

UTAH FOOD \$ENSE

# COUNTY IMPACT REPORTS 2013

FOOD \$ENSE

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Box Elder County

# FOOD INSECURITY



## Food Insecurity in Box Elder County

Box Elder County has a food insecurity rate of 14.6%, which means over 7,200 individuals in Box Elder County are unsure where their next meal will come from. The Food \$ense program is helping families gain knowledge and resources to become food secure.

Over 36% of Food \$ense participants in Box Elder County currently qualify for SNAP benefits (Food Stamps), and 37% of participants are receiving some other type of assistance such as WIC, housing assistance, or commodity foods. After participating in Food \$ense classes the number of individuals describing themselves as not having enough to eat dropped by 9%.

Food insecure households:

- 1) Worry whether their food will run out before they have money to buy more.
- 2) Run out of food before the end of the month, and they do not have money to get more.
- 3) Cannot afford to eat balanced meals.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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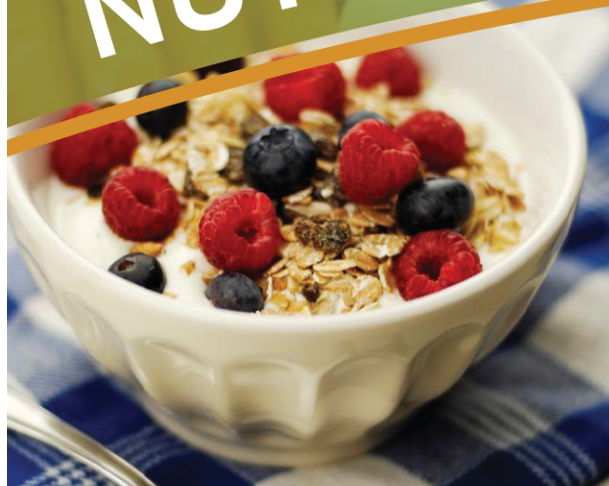
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Box Elder County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Box Elder County, Food \$ense classes are:

### Useful

31% - Extremely  
47% - Very

### Effective

37% - Extremely  
41% - Very

### High Quality

42% - Extremely  
38% - Very

In 2013 Box Elder Food \$ense reached:

657 Adults  
252 Youth

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Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Box Elder County

The U.S. Dietary Guidelines encourage all Americans to eat more vegetables, whole grains, and fruits. This underlying message was the basis for all Food \$ense lessons taught at WIC (Women, Infants, & Children), Deseret Industries, the Community High School, the Boys and Girls Club, Migrant Head Start, and in the community.

After attending Food \$ense lessons, participants came closer to eating the recommended 2 1/2 cups of vegetables each day, with mean scores rising from 3.26 to 4.08 (+.82) on a five point scale (1 = never and 5 = always). Participants also ate more fruit (+.74) and whole grains (+.73).

Making positive changes like these increases the variety of nutrients eaten and provides essential nutrients the body needs to be healthy. Small changes, made over time, will lead to better health in the future.



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Cache County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Cache County

Cache County has a food insecurity rate of 15.9%, which means over 17,000 people in Cache County are unsure where their next meal will come from. The Food \$ense program in Cache County is helping low-income families gain knowledge and resources to become food secure.

Approximately 28% of SNAP-ED participants in Cache County are eligible to receive SNAP benefits with 15% of those individuals currently receiving SNAP benefits. In addition, 41% of participants in Cache County receive additional assistance such as WIC, commodities, housing assistance, etc.

## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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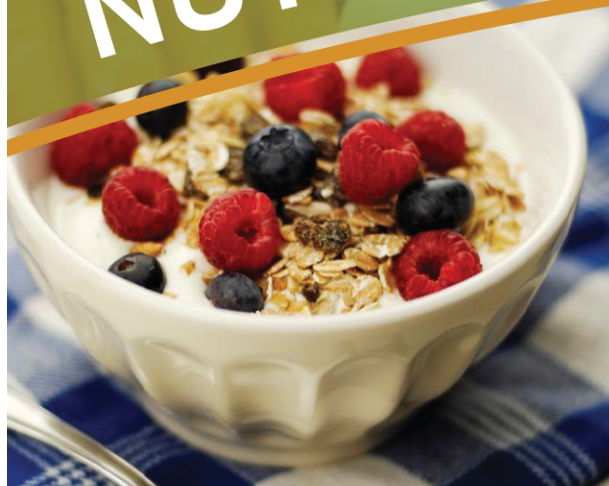
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Cache County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Cache County, Food \$ense classes are:

### Useful

45% - Excellent  
44% - Average

### Effective

49% - Excellent  
41% - Average

### High Quality

52% - Excellent  
38% - Average

In 2013 Cache County Food \$ense taught:

1112 Adults  
749 Youth



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

## Nutrition Knowledge in Cache County

Cache County educated participants through a variety of lessons in 2013—from the Food \$ense Basics, Cooks, Grains, Veggies, and Fruits curricula. Over 1800 participants attended lessons.

Teaching participants the basics is the first step to behavior change. The USDA's MyPlate is a vital reference used by Food \$ense to demonstrate the importance of eating a well balanced diet. Lessons and demonstrations are provided on each food group including fruits, vegetables, protein, and grains. Cache County NEAs also gave instruction and demonstrated different cooking techniques through the Food \$ense cooks curriculum. Using healthy cooking techniques and using MyPlate as a guide for family meals will reduce the risk of heart disease, protect against certain cancers, and reduce the risk of obesity and type 2 diabetes.



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Carbon County

# FOOD INSECURITY



FOOD \$ENSE



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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## Food Insecurity in Carbon County

The food insecurity rate in Carbon County is 16.2 % of the county population. This means that there are 3,400 people who do not have access to enough food needed for a healthy lifestyle. The Food \$ense program in Carbon County is helping these families gain knowledge and resources to become food secure. Over 70% of Food \$ense participants in Carbon County are currently receiving SNAP benefits while 57% of participants are receiving some other type of assistance such as WIC, housing assistance, or commodity foods.

Food insecure households are considered food insecure when:

- They worry whether their food will run out before they get money to buy more.
- The food they buy doesn't last through the month, and they don't have money to get more.
- They can't afford to eat balanced meals.

Through the Food \$ense program participants learn how to stretch their food dollars while learning how to prepare healthy meals and snacks.



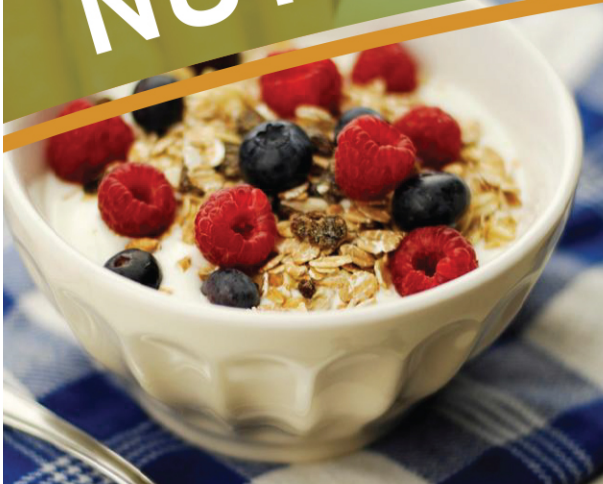
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Carbon County

# NUTRITION KNOWLEDGE



FOOD \$ENSE

## Food \$ense Education

According to participants in Carbon County, Food \$ense classes are:

### Useful

38% - Excellent  
46% - Average

### Effective

42% - Excellent  
44% - Average

### High Quality

38% - Excellent  
48% - Average

### In 2013 Carbon County reached:

494 Adults  
1557 Youth

Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Carbon County

Carbon County educated participants using a variety of curriculum in 2013, with Food \$ense Basics at the top of the list. Over 1000 participants were taught lessons from the Food \$ense Basics curriculum, and many others were provided lessons from Food \$ense Cooks, Food \$ense Grains, and Food \$ense Veggies.

Before receiving education through Food \$ense, 9% of participants indicated they seldom had enough food to last throughout the month, and 4% of participants reported they never had enough food to last throughout the week. After receiving at least four nutrition education classes through Food \$ense, 38% of participants indicated they always had enough food to last through the month, and 42% said they usually had enough food to last through the month.

Food security is very important to the overall health of Food \$ense participants. Increasing food security by providing education about how to eat healthy on a limited budget while making food last through the month is an important goal of our Food \$ense program.



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Emery County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Emery County

Emery County has a food insecurity rate of 14.4%, which means that 1560 individuals are experiencing food insecurity and are unsure where the next meal will come from.

The Food \$ense program is helping individuals and families gain knowledge and skills to become food secure. In Emery County, 39% of households are below the SNAP threshold of 130% of poverty and receive assistance such as SNAP benefits, WIC, commodities, housing assistance and other federal/state assistance.

Two hundred forty three participants received lessons from the Food \$ense program. 49% receive food stamps, 65% qualify for SNAP, and 33% of the total receive assistance from other sources.

16% percent of class participants reported sometimes/seldom/never having enough food. Following the Food \$ense lessons less than 4% reported sometimes/seldom/never having enough food.

Prior to the lessons 49% reported not eating at least 2 ½ cups of vegetables per day, after the lessons 14% reported not eating vegetables.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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Emery County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Emery County, Food \$ense classes are:

### Useful

65% - Extremely Satisfied  
34% - Very Satisfied

### Effective

68% - Extremely Satisfied  
30% - Very Satisfied

### High Quality

70% - Extremely Satisfied  
30% - Very Satisfied

\* \* \* \*

In 2013 Emery County educated:

243 Adults  
1,317 Youth



## Nutrition Knowledge in Emery County

Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

Two-hundred-thirty-nine of the individuals taught report they gained knowledge in various areas of nutrition. Participants were reached through classes at the Food Bank and Life Skills classes for foster youth. Meetings and demonstrations were held at Farmer's Markets, Department of Workforce Services, churches, schools, libraries, and the Emery County Fair.

The Food \$ense Farmer's Market Recipe Book was especially popular by those reached through the Food \$ense Program.



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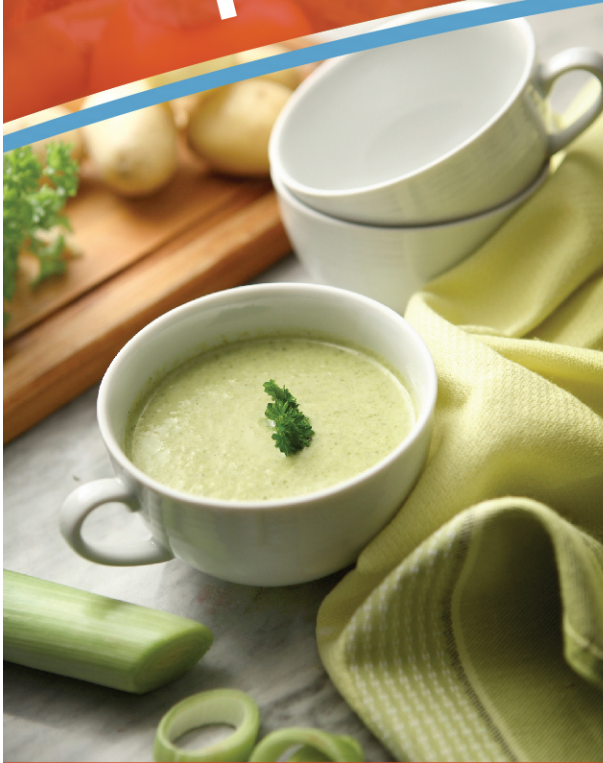
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Iron County

# FOOD INSECURITY



FOOD \$ENSE



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

### Food Insecurity in Iron County

Iron County has a food insecurity rate of 19.4%, one of the highest in the state. Over 8,800 people in this county are unsure where their next meal will come from. The Food \$ense program is helping low-income families gain knowledge and resources to become food secure. Over 35% of Food \$ense participants in Iron County currently qualify for SNAP (Supplemental Nutrition Assistance Program) benefits, and 15% of the participants in Iron County receive other assistance from WIC (Women, Infants and Children), commodities, housing assistance, etc.

Food insecure households:

1. Worry whether their food will run out before they have money to buy more.
2. Run out of food before the end of the month, and do not have money to get more.
3. Cannot afford to eat balanced meals.



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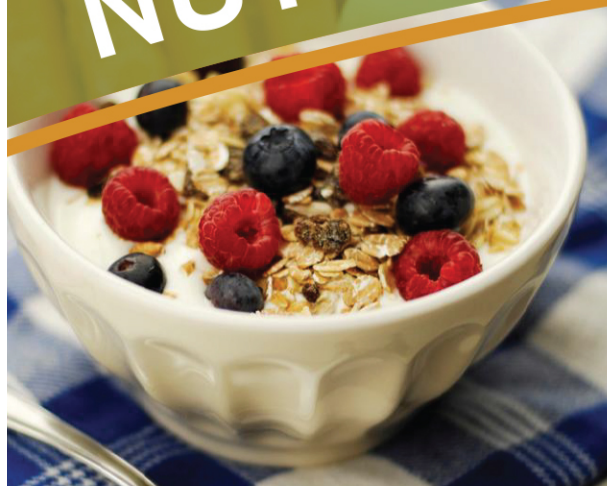
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Iron County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Iron County, Food \$ense classes are:

### Useful

80 % - Excellent  
20 % - Average

### Effective

84 % - Excellent  
15 % - Average

### High Quality

87 % - Excellent  
12 % - Average

### In 2013 Iron County taught:

216 Adults  
84 Youth



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Iron County

Iron County reached Food \$ense participants through a variety of ways. From Nutrition 4-H Day Camps, lessons at Cedar and Parowan's Senior Centers, and food demonstrations for the Paiute Tribe, Food \$ense has educated an array of adult and youth individuals.

Teaching Iron County families the basics of a healthy lifestyle is crucial to behavior change. The USDA's MyPlate is a vital reference used by Food \$ense to demonstrate what a healthy meal should include and the importance of eating a well balanced diet.

The Food \$ense curriculum covers a number of nutrition topics. For example, the Fruits curriculum, provides participants with great resources and helpful details about selecting, storing, preparing, and cooking a variety of fruits. This is a great way to educate participants how to use seasonal fruits in a variety of different recipes.

Watch for the new Food \$ense Creates Curriculum to be incorporated in 2014!



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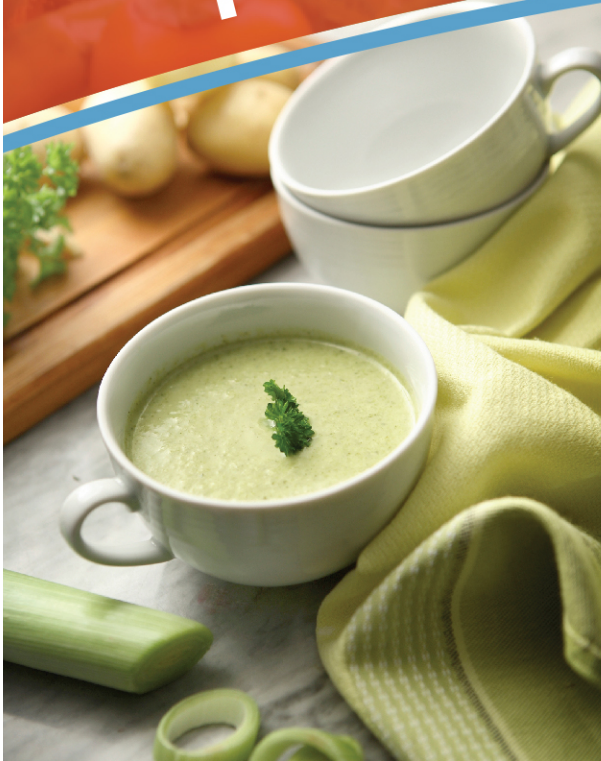
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Juab County

# FOOD INSECURITY



FOOD \$ENSE



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

### Food Insecurity in Juab County

At 15.9%, Juab County experiences slightly less food insecurity than the average rate for Utah (16.7%). Even still, there is great need for Food \$ense education in this county. The Food \$ense program provides education to county residents to help them stretch their food dollar and make healthy food choices. Lessons emphasize learning to plan menus, budget for fresh fruits and vegetables, and cook from scratch.

Over 43% of the participants in the Food \$ense program currently qualify to receive SNAP (Supplemental Nutrition Assistance Program) benefits, and over 61% of participants receive assistance from other agencies such as WIC (Women, Infants and Children), food pantries, commodity programs, housing assistance, etc.

Food insecure households:

1. Worry whether their food will run out before they have money to buy more.
2. Run out of food before the end of the month, and they do not have money to get more.
3. Cannot afford to eat balanced meals.



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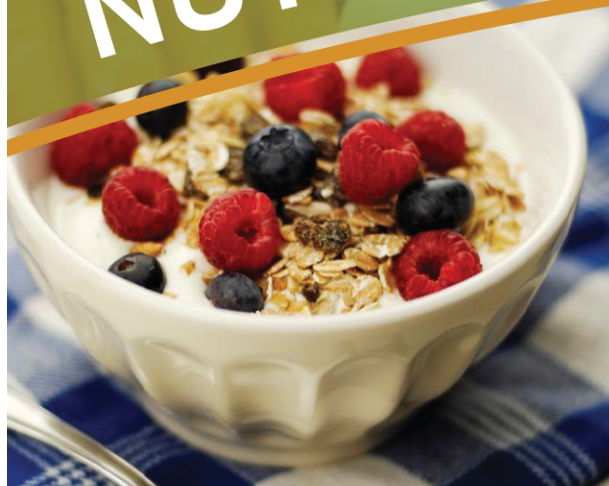
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Juab County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to responding participants in Juab County, Food \$ense classes are:

### Useful

96% Excellent  
3% Average

### Effective

99% Excellent  
1% Average

### High Quality

99% Excellent  
1% Average

Juab County Food \$ense taught 582 adults and 2,411 youth for a total of 2,993 in 2013!



## Nutrition Knowledge in Juab County

Juab County Food \$ense educated 582 adult participants through a variety of curricula in 2013, including lessons from Food \$ense Basics, Cooks, Fruits, Grains, Vegetables and Loving Your Family. Ninety-five percent of respondents indicated 'Excellence' in the knowledge they gained. The Menu Planning and Shopping lessons were at the top of the 'Most Useful' list. After attending the Food \$ense classes, one young mother reported: "Doing the menu planning and shopping lists has helped me stay within my budget with my food stamps, but the best part is that for the first time, I always know what I am making for dinner and we are eating as a family!"

Teaching participants the basics is crucial to behavior change. The USDA's MyPlate is a vital reference used by Food \$ense to demonstrate the importance of eating a well-balanced diet.

In 2013 Juab County Food \$ense educated 2,411 youth. Young students were taught using curricula including: MyPlate, Food Fun and Reading, Professor Popcorn, Viva Vegetables, Food Sense Kids and Food Day. Youth learned the importance of each food group and that making half the plate fruits and vegetables is a simple rule to improve overall health.



*Food \$ense classes are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.*

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Kane County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Kane County

Kane County has a food insecurity rate of 14.3%, in other words, approximately 1,000 people in Kane County are unsure if they will have food for their next meal. The food insecurity rate for Kane County children is 19.8%, meaning hundreds of youth are uncertain they will have dinner each night.

Utah State University Extension's Food \$ense program provides education to county residents to help them stretch their food dollar and make healthy food choices. Participants learn to menu plan, budget fresh fruits and vegetables into their meals, garden, and cook from scratch.

Although few of the Food \$ense participants in Kane County are currently receiving SNAP benefits, over 50% of the participants receive assistance from other agencies, such as WIC (Women, Infants and Children), food pantries, commodity programs, housing assistance, reduced school lunch programs, etc.

## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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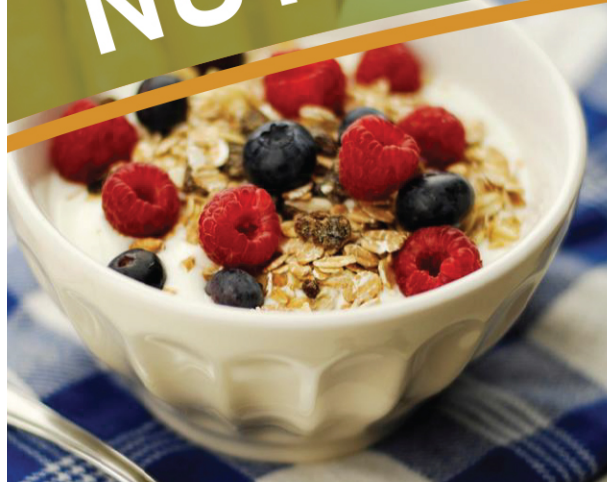
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Kane County

# NUTRITION KNOWLEDGE



## Food \$ense Education

Food \$ense educators  
taught **331** Kane County  
youth in 2013.



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Kane

During Farm Field Days, Kane County Food \$ense taught over 300 youth in two different elementary schools. These children learned about the health benefits of eating tomatoes and what it takes to grow them in their own garden.

Some of the youth present at Farm Field Days Food \$ense lessons went on to participate in a summer 4-H Pizza Garden Project. It helped them understand the process of how food is grown and prepared prior to arriving at the table.

Many of the youth were very excited about the project and have ideas for other garden projects (salsa, salad, etc.). They are excited to try this at home.



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Millard County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Millard County

Millard County has a food insecurity rate of 14.2%, which means approximately 1,750 individuals are unsure where their next meal will come from. The Food \$ense program in Millard County is helping low-income families gain knowledge and resources to become food secure.

Over 38% of Food \$ense (SNAP–Ed) participants in Millard County are eligible to receive SNAP benefits, and 49% of participants receive other assistance, such as WIC, commodities, housing assistance, etc. Before participating in Food \$ense lessons 72% of households claimed to usually or always have enough food to last through the month. After receiving lessons from Food \$ense 79% reported they usually or always have enough food to last through the month.

Food insecure households:

- Worry whether their food will run out before they get money to buy more.
- Cannot buy enough food to last through the month, and they do not have money to get more.
- Cannot afford to eat balanced meals.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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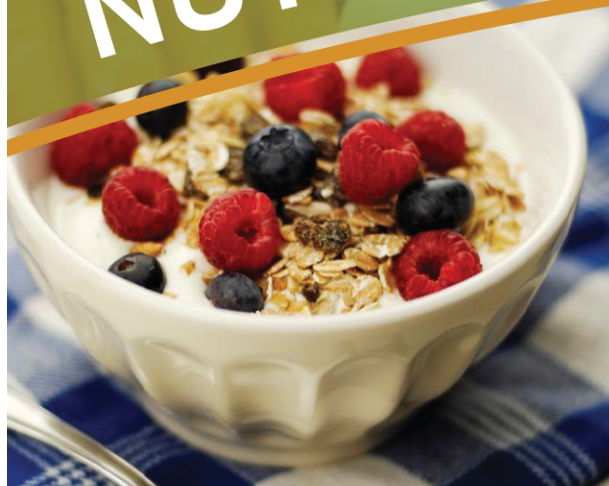
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**EXTENSION**  
UtahStateUniversity **FOOD \$ENSE**



Millard County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Millard County, Food \$ense classes are:

### Useful

83% Excellent  
11% Average

### Effective

87% Excellent  
12% Average

### High Quality

89% Excellent  
8% Average

### In 2013, Millard County educated

320 Adults  
3011 Youth



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Millard County

The Millard County Food \$ense program educated youth and adults in 2013. They utilized a variety of curricula and taught a variety of nutrition topics. The adult participants received over 58 lessons from the Food \$ense Basics curriculum; over 112 participants were taught from the Food \$ense Grains curriculum; more than 100 participants were taught the Food \$ense Fruit curriculum; and over 39 participants were taught the Eat Smart Live Strong curriculum.

Teaching Food \$ense concepts is a rewarding experience and changes lives. For example, an NEA (Nutrition Education Assistant) was leaving the classroom; a mother saw her in the hall and came over to tell her how much she appreciated the nutrition lessons she was teaching her daughter. The mother said her daughter refused to eat string cheese, but after the NEA had been to her daughter's school class in January, her daughter came home and told her mom she wanted to have string cheese for a snack because Mrs. Henke said it was a healthy snack. She said her daughter now loves string cheese.



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FOOD \$ENSE

Salt Lake County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Salt Lake County

The overall food insecurity rate in Salt Lake County is 15.3%, or about 155,720 people. Of those considered food insecure, 40% have incomes under the SNAP threshold of 130% below poverty.

The food insecurity rate of children is even higher—nearly 1 out of 5 (19.5% or 57,640) children in Salt Lake County are unsure where their next meal will come from. Of these children, 54% come from households that are eligible for nutrition programs and another 46% of likely eligible for federal nutrition programs.

Of the adults who participated in Food \$ense (SNAP-Ed) in 2013, 51% (1,477) of them received SNAP benefits and another 39% (1,080) either qualified for SNAP and/or received other forms of assistance.

All the youth taught by Food \$ense in 2013 were taught in Title 1 elementary schools, where they received or were likely eligible for nutrition programs.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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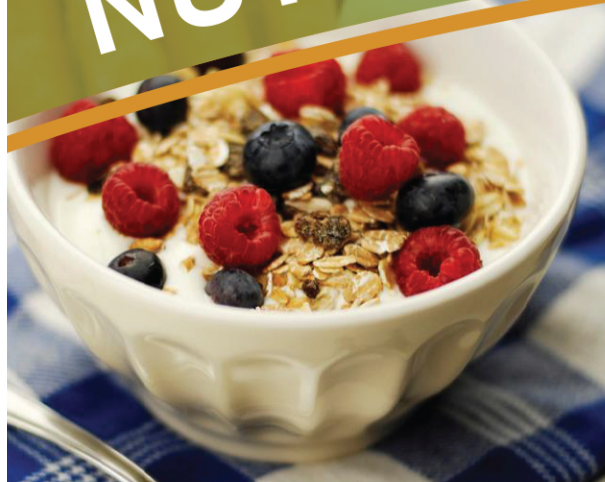
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Melanie Dabb, & Jessica Morales**  
Food \$ense NEAs

**EXTENSION**  
UtahStateUniversity **FOOD \$ENSE**



Salt Lake County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Salt Lake County, Food \$ense classes are:

### Useful

67% - Excellent  
32% - Average

### Effective

67% - Excellent  
26% - Average

### High Quality

67% - Excellent  
32% - Average

### Salt Lake County Food \$ense Taught:

2,872 Adults  
1,425 Youth

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Food \$ense NEAs



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, stretching food dollars and more.

### Nutrition Knowledge in Salt Lake County

In 2013 the Food \$ense (SNAP-Ed) program worked with numerous partners to reach the target audience, those receiving SNAP benefits. A main partner is the LDS Humanitarian Center. Here classes were taught every-other week to 100 recently resettled refugees. In addition, Food \$ense classes were taught at low-income senior centers, public housing facilities, Title 1 elementary schools, food pantries, libraries, churches and community centers.

Food \$ense participants change their habits following the classes. For example, when compared to what they did prior to attending classes, more participants reported they would usually or always shop with a list, read nutrition labels, prepare meals at home, eat meals with their family, consume more vegetables, whole grains, and lean proteins, and increase their physical activity. These habits help stretch food resources and promote healthier lifestyles.



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Sanpete County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Sanpete County

Sanpete County has a food insecurity rate of 16.9%, meaning nearly 5,000 residents throughout the county lack access to adequate, well-balanced meals. This is due to insufficient economic resources. Food insecurity is a concern and a sad reality among Sanpete County residents.

The Food \$ense program teaches beneficial skills that help residents learn to stretch food dollars and make healthy food choices. Program participants learn menu planning techniques, as well as, the importance of increasing fruit and vegetable intake.

Approximately 42% of Food \$ense participants in Sanpete County qualify for SNAP benefits, and 33% of participants are eligible to receive other assistance such as WIC, commodities, and housing assistance.

## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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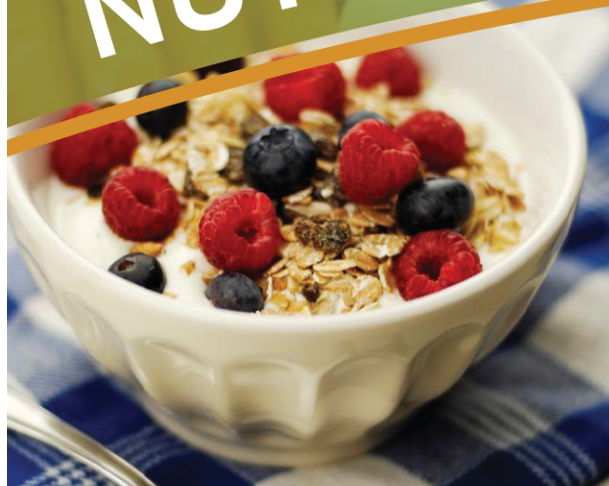
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Sanpete County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Sanpete County, Food \$ense classes are:

### Useful

49% - Excellent  
35% - Average

### Effective

48% - Excellent  
36% - Average

### High Quality

54% - Excellent  
31% - Average

Sanpete County Food \$ense taught  
206 Adults and 1,879 Youth.

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Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Sanpete County

Sanpete County Food \$ense strengthened partnerships with local agencies in 2013. This increased programming opportunities and helped reach even more adult participants. Food \$ense participants gained the necessary skills and knowledge to plan healthy menus for themselves and their families, and at the same time, learned to stretch their food dollars and maximize their food budgets.

Sanpete County youth participants gained nutrition education through classroom presentations that focused on healthy eating habits and physical activity. In addition, a partnership with the Sanpete County 4-H Program afforded the opportunity for elementary-aged youth to participate in a three-week Nutrition Camp. Approximately 40 children throughout Sanpete County engaged in activities promoting safe food handling, healthy snack choices, and physical activity. 'Fishin' for Nutrition and Food & Field Olympics were developed to reinforce MyPlate concepts using a fun, interactive approach.



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FOOD \$ENSE

Sevier County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Sevier County

Sevier County has a food insecurity rate of 15.1 %, which means over 3,100 people in Sevier County are unsure where their next meal will come from. The Food \$ense program is helping low-income families gain knowledge and resources to become food secure.

Roughly 74% of Food \$ense participants in Sevier County currently receive SNAP benefits, while about 73% receive other assistance such as WIC, commodities, housing assistance, etc.

Food insecure households:

- 1) Worry whether their food will run out before they have money to buy more.
- 2) Run out of food before the end of the month, and they do not have money to get more.
- 3) Cannot afford to eat balanced meals.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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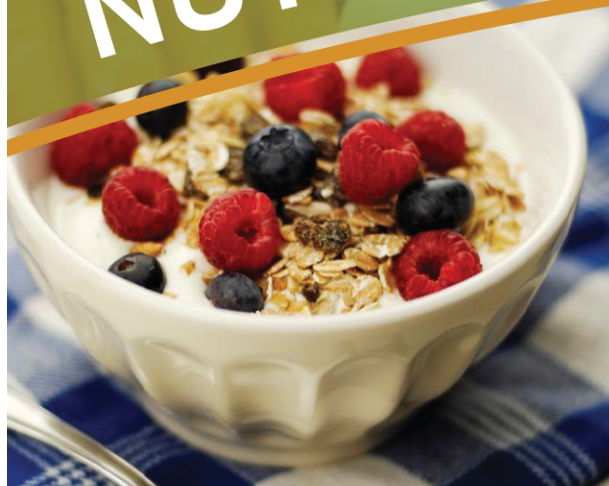
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Sevier County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Sevier County, Food \$ense classes are:

### Useful

90% - Extremely  
5% - Very

### Effective

90% - Extremely  
3% - Very

### High Quality

92% - Extremely  
3% - Very



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

## Nutrition Knowledge in Sevier County

The Sevier County Food \$ense program focused on educating adults in 2013. Most lessons came from the Food \$ense Basics and Food \$ense Cooks curriculum.

According to a survey completed by participants in Sevier County, 7.2% of participants said they usually planned meals prior to receiving education through Food \$ense. After attending Food \$ense classes, 20.6% reported that they usually planned meals for themselves or their families.

Meal planning is an important way to reduce the cost of groceries, to make healthy meals, and to reduce food waste. Increasing how often participants plan meals for themselves and their families is a crucial element to food security.



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## Summit & Wasatch Counties

# FOOD INSECURITY



FOOD SENSE

### Food Insecurity in Summit/Wasatch County

Summit has a 13% and Wasatch County has a 14% rate of food insecurity. The Food Sense program in Summit & Wasatch Counties is helping low-income families gain knowledge and resources to become food secure. Before participating in Food Sense lessons, 54% of households claimed to have enough food to last through the month. After receiving lessons on meal planning, price comparison shopping, and shopping with, 80% report having enough food to last through the month.

Food insecure households are considered food insecure when:

1. They worry whether their food will run out before they get money to buy more.
2. The food they buy doesn't last through the month, and they don't have money to get more.
3. They can't afford to eat balanced meals.

One hundred and eighty two county residents received SNAP-Ed nutrition education in 2013.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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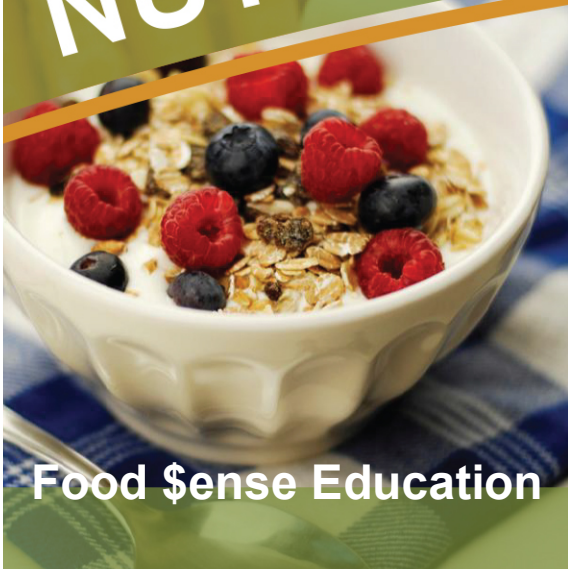
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## Summit & Wasatch Counties

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Summit & Wasatch Counties, Food \$ense classes are:

### Useful

48% - Excellent

43% - Average

### Effective

45% - Excellent

43% - Average

### High Quality

54% - Excellent

40% - Average

### In 2013 Food \$ense taught:

182 Adults

762 Youth



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Increasing Fruit & Vegetable Consumption Summit & Wasatch Counties

The USDA MyPlate guideline encourages people to make their plate half fruit and vegetables.

Our specific goal was to increase fruit and vegetable consumption in our Hispanic population. This year, we have seen growth in both fruit and vegetable consumption.

Fruit consumption was reported at 52% before taking Food Sense classes, and 82% after.

Vegetable consumption was reported at 52% before Food Sense classes, and 80% after.

Summit & Wasatch Counties are improving the fruit and vegetable consumption in our Hispanic population.



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Tooele County

# FOOD INSECURITY



## Food Insecurity in Tooele County

14.1% or

8,030 people

are food insecure in Tooele County

*Food Insecurity occurs when parents  
and children are unsure where their  
next meal will come from.*

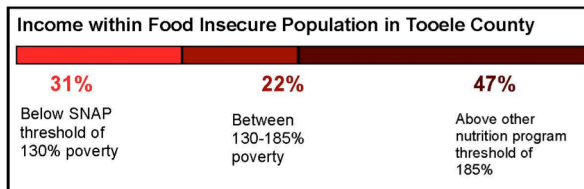
## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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Tooele County

# NUTRITION KNOWLEDGE



## Food \$ense Education

Participants in Tooele County Food \$ense classes reported:

### Usefulness of Lessons

100% very or extremely satisfied

### Effectiveness of Lessons

97% very or extremely satisfied

### High Quality of Lessons

98% very or extremely satisfied

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Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as:

Cooking and Baking

Food Safety

Shopping and Menu Planning

Healthy Food Choices

Physical Activity

## Education in Tooele County

Monthly Food \$ense classes were held at a local assisted living center. Participants learned many different concepts including: menu planning, cooking with a skillet, incorporating fruits and vegetables, and more.

Individual instruction was also very successful. Providing one-on-one education in an environment clients were comfortable in helped to increase the likelihood that skills taught would result in participant behavior change.

As a result of taking Food \$ense lessons, one client reported being able to feed her family for the month without running out of money or food.



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FOOD \$ENSE

Utah County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Utah County

Utah County has a food insecurity rate of 15.6% which means approximately 79,000 people are unsure where they are going to get their next meal.

The average cost of a meal in Utah is \$2.37. The average monthly benefit for one person on the Supplemental Nutrition Assistance Program is \$125.15 per month. This means the average person receiving SNAP benefits in Utah has \$4.17 per day, or \$1.17 per meal.

In Utah County 33% of Food \$ense participants receive SNAP benefits, an additional 12% qualify to receive SNAP benefits, and 36% of SNAP-Ed participants qualify for other assistance including WIC, commodities, and other federal/state assistance.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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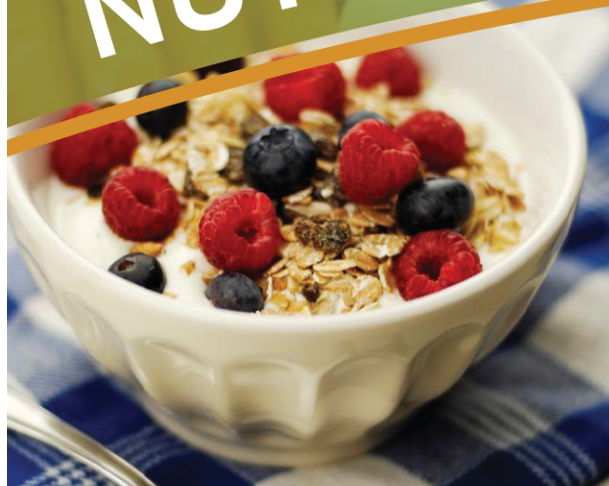
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Utah County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Utah County, Food \$ense classes are:

### Useful

40% - Extremely  
48% - Very

### Effective

42% - Extremely  
48% - Very

### High Quality

46% - Extremely  
44% - Very

Utah County educated over 703 adults and more than 271 youth in 2013!



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Utah County

The Utah County Food \$ense program taught class participants a variety of curriculum in 2013, with Food \$ense Basics at the top of the list. Approximately 195 adults were provided lessons from the Food \$ense Basics curriculum. More than 311 adults were educated specifically on cooking and eating in-season fruits and vegetables. Approximately 274 youth were also taught lessons from the MyPlate Team Nutrition curriculum.

Participants in Utah County have expressed appreciation for learning how to incorporate more fresh produce in their diet. Making half the plate fruits and vegetables is such an important part of the USDA's MyPlate initiative. We are proud to know we have inspired Food \$ense class participants to include more fresh produce into their diets.



Special thanks to Jana Darrington

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FOOD \$ENSE

Washington County

# FOOD INSECURITY



FOOD \$ENSE

Food insecurity refers to families who lack access to enough food to be active and maintain a healthy life. Food insecurity may also mean that families must choose between paying bills and purchasing healthy foods.

In 2013 the food insecurity rate for Washington County was 16.7%. This means 22,880 individuals lack resources to obtain healthy food. These people and those in their care are unsure where their next meal will come from.

Washington County Food \$ense reached out to this vulnerable population. This year 164 adults and 153 youth were taught how to make healthy food choices and extend their food dollar.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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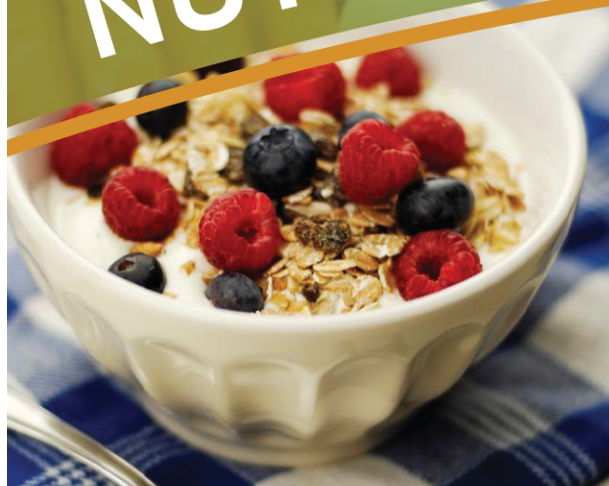
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**\$ENSE**



Washington County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in the Washington County Food \$ense program, the classes are:

**Useful** – 93% of the individuals found the usefulness of the classes to be very or extremely satisfying.

**Effective** – 96% of the individuals found the effectiveness of the classes to be very or extremely satisfying.

**High Quality** – 93% of the individuals found the quality of the program to be very or extremely satisfying.

**Knowledge Gained** – 93 % of the individuals were very or extremely satisfied with the knowledge gained



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Washington County

The Washington County Food \$ense program provided classes on healthy eating, cooking, and wise food choices to children and adults.

Afterschool programs were offered at Dixie Sun, Bloomington, and other elementary schools. Classes were given at the Dove Center and at the Shivwits reservation.

Additional educational was provided to families in Bloomington, as well as to Hurricane transitional students.



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Wayne County

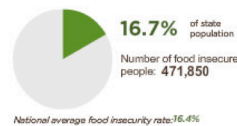
# FOOD INSECURITY



## Food Insecurity in Wayne County



### FOOD INSECURITY RATE



National average food insecurity rate: 16.4%

### INCOME BANDS WITHIN FOOD INSECURE POPULATION

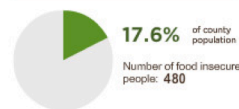
CHARITABLE RESPONSE	39%	Above 185% Poverty
REDUCED PRICE SCHOOL MEALS, WIC	18%	130% to 185% Poverty
SNAP, FREE SCHOOL MEALS, CSFP (SENIORS)	43%	Below 130% Poverty

AVERAGE COST OF A MEAL  \$2.37

\* National average cost of a meal is: \$2.67

### Wayne

### FOOD INSECURITY RATE



### INCOME BANDS WITHIN FOOD INSECURE POPULATION

CHARITABLE RESPONSE	31%	Above 185% Poverty
REDUCED PRICE SCHOOL MEALS, WIC	26%	130% to 185% Poverty
SNAP, FREE SCHOOL MEALS, CSFP (SENIORS)	44%	Below 130% Poverty

AVERAGE COST OF A MEAL  \$2.57

\* National average cost of a meal is: \$2.67

## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

As shown in the graphs provided by Feeding America above, Wayne County's food insecurity rate is slightly higher than Utah's.



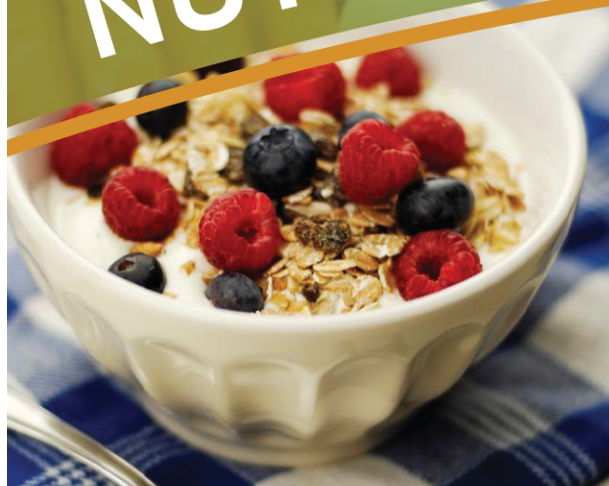
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Wayne County

# NUTRITION KNOWLEDGE



## Food \$ense Education

Classes in Wayne County School District:

2011: Classes taught: 113  
Students taught: 1351

2012: Classes taught: 156  
Students taught: 1944

2013: Classes taught: 160  
Students taught: 2341

During the 2013-14 school year, Food \$ense will be providing Nutrition Education in every class in Wayne County elementary and middle schools.

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Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Wayne County

When adult classes were offered in the past, the attendance rate was very low, or non-existent. In an effort to increase interest, a new twist was implemented. Instead of offering classes to the adults, the nutrition education classes were offered through the schools. We hoped the nutritional information would be shared with families in the home and throughout the community.

To say this has been a success is like saying the Mississippi is a stream! When the Food \$ense NEA walks into the classroom, the students start cheering. The students are not only taught in the classroom, but also given homework assignments that include sharing recipes and trying a variety of fruits and vegetables at home. The children know the NEA's favorite words are "I'll try it!"

We have received numerous enthusiastic comments:

- "My daughter has pressured our family to try the different recipes she brings home."
- "Our family eats lots more fruits and vegetables thanks to you."
- "We've tried adding different fruits and vegetables to recipes we already use and it is great!"



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Weber County

# FOOD INSECURITY



FOOD \$ENSE

## Food Insecurity in Weber County

Weber County has a food insecurity rate of 15.8%, which means approximately 35,980 people are unsure where they are going to get their next meal. The Food \$ense program in Weber County helps low-income families gain knowledge and resources to become food secure. At present:

42% fall below the SNAP threshold.

17% are between 130-185% of poverty and,

41% are above the threshold of 185% of poverty.

In Weber County, 40% of Food \$ense participants receive SNAP benefits, an additional 44% qualify to receive SNAP benefits, and 43% of SNAP-Ed participants qualify for other assistance including WIC, commodities, and other federal and state assistance.

Food insecure households are considered food insecure when:

- They worry whether their food will run out before they get money to buy more.
- The food they buy doesn't last through the month and they don't have money to buy more.
- They can't afford to eat balanced meals.



## Food Insecurity

Families in Utah experience food insecurity. Food insecurity occurs when parents and children are unsure where their next meal will come from.

Food insecurity is a USDA term referring to a household's lack of access to food, thus denying members of the household an active, healthy, lifestyle.

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Weber County

# NUTRITION KNOWLEDGE



## Food \$ense Education

According to participants in Weber County, Food \$ense classes are:

### Useful

86% Excellent  
44% Average

### Effective

84% Excellent  
42% Average

### High Quality

83% Excellent  
37% Average

### Weber County educated:

1138 Adults  
130 Youth



Food \$ense lessons are for adults and youth alike. Classes teach concepts and skills such as: cooking, baking, food safety, shopping, menu planning, healthy choices, and more.

### Nutrition Knowledge in Weber County

The Food \$ense program in Weber County educated residents on numerous food and nutrition topics in 2013. A variety of lessons were used to educate participants including Food \$ense Cooks, Loving Your Family, and Eat Smart Live Strong. Both youth and adults were taught.

Teaching participants the basics is very important to prompting behavior change. USDA's My Plate is an important tool used by our Food \$ense teachers to demonstrate the importance of eating a well balanced diet.

Lessons and demonstrations were provided on each food group including fruits, vegetables, protein, and grains. These lessons taught participants the easiest ways to incorporate healthy foods into meals without spending more money.



FOOD \$ENSE

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