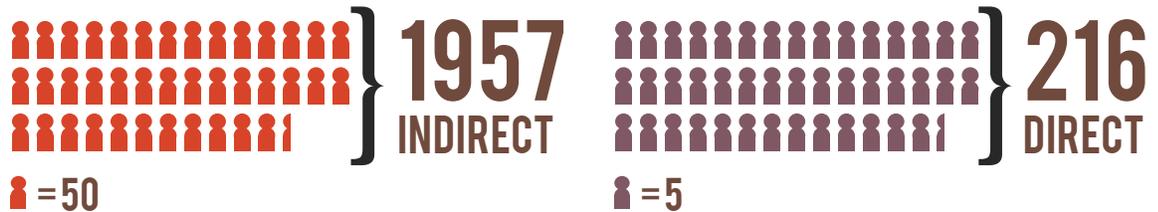


COUNTY IMPACT REPORT



NUMBER OF PEOPLE REACHED THROUGH FOOD \$ENSE



- Through educational displays at Ute Indian Tribe (UIT) Painted Horse Diabetes Prevention Program-sponsored Health Fairs, the Uintah Basin Food Sense Program reached 440 community members and students with CREATEing Healthy Lifestyles through food, physical activity, and wellness messages.
- USU Food \$ense supported three events with the Duchesne County 4-H Youth Development Program. At the annual 4-H Kick-Off Day in Neola, the Field Day at Starvation State Park near Duchesne, and the Family Fun Day in Fort Duchesne, Food \$ense supported physical activity opportunities and increased fruit and vegetable consumption. Total attendance of youth and adults at these annual recruitment events was estimated at 200.



HOW AM I FIGHTING HUNGER?

- The Dinosaurland RC & D-Roosevelt Farmers Market (RFM) received a Utahns Against Hunger grant to allow clients to use their EBT benefits at the 2014 market. The EBT machine was available at all 14 markets.
- USU Food \$ense hosted its first summer fun activity at the Roosevelt Farmers Market. The event featured a MyPlate BINGO game and samples of fresh produce from the market. The activity was led by an RSVP Senior volunteer. Ten participants learned about food groups and sampled garden fresh cucumbers, green beans, and summer squash.



PARTNERSHIPS WITH LOCAL ORGANIZATIONS AND AGENCIES

- UIT Painted Horse Diabetes Prevention Program, RFM, Duchesne County 4-H, Uintah School District
- The Food \$ense Creates curriculum is used in the DCFS Transition to Adult living skills classes. The classes provide hands-on learning of essential food work skills and create a shared learning atmosphere. The kitchen time and teamwork facilitate discussion in other life skill areas. For example, personal finance, family communication, and healthy life choices can all be introduced from the Creates Curriculum and further discussed over a shared meal. This program is in its third year; we served seven youth in the Utah Foster Care system from Duchesne and Uintah Counties in 2014. The youth gained hands-on skills in menu planning, food preparation, grocery shopping, food safety, and family-style mealtimes. All seven youth earned Food Handler's certificates.
- USU Food \$ense assisted with the UIT Painted Horse Little Ponies Youth Camp. A MyPlate lesson was followed by a MyPlate buffet-style lunch. Sixty-seven school age youth presented evidence of mastering MyPlate food groups and handwashing as their meal ticket. Volunteers presented the students with protein choices for the tortilla wraps, and the students chose from a wide selection of fruits and vegetables. Day two focused on physical activity and included a hike to the Dry Fork petroglyphs and to see dinosaur tracks. Activities and food were funded by the Ute Indian Tribe Painted Horse Diabetes Prevention Program.
- USU Food \$ense was invited to hold a series of classes within the Uintah School District Adult Education English Language class. After six classes, participants showed gains in all Food \$ense knowledge areas; of participants reporting, 89% were very or extremely satisfied with the classes.

