

USU Extension Grant- Final Report

Project Leader: Jaqueline Neid-Avila

Project Title: Intergenerational Poverty (IGP) Family Mealtime Focus

Project Beginning & End Date: April 1, 2017 – June 30, 2018

Total Requested: \$10,300

Project Summary:

This project expanded the SNAP-ED Intergenerational Poverty (IGP) Family Mealtime program in Beaver, Davis, Duchesne, Juab, Millard, Salt Lake, Tooele, Washington, and Weber counties. Families learned the importance of family mealtime, while also receiving nutrition and cooking education to improve food security and dietary intake on a limited food budget.

Project Results:

a) Increased collaboration between on and off campus faculty

The success of the Create Family Mealtime series was dependent upon collaboration between the on campus Food \$ense (SNAP-Ed) State Office, and extension faculty and nutrition education assistants (NEAs) at the county level. Four county extension faculty and the state office developed and disseminated materials necessary to recruit, teach, and evaluate the Create Farm Fresh Food series. County faculty and NEAs were responsible for the recruiting and teaching the series of classes.

b) Outcomes, Outputs, and Impacts

Create Family Mealtime was offered in nine counties during the 2017-2018 year. There were 103 families and 283 unduplicated participants reached with the education. Many participants attended more than 3 classes, resulting in a sample size of n=103. Participants were also asked to take a final class survey offered only once during the series. Participants were primarily white non-Hispanic females. See page 3 for participant demographics.

The findings suggest that participants felt they ate healthier as a result of participating in the Create Family Mealtime series. As a result of the classes, participants also tried at family meals together three or more times a week and prepared healthy Food \$ense recipes at home. Areas for program improvement include increasing the number of participants who report shopping with a list after the classes. Data also revealed the most common barriers participants must overcome in order to have family mealtimes, which included being busy and lack of cooking knowledge. Strategies for overcoming these barriers will be included in future Create Family Mealtime materials.

c) Efforts/plans to produce, publish, and disseminate scholarly materials

Create Family Mealtime classes were successful at increasing participants behavior in having family mealtime and preparing meals at home with whole foods, therefore, the series will be added to the curriculum for Food \$ense nutrition educators to teach. Data collected from the pilot series in 2015 included a relatively small sample size. This data will be added to data collected during the 2017-2018 and will be used to write a journal article that will be submitted for publication in a peer

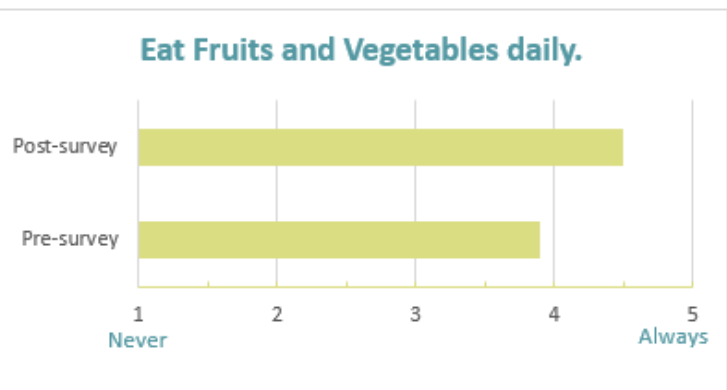
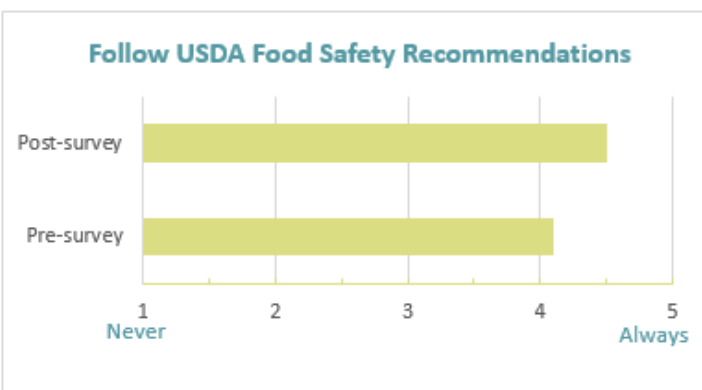
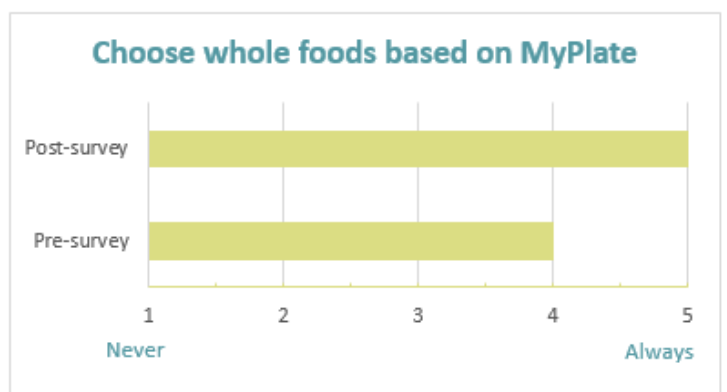
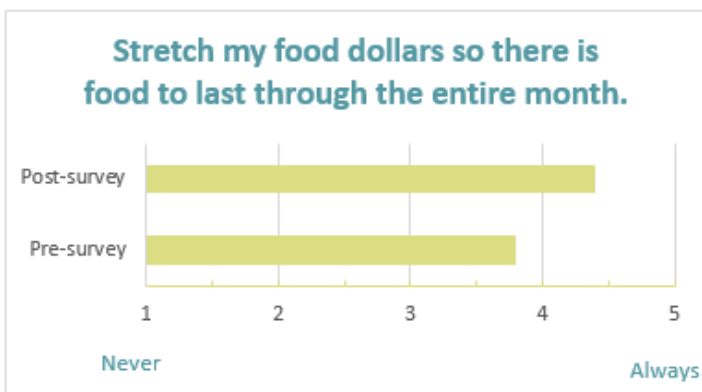
reviewed journal. There is national interest in how to encourage IGP SNAP participants to eat meals as a family, making this data timely.

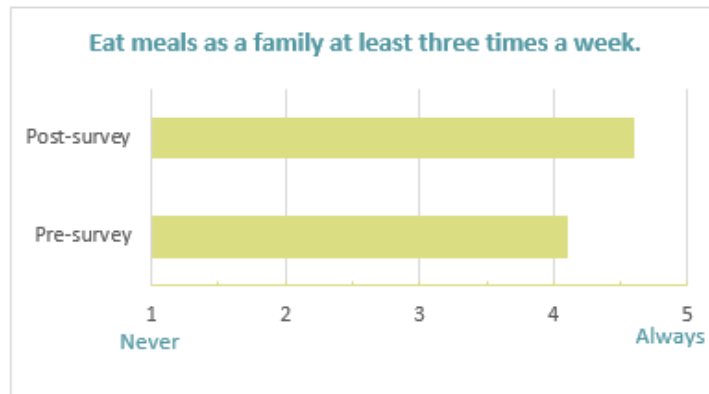
d) Efforts/plans to secure extramural funds

Due to the success of the Create Family Mealtime series during the 2017-2018 year, Food \$ense will write the classes into the federal grant funding to continue the program. Federal funding was approved for 2017 through 2019. Continued evaluation and implementation of the program will continue through at least FY 2019.

The PI of this project, Jaqueline Neid-Avila, presented in March 2018 at the USU Extension Annual conference. Further dissemination is planned at the Food \$ense annual conference in October 2018.

Create Family Mealtime Class Impacts:





Success Stories:

- At the end of the class, I asked the class participants to write down answers to 2 questions. The first question was, "What are the benefits of family mealtime?" The answers that I received back were, "Eating together, Creates opportunities to communicate and bond with family members", "Create A Family bond", "Fun", "Brings the family closer", "Learning Good Habits", "Eating together creates good habits", and "Try New foods". The second question that I asked was, "How can you include your children in mealtime preparations?" The answers that I received were, "set the table" and "wash fresh fruits and vegetables". -**Food \$ense NEA**
- “I have a family with three children, two 10-year olds and one 8-year old. They have been coming to the family cooking class for several weeks. The kids come racing in and tell me how they have been waiting all week to come. The mom tells me that they talk about the class all week, wondering if today is the day. This has been a 4-week series and they have only missed once. The children are always helping to cut or stir or squeeze. We have to divide things up carefully so they feel it is fair.” – **Food \$ense NEA**
- “We love coming. We wish this was something that we could come to more often. My kids help in the kitchen more when we attend these classes.” - **Participant**

Demographic characteristics of Create Family Mealtime participants (n=103)	
Gender	
Male	14%
Female	86%
Primary Race	
White	90%
Black/African American	3%
American Indian/Alaska Native	2%
Native Hawaiian or Pacific Islander	1%
No Response	4%
Ethnicity	
Hispanic	10%
Non-Hispanic	87%
No answer	3%