of local farms to provide items that institutions are requesting.
- Participating in National Farm to School Month in October.
- Increasing the institution's capacity for preparing more fresh fruits and vegetables via grants for new equipment or staff training.

In FY21, farm to institution projects were active in two counties.



Success Stories

I teach Healthy Change at a senior feeding site in Naylor, Missouri. We were learning about Change to Healthy Habits. We discussed the reasons why we should eat healthy. One participant shared that she had diabetes, and that she has a really hard time making the right choices. She said she appreciates classes like this so she can learn about to eating healthy.

Submitted by Barbara Wisdom,
Ripley County

This summer I am teaching "Getting Healthy Through Gardening." The adult participants really enjoyed the classes and working in their raised beds. One participant said, "I have never been able to grow anything before. I am so excited to try this at home!" One of our lessons was on reading labels and one participant told me, "After learning what I need to look for, I read all the labels now when I go grocery shopping."

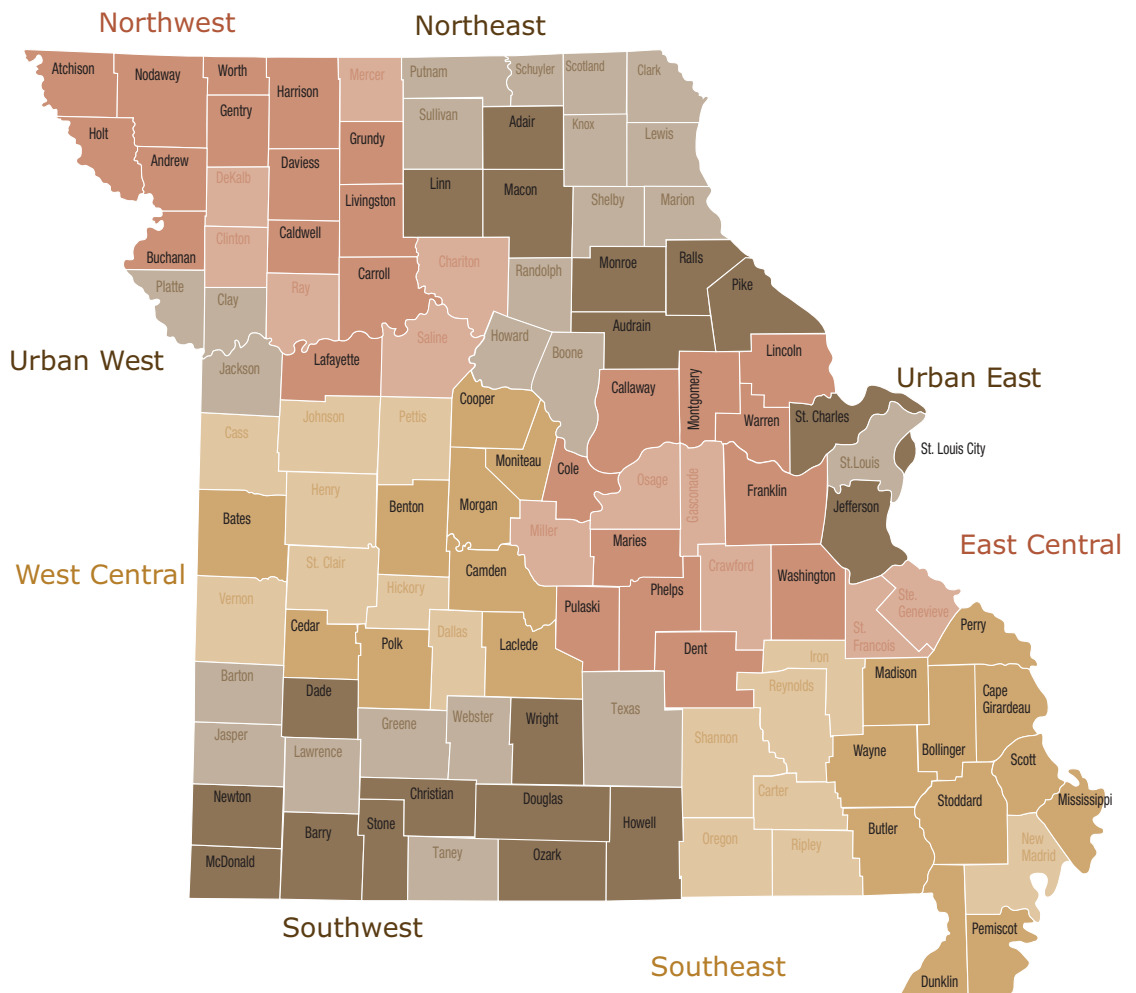
Submitted by Christi Jo Crisp,
Wright County

Gardening

Gardening initiatives provide nutrition supports in many settings. Gardening activities can be conducted at schools, early child care settings and community sites such as vacant lots, parks, city and business owned property. Gardens can increase community capacity to meet the produce needs of individuals and organizations. They can also engage the community in healthy eating and physical activity and may be the focus of other community activities such as nutrition education, food distribution, or taste tests. By providing underserved populations with fresh, local produce, gardens improve access to healthy foods and

support greater food security in vulnerable groups. Gardens also create more green space in local communities, which supports more opportunities for physical activity.

In FY21, a total of 601 school and community gardens were implemented at 100 locations in 65 counties. In addition to providing food tastings for nutrition education classes, 32% of the gardens provided produce to participants, and 22% of gardens donated produce to a food pantry or incorporated the garden produce into school food service.



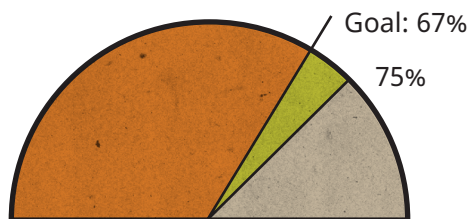
LEARN

At places where SNAP recipients learn, participants are establishing healthy eating habits and a more physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.

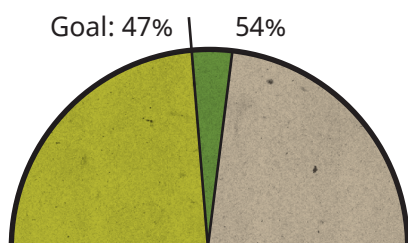


Project summary

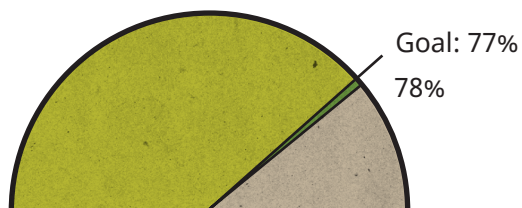
	Estimated SNAP-Ed participants reached (total)	206,770
	Partnering organizations	
	Extension offices (as program site)	4
	Head Start programs	43
	Libraries	11
	Afterschool and other youth education sites	80
	Schools	313
	WIC Programs	2



75% of youth ate fruits or vegetables most days or every day*
FY21 Goal: 67%



54% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days*
FY21 Goal: 47%



78% of youth washed their hands before eating most of the time or always*
FY21 Goal: 77%

Note: a total of 1,058 youth assessed

* Statistically significant improvement, pre-post; $p < 0.05$



Policy, system and environmental strategies to support healthy choices

Child Care Wellness and Go NAPSACC

Early childhood is a critical period for developing healthy habits and sustaining healthy weight status. Early childcare programs are critical environments for obesity prevention because many young children spend significant time in non-parental care. In addition to providing nutrition education for children and their parents, MU Extension provides training for groups of child care providers on ways to promote healthy choices in their facilities. Examples include implementing family-style meals or ways to effectively model a physically active lifestyle. These classes are also approved to help child care providers meet training requirements to maintain licensure.

Child care providers are also able to participate in Go NAPSACC if they are interested in further assistance, or if they are seeking program recognition as part of the newly-revised Missouri MOve Smart Child Care guidelines. Go NAPSACC is an online self-assessment to help providers prioritize, plan and take action to implement health-promoting policies and practices at their sites for the children in their care. Go NAPSACC provides a variety of resources, activities and best practices for providers in several nutrition and physical activity focus areas. Trained technical assistance providers from MU Extension and other partnering agencies can provide coaching on strategies to consider. These efforts are also funded in part by the Missouri Department of Health and Senior Services through funding from the CDC.

In FY21 a total of 66 child care programs in 25 counties registered to receive Go NAPSACC technical assistance, reaching 1,326 children ages 5 and under.

School Health Advisory Councils and local wellness policies

A School Health Advisory Council (SHAC) is an ongoing advisory group composed primarily of individuals representing different segments of the school community. The group acts collectively to provide advice to the school district about aspects of the school health and wellness program, and influence a school's local wellness policies. SHACs may serve an individual school or an entire district. Regional MU Extension faculty participate in SHACs across the state, and MU Extension also partners with a variety of agencies and organizations at the state level. Partners such as the Missouri Coordinated School Health Coalition and the Missouri Department of Health and Senior Services collaborate on school health issues, share resources and coordinate the delivery of consistent school health messages.

In FY21, faculty reported participating in SHACs in 10 counties, in addition to statewide efforts.

School Food Systems

In fall 2021, several partnering schools noted to SNAP-Ed staff that supply chain disruptions and labor shortages limited the ability of schools to procure food for school lunch and breakfast. The extent to which this affected schools across the state was not clear. Missouri SNAP-Ed partnered with the Missouri Department of Agriculture and the Missouri Department of Elementary and

Secondary Education to better understand whether, and how, these challenges affected school food service. SNAP-Ed staff assisted by collecting information from 148 school food service directors in 65 counties about challenges they experienced with school food procurement at the beginning of the 2021–2022 school year.

Success Stories

In the fall of 2020, I reached out to Central Elementary in Pierce City to arrange programming for Show-Me Nutrition. Due to COVID, and the safety measures the school had adopted, visitors were not being allowed in the school. However, the principal inquired as to whether I could offer anything virtually. Having encountered the same obstacle with another school earlier in the school year, a colleague and I had already responded by creating a series of SMN recorded video lessons for PreK-2nd grade. I offered Central Elementary these recorded lessons as an alternative. The principal eagerly accepted the offer. Not only was programming made available to 140 Kindergarten-2nd graders, but they also opted to distribute the PreK lessons virtually. This was especially exciting considering I had not previously been given the opportunity to teach PreK at Pierce City. We reached a total of 37 students we would not have otherwise reached under “normal” circumstances.

Submitted by Melissa Briggs,
Lawrence County

This year I am teaching virtually via Zoom with classes at Oakwood Elementary. Since I was unable to provide food tastings in person, the cafeteria manager Jeanene Martinez, graciously agreed to partner with me! She and her staff have worked with me to provide food tastings for the students during their virtual classes! Jeanene and I believe the tastings will help to reinforce what the students have learned from their lessons, and possibly provide a new tasting experience for the students. She told me that the students are always quick to tell the cafeteria staff about what they learned and if they liked the tastings. What a great partnership!

Submitted by Sarah Woodrow,
Marion County

I was teaching Adventures in Nutrition with the Kindergarten class at Lucy Wortham James Elementary. One of the teachers stopped me after class and told me that every day when the students receive their sack lunches they go through the food and decide which one is better for them. Each table would pull out the items and discuss which foods were good for them.

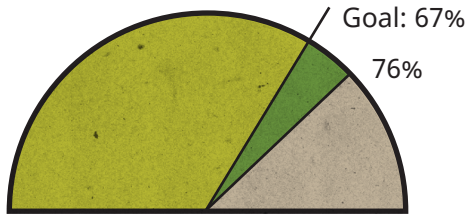
Submitted by Dawn Hicks,
Phelps County

At places where SNAP recipients live, participants are establishing healthy eating habits and a more physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.

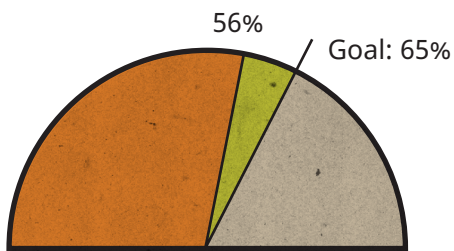


Project summary

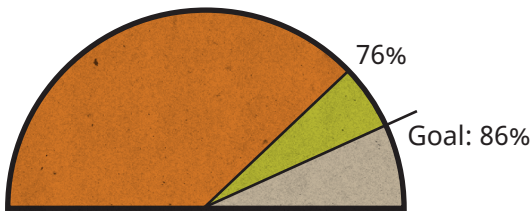
	Estimated SNAP-Ed participants reached (total)	271,075
	Partnering organizations	
	Adult rehabilitation centers	7
	Churches and places of worship	34
	Community Action agencies	14
	Public/community health centers	30
	Public housing	18
	Shelters	17



76% of adults ate more fruits or vegetables most days or every day*
FY21 Goal: 67%



56% of adults reported 30 minutes of daily exercise most of the time or almost always*
FY21 Goal: 65%



76% of adults practiced appropriate food safety by not thawing foods at room temperature or by not letting meat or dairy foods sit out*
FY21 Goal: 86%

Note: a total of 207 adults assessed

* Statistically significant improvement, retrospective pre-post; $p < 0.05$



Policy, system and environmental strategies to support healthy choices

Facilitating community and public health approaches

Engaging community groups is a key initial step toward implementing policy, system and environmental changes. Together with organizational partners, MU Extension helps to guide the community through the delivery of the specific PSE intervention(s) that best address their needs, assets and interests. The role of MU Extension is similar to a coach, facilitator, organizer or consultant, with partners actively involved in moving the community-led initiative forward. Activities often range from identifying community needs and assets and gathering input from the community to setting specific benchmarks and goals.

In FY21 MU Extension worked with community groups in 16 counties to work towards identifying possible PSE opportunities as part of the “Live” strategy.

Food Policy Councils (Voices For Food)

A food policy council (FPC) is a group of organizations and committed individuals who collaborate to improve the local food system to provide better access to healthy foods in a community. Effective FPCs usually represent all sectors of the food system (production, consumption, processing, distribution and waste recycling). FPCs work to change the food environment throughout the community in various ways, including by assisting food pantries in being more

responsive to client needs, establishing farmers markets and encouraging changes in grocery stores and small food retailers through ordinances and other strategies. All residents in a community benefit by increased access to healthy foods and nutrition education.

Missouri is one of six states that established Voices For Food (VFF), a process for incorporating the perspectives of low-income clients into food policy councils and food pantry operations. Research has shown VFF to be effective in helping low-income residents have greater food security and increased intake of key nutrients.

In FY21 food policy council activities were conducted in 2 counties.

Built environment strategies

Changes to the built environment can make physical activity and healthy food choices easier and more accessible for low-income audiences. Built environment strategies are usually associated with physical activity and active transportation. Improvements to walking trails, or Livable or Complete Streets policies are examples of strategies communities can use to ensure accessibility, comfort, safety and efficiency for all users. As a result, all residents can more easily navigate their communities, and have better access to healthier food and other resources in their community.

In FY21 built environment strategies were active in 4 counties.



Social marketing

Comprehensive, multilevel social marketing campaigns raise awareness of SNAP-Ed messages and help reinforce changes that are in line with SNAP-Ed goals. A social marketing campaign is unified by elements such as a consistent message or call to action, logo, tagline or catchphrase and corresponding objectives for individuals and populations.

Social media posts were made from accounts called MU Nutrition and Health Extension. These posts were aimed to engage all low-income Missourians and featured ways to be healthier in different areas of the state.

In FY21, social marketing efforts reached 224,235 individuals.

MOCAN Partnership

The Missouri Council for Activity and Nutrition (MOCAN) is a partnership organization that supports physical activity and nutrition statewide and at the regional level in Missouri. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN Strategic Plan. Over 250 professionals representing more than 100 organizations are members of MOCAN.

In addition to quarterly meetings, MOCAN members can participate in the following workgroups:

- Food systems
- Healthcare
- Physical activity
- Policy/communications
- Schools
- Child care
- Worksites

Members of each MOCAN work group collaborate to support healthy eating and active living in Missouri communities through consistent messaging and supporting policy, systems and environmental changes. Many of Missouri's SNAP-Ed projects that are described in this report, such as workplace- and child care wellness efforts, are conducted in conjunction with MOCAN workgroup activities.

Cooking Matters Partnership through Operation Food Search

University of Missouri partners with Operation Food Search (OFS) to deliver Cooking Matters programming. Cooking Matters offers hands-on cooking programs for adults, families and child care providers. In addition to the six-week programs, Cooking Matters at the Store (CMATS) is a facilitated grocery store tour. During CMATS tours, participants engage in basic nutrition lessons and learn how to use the MyPlate food guide, read food labels and compare prices while shopping for tasty, nutritious and affordable food for themselves and their families.

Operation Food Search hosts the Cooking Matters program in Missouri through a partnership with Share Our Strength, a Washington, D.C.-based anti-hunger organization. OFS focuses its programming on the greater St. Louis area, and the partnership with MU Extension extends the program's reach across the state.

In FY21 a total of 784 Missourians participated in Cooking Matters programming offered by MU Extension or Operation Food Search.



Success Stories

After receiving a grant to provide food for cooking classes, the Community Clinic in Joplin partnered with MU Extension to teach a series of Eating Smart, Being Active lessons to adults in the community. After the first 2 series ended in November 2020, the clinic was able to secure another grant and wished to do 4 more series of ESBA through the end of next year: totaling 8 classes for 2021.

Submitted by Kimberly Prince,
Jasper County

I was invited to work with the Mexico Housing Authority's Strong Families Initiative. I talked with a lot of the residents about healthy eating and how the choices we make have an effect on our health and well-being. While I was talking with a young family, one of my past adult students came up and told them they better listen to me because she had implemented what she was taught, and she lost weight and felt much better in her day-to-day life. I was extremely proud of this past student for so many reasons and I smiled just knowing that Missouri SNAP-Ed helps people of all ages.

Submitted by Jolene Rodgers,
Audrain County

PLAY

At places where SNAP recipients play, participants are establishing healthy eating habits and a physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.



Project summary

	Estimated SNAP-Ed participants reached (total)	26,824
	Partnering organizations Community centers, recreation centers, and parks	21

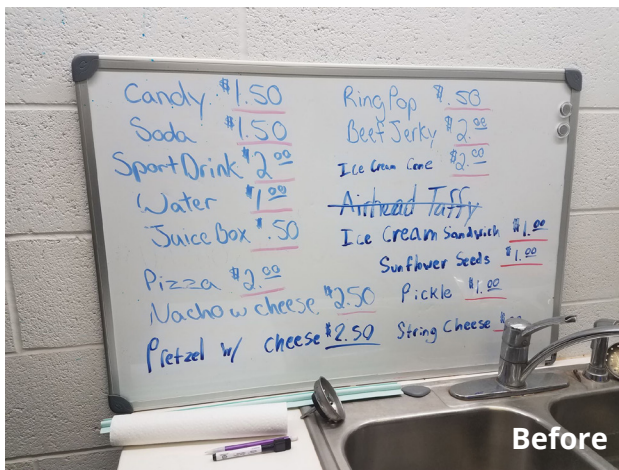
Policy, system, and environmental strategies to support healthy choices

Eat Smart In Parks and Eat Smart Play Hard

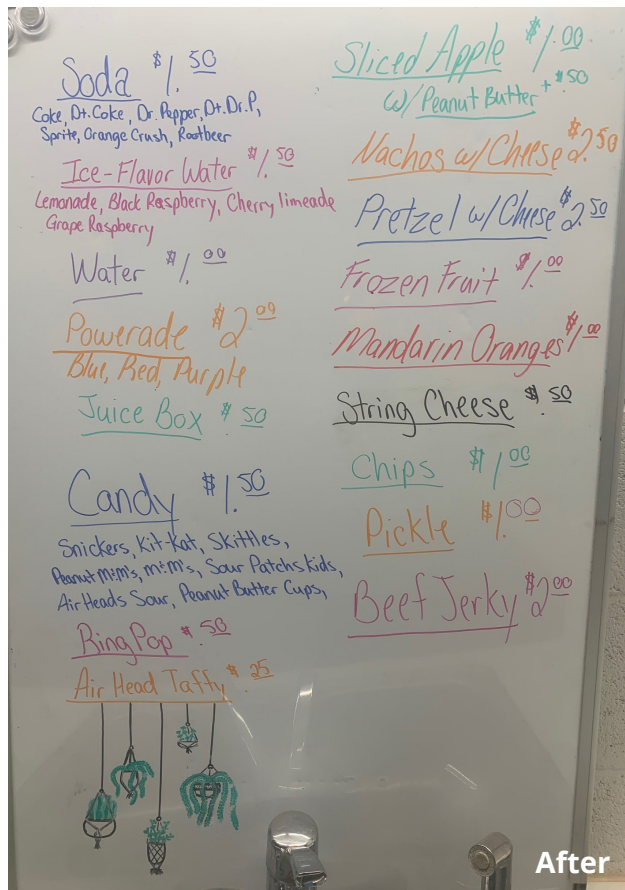
The Eat Smart in Parks (ESIP) program focuses on improving the nutrition environment in concession and vending operations in municipal parks and recreation centers. The Eat Smart, Play Hard (ESPH) program targets school concession stands. Youth and their families often visit these sites, but these sites traditionally offer few healthy options.

Both ESIP and ESPH follow the same approach, which includes an assessment of the existing site environment and menu, customer surveys, healthy taste tests, menu changes and evaluation. Marketing materials are also provided to parks and school sites to promote the new healthy options. These interventions are promoted through MOCAN and annual meetings such as the Missouri Park and Recreation Association.

In FY21 parks in 13 counties were involved in Eat Smart In Parks projects, and schools in 5 counties were involved in healthy school concessions projects.



Menu changes implemented by Salem Parks and Recreation Department. Menu additions included sliced apples, peanut butter, string cheese, and carbonated water.



Success Stories

Work with the Rolla Parks Department on an Eat Smart In Parks project began in October 2019. The COVID-19 pandemic delayed the project until fall of 2020, when a food preference survey was conducted in October for patrons of the Splash Zone swimming facility. In February 2021, plans were made to implement multiple changes to the Rolla Parks Splash Zone. Marketing improvements were discussed including sandwich boards, new menu boards, and press releases. The recreation supervisor also requested recommendations for food safety training for seasonal staff to increase comfort in serving fresh foods and reduce food waste for fresh menu items, and in summer 2021, the Rolla parks department put two of their co-workers through Serv Safe training. New menu items added to the Splash Zone menu included sweet potato fries, fresh fruit, whole grain pretzels, and juice options. External funding was secured that allowed the Splash Zone manager to purchase equipment needed to provide fresh fruit options. The manager has since shared that the sales were good enough to keep the menu options in future seasons.

Submitted by Rachel Buenemann,
Phelps County



While working with teens at the Blue Springs Park and Rec building, I got them to really study and examine the foods that they ate and how close they were to the recommended guidelines. A lot of them were stunned by what they were having an excess of and what they were lacking. Several of them were cooks at home so they told me that they used knowledge from our class to make healthier choices at home, such as using more low-fat content, and making changes to their feeding habits, such as eating breakfast.

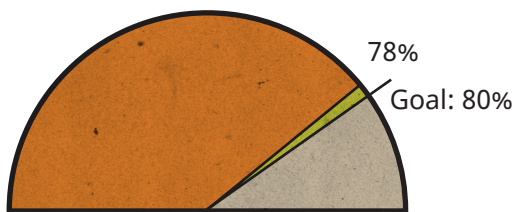
Submitted by Dalton Guess,
Jackson County

SHOP

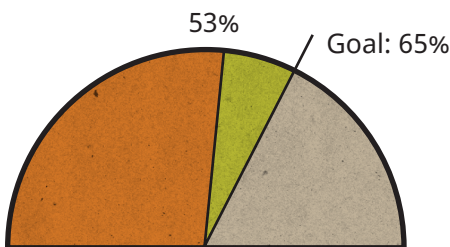
At places where SNAP recipients shop, participants are establishing healthy eating habits and a more physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.

Project summary

	Estimated SNAP-Ed participants reached (total)	165,185
	Partnering organizations	
	Emergency food assistance sites, including food pantries and food banks	272
	Farmers markets	10
	Food stores	19



78% of adults planned meals or shopped with a grocery list at least most of the time*
FY21 Goal: 80%



53% of adults used food labels to make food choices most of the time or almost always*
FY21 Goal: 65%

Note: a total of 254 adults assessed

* Statistically significant improvement, retrospective pre-post; $p < 0.05$

Policy, system and environmental strategies to support healthy choices

Healthy Shelves

Healthy Shelves involves working with food pantry directors and organizers to incorporate nutrition improvement strategies in food pantries and communities. Healthy Shelves provides MU Extension specialists with tools to incorporate a variety of health and nutrition improvement strategies into food pantry activities. The curriculum complies best and promising practices, ranging from increasing the amount of healthy food the pantries offer, to helping food pantries include health-related programs and services during food distribution. In addition, Healthy Shelves provides resources to help specialists engage with food pantry staff, conduct food pantry assessments and develop action plans with food pantries to help them meet their goals.

In FY21 a total of 5 counties were involved in planning or implementing Healthy Shelves projects.

Stock Healthy, Shop Healthy

Stock Healthy, Shop Healthy (SHSH) is a community-driven healthy retail initiative that uses evidence-based practices to increase access to healthy foods by addressing supply and demand at the same time. The program uses nutrition education and community engagement to build demand for healthy foods, bolstered by community organization coalitions that support both demand and awareness. At the same time, SHSH works one-on-one with the retailer to make store modifications and select customer engagement activities. Demand is built both in



the community and in the store for healthy foods while the supply is increased and provided by the small food retailer.

In FY21 Stock Healthy, Shop Healthy projects were active in 1 county.

Farmers markets

The number of farmers markets across the U.S. has increased over 80% since 2000. They have become a gathering place for communities, where all income levels can come together to buy fresh, local produce. MU Extension personnel can help community groups organize the resources needed to establish farmers markets and increase food access at farmers markets. Accepting SNAP benefits at farmers markets increases access to healthy foods for low income households, and can provide additional revenue for local farms. Double Up Food Bucks programs help stretch food dollars by providing matching SNAP benefits dollar for dollar up to a certain amount per market visit to use on fruits and vegetables.

In FY21 MU Extension personnel worked with farmers markets in 14 counties to improve food access for SNAP recipients.

Success Stories

Learning about nutrition is not limited to one age group. Adults and children alike are showing that they are taking away important information from the lessons. The Healthy Change Workshop for Adults and Show Me Nutrition classes for children are bridging the learning throughout Lafayette County. During lesson three of the Healthy Change Workshop series, information about the Nutrition Facts Label was being shared with a participant at the Helping Hands of Odessa Food Pantry. When the lady was asked if she was familiar with nutrition facts labels on food products her reply was, “We are now because my granddaughter learned about it in the nutrition class at school.” Further conversation found that the “nutrition class at school” was a SNAP-Ed Show Me Nutrition class. She laughed and said that her granddaughter told her that they had to watch the fats and sugars in their foods. It is a positive impact when families are having conversations about healthy eating and how to read nutrition facts labels because of programming being done at schools and agencies.

Submitted by Linda Florence,
Lafayette County



Recently, I have been teaching at Isaiah 58 Ministries, a food pantry in St. Louis City. I typically bring a food sample and recipe cards for those who are picking up food boxes. One day, I made a sweet potato chili. The pantry had an abundance of fresh, cubed butternut squash and I thought this was a perfect opportunity to share with participants how to use the foods they are given. I also explained that they can change a recipe to fit their needs. A young mom of 4 tasted the chili and I encouraged her to try the recipe with the squash. She ended up taking home some containers of butternut squash along with a few other vegetables offered. The next week, she came back to tell me that she appreciated the help with finding a delicious recipe considering her mother never taught her how to cook. When she prepared the chili, she remembered to include her children in the kitchen. They didn't really like to eat vegetables but the children were more open to trying the meal. They loved it so much the family has planned to change the recipe to add other different vegetables for next time.

Submitted by Tyler Burrus,
St. Louis City

WORK

At places where SNAP recipients work, participants learn to establish healthy eating habits and a physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases.



Project summary

	Estimated SNAP-Ed participants reached (total)	8,442
	Partnering organizations	
	Adult education and job training sites	9
	SNAP offices (as program site)	14
	Worksites	2

100% of SNAP offices provide information to clients about SNAP-Ed.

Policy, system and environmental strategies to support healthy choices

Workplace Wellness

Adult Americans spend a significant amount of time at work, and employers can play an important role in encouraging healthy choices for their employees and family members. The Workplace Wellness initiative aims to help employers create environmental changes and workplace policies that make it easy for employees to initiate and follow through on voluntary health behavior changes related to nutrition and physical activity. These changes may trickle down to family members and their communities. An employer's return on investment for establishing a workplace wellness program includes reduced direct costs, such as health care expenditures and workers' compensation claims. Wellness programs can also positively affect many indirect costs, such as those related to absenteeism and productivity.

Extension faculty use the WorkWell Missouri toolkit with local organizations that meet program qualifications. They support policy, system and environmental changes in Missouri workplaces that will help make healthy eating and physical activity the norm for employees.

In FY21 employers in 8 counties worked toward workplace wellness activities.

Success Stories

The Hannibal Probation and Parole office has two large vending machines. The choices in the vending machines were not healthy. MU Extension worked with the staff at the facility to see if healthier choices could be offered in the vending machines. The vending machine contractor was contacted, and several healthier choices were substituted in the machines. The vending contractor noted that the changes were a success as they had to make a special trip back to re-fill the machines because of the increased sales. Going forward other products will be evaluated and more substitutions may be made if healthier choices are available

Submitted by Jim Meyer,
Marion County

Beginning in October 2019, MU Extension worked with Little Dixie Libraries on implementing a workplace wellness initiative. A survey of staff members indicated support for the project. As a result, the site secured external funding to establish a lactation room and a wellness room complete with equipment for employee use before and after working hours. The project concluded in November 2020 with plans to establish an outdoor walking trail that will connect to the Born Learning city trail.

Submitted by Candace Rodman,
Randolph County

Overall Program Participation

Participant Data for Direct Contacts	
Participants by age	
Youth participants (through grade 12)	55,826
Adult participants (age 19+)	6,750
Participants by race*	
Caucasian	53,792
African-American	5,894
Native American	88
Asian	422
Native Hawaiian or Pacific Island	307
Other	2,073
Participants of Hispanic ethnicity*	1,731
Participants by gender	
Male	43,426
Female	19,150
Educational contacts	
Direct contacts**	321,372
Indirect contacts (family newsletters, health fairs, food pantries, Show Me Nutrition Line)	1,383,799
Total educational contacts	1,705,171
Groups	
Number of groups that participated	3,771
Average number of visits per group	5.1

* Race/ethnicity numbers are estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for one group = (number of participants in one group) × (number of visits for the group).

Number of Participants by Grade Level or Age	
Grade level	Number of participants
Prekindergarten	6,993
Elementary school (K-5th Grade)	43,729
Middle school (6th-8th Grade)	4,717
High school (9th-12th Grade)	382
Combined grades Pre-K-12	5
Indirect contacts, grades pre-K-12	20,154
Adults age 19-64	4,427
Adults age 65+	2,323
Indirect contacts, adults age 19+	402,280
Total participants	485,010
Total youth participants (through grade 12)	75,980
Total adult participants	409,030

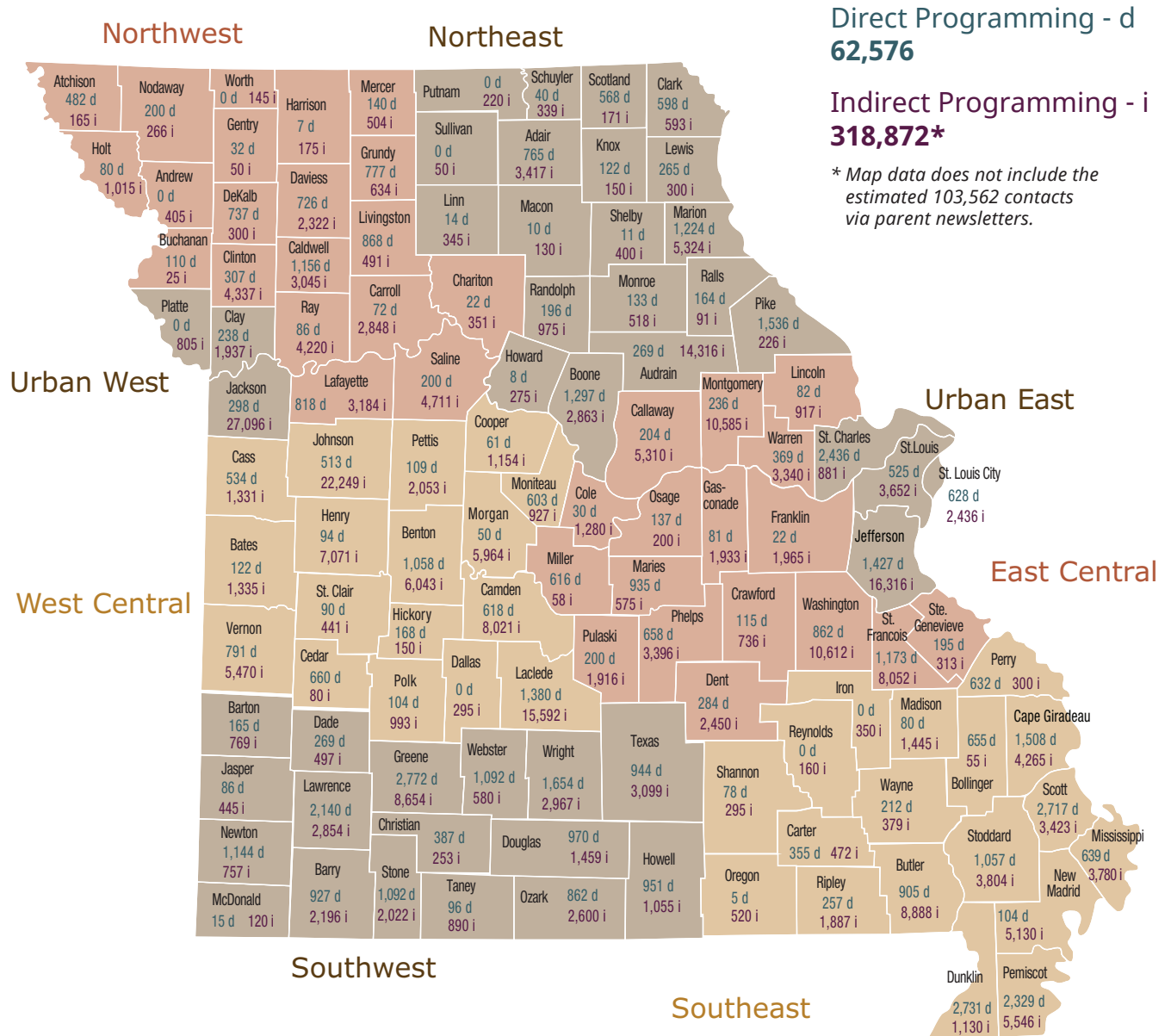
Overall Program Participation

Curriculum Statewide Direct Contacts Summary 2020			
Curriculum	Youth	Adult	Total
Let's Read about Health Eating	5,752	-	5,752
Adventures in Nutrition With the Show-Me Chef	8,119	-	8,119
Fun With Food & Fitness	6,850	-	6,850
Food Group Express	6,587	-	6,587
Building My Body	5,258	-	5,258
Choosing Foods for Me	3,837	-	3,837
Exploring the Food Groups	3,573	-	3,573
Digging Deeper	1,348	-	1,348
Choices and Challenges	1,351	-	1,351
Kids in the Kitchen	6,640	25	6,665
Cooking Matters for Kids	42	-	42
Eating From the Garden	2,224	23	2,247
Live It	118	-	118
Eating Smart, Being Active	217	578	795
Cooking Matters for Adults*	14	114	128
Cooking Matters at the Store*	6	236	242
Eat Smart, Live Strong	-	30	30
Serving Up MyPlate: A Yummy Curriculum	1,453	-	1,453
Cooking Matters for Parents*	1	139	140
Grow It, Try It, Like It	986	-	986
Getting Healthy Through Gardening	-	136	136
Stay Strong, Stay Healthy Level 1	-	242	242
Healthy Change Workshops	33	4,956	4,989
Healthy Plants, Healthy Bodies	1,351	-	1,351
Cooking Matters for Childcare Providers	-	5	5
Cooking Matters at Home*	54	215	269
iCook 4-H	7	-	7
Totals	55,819	6,745	62,564
* This curriculum includes classes taught by Operation Food Search.			

Overall Program Participation

Participants Per County

FNP Fiscal Year 2021



Total Participants: 485,010

Total direct programming: 62,576

Total indirect programming: 422,434

Shaded areas on the map show the MU Extension regions.

Missouri FNP Budget Fiscal Year 2020

Item	Program Delivery	Administration
Personnel		
Salaries and wages	4,120,241	980,248
Benefits	1,413,641	322,635
Supplies		
Postage	60,230	39
Office supplies	15,299	1,427
Telephones	17,560	3,130
Advertising	769	-
Nutrition education materials with copying	161,105	1,031
Travel		
In/out-state	116,481	13,922
Administrative expenses		
Building lease/rental	267,165	66,086
Maintenance	20,397	5,398
Other	79,655	22,235
Contract/grants	45,000	-
Total operating	783,660	113,267
Direct costs	6,317,542	1,416,150
Total indirect*	1,561,399	351,017
Total federal costs	7,878,941	1,767,167
TOTAL COST	9,646,108	
<p>* Indirect costs are calculated at 26 percent of the total awarded amount. ** Within administrative expenditures, 74% (\$1,302,883) is for administrative salary and benefits; 0.1% (\$1,427) for equipment/office supplies; 3% (\$45,755) for operating costs; 20% (\$351,017) for indirect costs, not including building space; and 4% (\$66,086) for building/space lease or rental.</p>		

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YouTube: MU Extension - Nutrition & Health



<http://missourifamilies.org>

Running out of money for food?

**Contact your local food stamp
office or go online to**

***[https://mydss.mo.gov/food-assistance/
food-stamp-program](https://mydss.mo.gov/food-assistance/food-stamp-program)***

**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



Funded by USDA SNAP