

# FOOD \$ENSE

# CREATES

FOOD SECURE FAMILIES  
WITH HEALTHY HABITS

FOOD \$ENSE (SNAP-ED) ANNUAL REPORT 2016



EXTENSION   
UtahStateUniversity

FOOD  
\$ENSE



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1 IN 5 UTAH KIDS ARE UNSURE WHERE  
THEIR NEXT MEAL IS COMING FROM.

**UTAH FOOD BANK**

## SUCCESS STORIES

"Raven has been working with Utah County Extension to present educational radio spots once a month. I was working at the Provo Market when a woman approached the Food Sense booth. She said she was looking for cherries. She had heard Raven on the radio talk about all the wonderful things she could do with cherries, how to select the best kind and how to store them after purchase. Raven's efforts were effective and reaching more people than we would have otherwise been able to reach."

**Food \$ense  
Nutrition Educator**



# LETTER FROM DIRECTOR

Dear Friends,

Thank you for making 2016 yet another remarkable year for Utah State University Supplemental Nutrition Assistance Program – Education (SNAP-Ed), otherwise known as Food \$ense! This year marked 19 years of service for the SNAP-Ed program in Utah implemented by Utah State University. Our dedicated staff has done an incredible job at expanding our outreach and implementing PSE and PEARS while strengthening our programs and services. This report provides readers with insights into the Food \$ense (SNAP-Ed) program and its outcomes and impacts. The numbers and narratives will show we are making an impact on the SNAP-Ed target audience and doing it efficiently with excellent management of funds. A few of the highlights for SNAP-Ed include:

## UPDATE TO CREATE FAMILY MEALS CURRICULUM

- 95% of families indicate they will eat meals together as a family three times a week.
- 93% of families indicate they will eat at home three times a week
- 92% of families indicate they will eat foods based on MyPlate

## REGIONAL LEADER IN PEARS EVALUATION SYSTEM

## INCREASE IN OUTREACH NUMBERS THROUGH DIRECT EDUCATION AND INDIRECT EDUCATION

- 34,314 youth
- 175,212 indirect materials shared
- 1,275,470 indirect contacts

## THUMBS UP PROGRAM

- Nudging food pantry clients to make healthier selections
- Piloted at 17 food pantries throughout Utah
- Part of larger collaboration with the Utah Department of Health to increase access to healthy foods at emergency food sites

## UBET

- UBET's response to Utah's low school breakfast participation rate:
- Collected a parent survey to assess barriers to eating school breakfast from parents' perspective
- Developed Utah's first school breakfast report, Starting the Day Right: Best Practices for Increasing School Breakfast Participation in Utah Schools.

## EBT & DOUBLE UP FOOD BUCKS REDEMPTION AT FARMERS MARKETS

- EBT sales at farmers markets increased from 2015
- Double Up Food Bucks redemption increased from 2015
- Food \$ense NEAs played an important role in the promotion of both of these programs.
- Increase of direct education by 6,297 individuals
- Full implementation of PEARS
- National leader in providing long-term evaluations

Utah State University Food \$ense (SNAP-Ed) is a vital program for low-income families and individuals, assisting in skill building that helps them decrease their risk of obesity and chronic diseases by teaching life skills to help them develop healthy habits for life.

Food \$ense (SNAP-Ed) is committed to innovative and creative education. We are continually seeking and researching the best methods to reach our target audience. We have an excellent history of increasing positive habits for health through the education we provide. The following report will show why Utah State University Food \$ense (SNAP-Ed) is a leader in nutrition education and obesity prevention.

Thank you for wholeheartedly being a part of Utah's SNAP-Ed program. We are looking forward to another 3 years of excellent programming.

Sincerely,

Heidi LeBlanc  
Food \$ense Director



# EXECUTIVE SUMMARY

## Increasing Outreach Direct & Indirect Education

- 16,147 adults
- 34,314 youth
- 175,212 indirect materials shared
- 1,275,470 indirect contacts

## Increasing Social Media Presence

- Snappily Ever After blog teaches Food \$ense principles to families in Utah, authored by a mother of eight
- Eat Well Utah utilizes all CREATES curriculum in educating families and individuals on eating well on a limited budget

## Cooking it's a Snap! Focused on Wasatch Front nutrition education outreach efforts

- New Create An Active Lifestyle Curriculum
- New Create Family Meals Curriculum

## Thumbs Up Initiative Utah's Training Program is Nationally Utilized and Recognized

- 97 registrants in Utah
- 42 states adopted
- 1,248 participants
- 88% passing rate (median)

Seven states within Mountain Plains Region (Utah, Colorado, Montana, Nebraska, South Dakota, Kansas and Iowa)

## Creating Health

	BEFORE FOOD \$ENSE	AFTER FOOD \$ENSE
Enough money to last to the end of the month	65%	85%
Shop with a list	62%	82%
Eat meals as a family	68%	85%
Increased physical activity	48%	78%





# SNAP-ED ADMINISTRATIVE EXPENDITURES

EXPENDITURES BY SOURCE OF FUNDING	EXPENDITURES FOR REPORTING YEAR (2015)
1. Public Cash Contributions – State & Local Tax Revenue (only)	N/A
2. Public and Private Cash Contributions – Other Than State & Local Tax Revenue	N/A
3. Sum of Lines 1 & 2	N/A
4. Public In-Kind Contributions (non-cash)	N/A
5. Private Cash Contributions to State SNAP Agency Only	N/A
6. Indian Tribal Organization Contributions	N/A
7. Sum of Lines 4, 5, & 6	
8. Federal Reimbursement	\$1,298,114.00
8a. Carry Over Funds (used in 2016 from 2015)	100,000.00
9. Total SNAP-Ed Expenditures: Sum of Lines 3, 7 & 8	\$1,398,114.00

## EXPENDITURES BY CATEGORY OF SPENDING

1. Total Expenditures for SNAP-Ed Program Delivery	866,030.68
2. Total Expenditures for Administration Costs	532,083.32
3. Total SNAP-Ed Expenditures (State & Federal)	\$1,398,114.00



# SNAP-ED EVALUATION FRAMEWORK

The evaluation framework is a focused menu of evaluation indicators that align with the SNAP-Ed guiding principles. They support documenting changes resulting from multiple approaches for low-income nutrition education and obesity prevention. These include individual, group, and family nutrition education and physical activity promotion and related interventions; comprehensive, multi-level interventions in environmental settings; and community and public health approaches that reach a large proportion of the population.

## SNAP-ED EVALUATION FRAMEWORK

### Nutrition, Physical Activity, and Obesity Prevention Indicators



APRIL 2016

Utah Food \$ense uses the National SNAP-Ed evaluation indicators to align with the SNAP-Ed guiding principles. These guiding principles support documented changes resulting from multiple approaches for low-income nutrition education and obesity prevention. Utah Food \$ense uses the indicators hi-lighted in the chart above.



# IMPACT EDUCATION

## ADULT ENGLISH DIRECT EDUCATION

As a result of participating in the Utah SNAP-Ed program, SNAP target audiences statewide will improve the likelihood that persons eligible for SNAP will increase food security and make healthy food choices within a limited budget and will choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and USDA's MyPlate, decreasing the likelihood of developing obesity and other chronic diseases. Based on behavior checklists, by September 30, 2016, at least 80 percent of SNAP eligible individuals who participate in SNAP-Ed lessons statewide will demonstrate intent to follow MyPlate by making half of their plate fruits and vegetables, choosing whole grains, lean proteins, and switching to fat-free and/or low-fat dairy products. Based on behavior checklists, by September 30, 2016 at least 70 percent of SNAP eligible individuals who participate in SNAP-Ed lessons statewide will demonstrate behavior change practices by properly cooking, chilling, and separating food items and properly cleaning food preparation surfaces. Based on behavior checklists, by September 30, 2016, at least 65% of SNAP eligible individuals who participate in SNAP-Ed lessons statewide will demonstrate behavior change to increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle. Based on behavior checklists, by September 30, 2016, at least 65 percent of SNAP eligible individuals who participate in SNAP-Ed lessons statewide will demonstrate intent to increase family mealtime and food resource management.

Utah SNAP-Ed used the same impact and process evaluations for adults and youth from FY 2008 through FY 2015. The data collected from these evaluations was used to create annual reports and other professional reports. The findings were also disseminated through journal articles. Data collection for the 6-month follow-up survey started in October 2012. If participants agreed to participate in the survey, they were contacted by phone or email 6 months after taking a SNAP-Ed class. Formative evaluation has been conducted by Utah's SNAP-Ed program in the past; however, due to the change in the adult curriculum, formative evaluation through the use of individual interview and focus groups will be conducted to determine curriculum appropriateness and effectiveness for the SNAP-Ed population.

### IMPACT MEASURES:

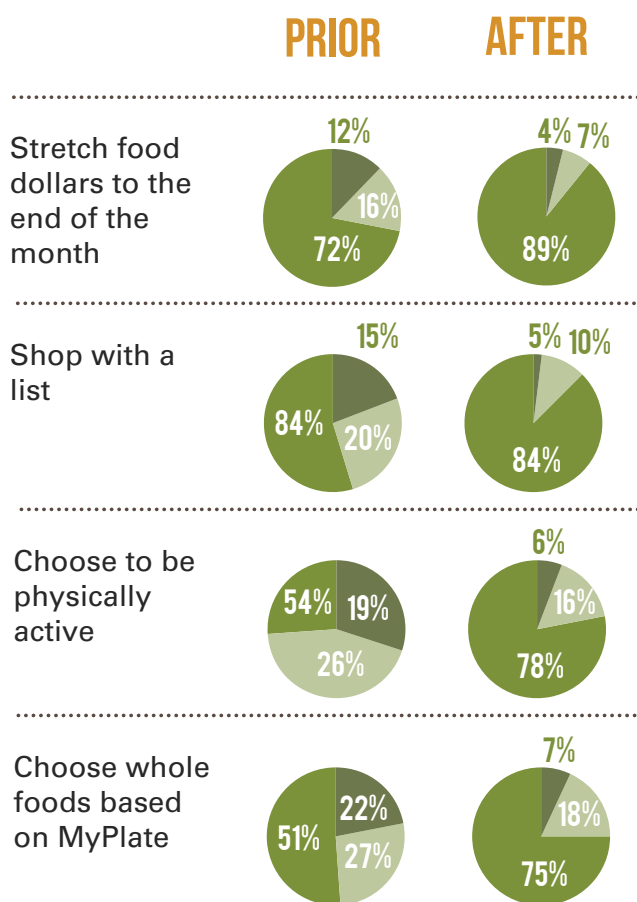
- Stretch my food dollars so there is food to last through the entire month
- Shop with a list
- Eat at home at least three times a week
- Prepare meals at home at least three times a week
- Choose to be physically active for at least 30 minutes, 5 days a week
- Choose whole foods based on MyPlate recommendations
- Follow USDA Food Safety Guidelines

The data will provide validity in the curriculum used to improve Food \$ense and assist in identifying training needs and to collect need assessments for participants. Heidi LeBlanc, Kim Garrity, and Mateja Savoie Roskos are the contacts for the data. No journal articles have been submitted at this time; however, one is currently in progress.

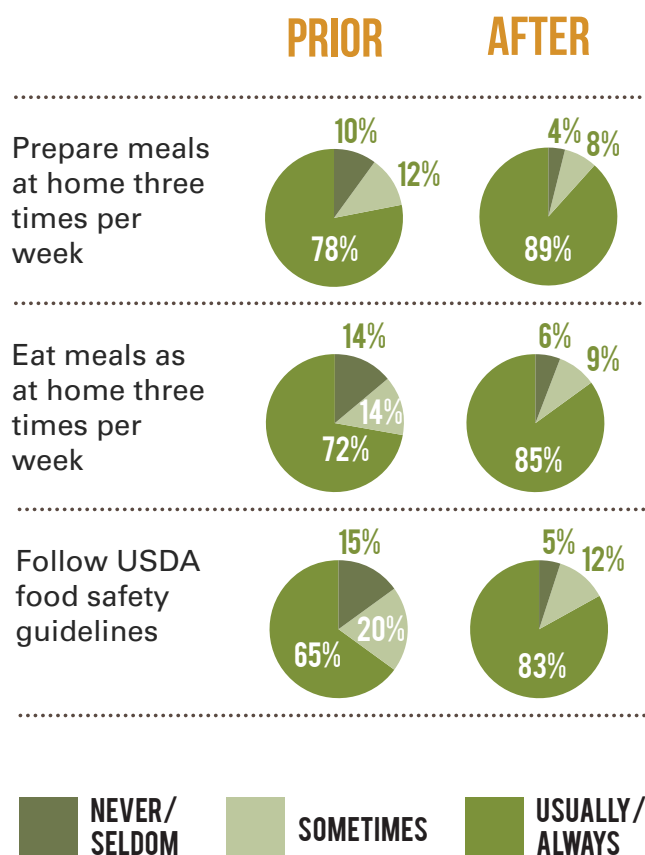


# IMPACT EDUCATION

## ADULT ENGLISH DIRECT EDUCATION IMPACT CHARTS



UTAH POVERTY RATE: 11.3%  
 UTAH CHILD POVERTY RATE: 13%  
 USDA



UTAH FOOD INSECURITY RATE IS 11.9%  
 US CENSUS BUREAU

## SUCCESS STORIES

"I had a really good experience this month. The Workforce Services staff had three people in for a Shopping and Menu Planning class. A young man in the class seemed uneasy and told me that he was in jail. He said he had two children he was going to get back when he got out in about a month. I told him I had taught nutrition classes there for a long time and saw some of the best progress I had seen when the men and women made their fresh starts. He began to share his ideas for what he could do and started writing down his idea even though I hadn't asked him to yet. The staff suggested that we could have a couple of classes when he got out. He asked if his mother could come too "cause she could use this."

Food \$ense  
 Nutrition Educator



# IMPACT EDUCATION

## ADULT DIRECT EDUCATION 6-MONTH FOLLOW-UP DATA

In 2016 Food \$ense collected follow-up data on adult participants 6 months after they participated in a Food \$ense (SNAP-Ed) lesson. Participants completed the retrospective survey either online or over the phone with a Food \$ense intern. Of the respondents, 27% reported they were participating in SNAP and other assistance programs, while over 32% reported qualifying for SNAP benefits. Some of the highlights include:

**80%** of participants reported usually/always having enough food to last through the month after participating in Food \$ense (SNAP-Ed).

**89%** of participants reported usually/always planning meals with a 2-week menu plan after Food \$ense (SNAP-Ed) education.

**91%** of participants reported usually/always shopping with a list after participating in Food \$ense (SNAP-Ed) education.

**51%** of participants reported eating at least 2 ½ cups of fruit per day after participating in Food \$ense (SNAP-Ed) education.

**52%** of participants reported eating more whole and refined grains after participating in Food \$ense (SNAP-Ed) education.

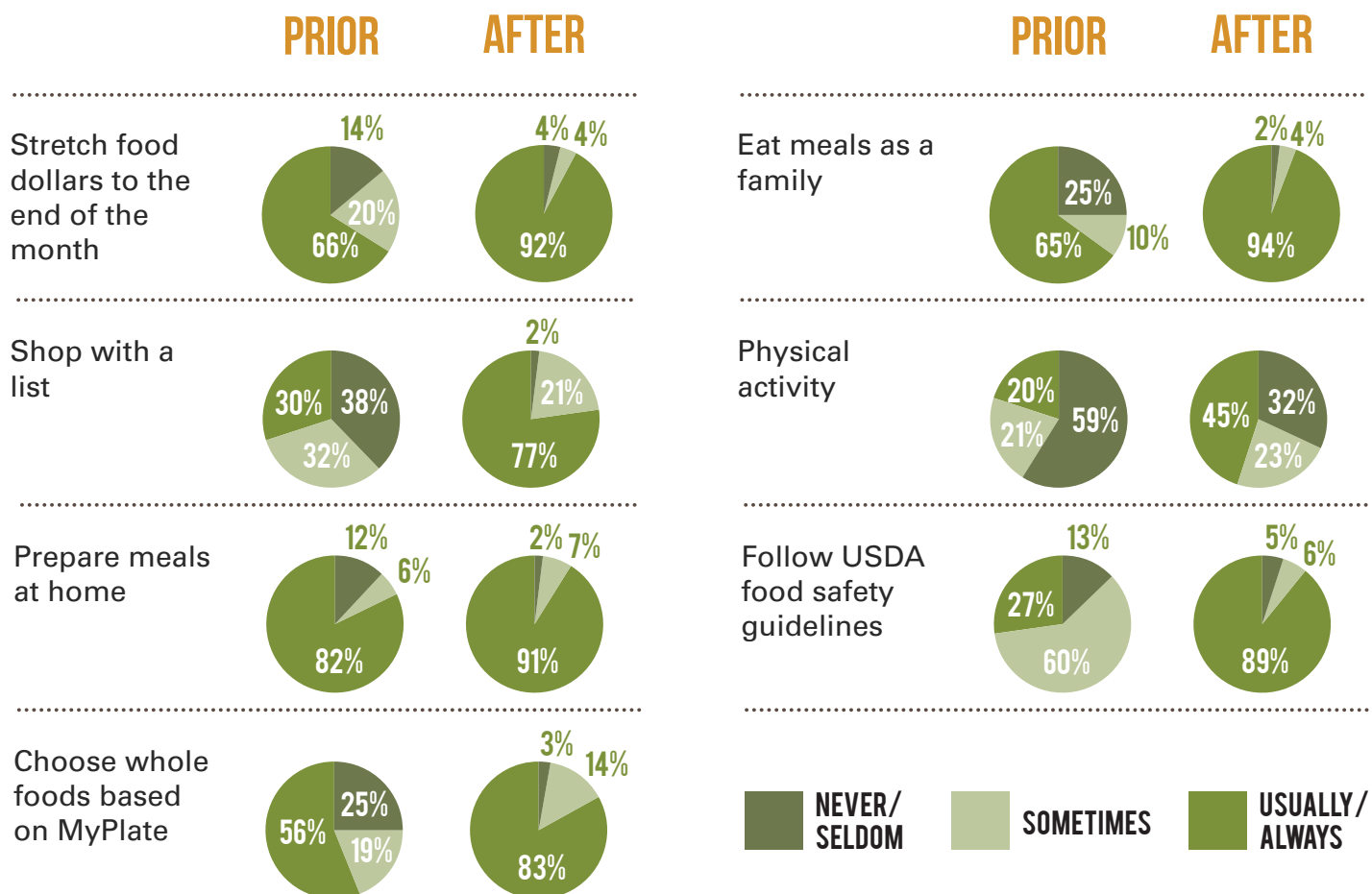
## SUCCESS STORIES

“A non-custodial father related that when he last had his children he made meals for them at home instead of going out or having the same old standbys. He used some of the recipes from the Food \$ense classes at Hurricane Valley Food Bank. His kids were excited that dad cooked for them and they had a home cooked meal together. He was excited because the kids liked it and the meal brought them closer together.”

**Food \$ense  
Nutrition Educator**

# IMPACT EDUCATION

## ADULT HISPANIC DIRECT EDUCATION IMPACT





# IMPACT EDUCATION

## CREATE FAMILY MEALS

In 2016 Food \$ense piloted a Family Meals program. The Family Meals program was so successful a curriculum called Create Family Meals was developed. The target audience is families who fall in the intergenerational poverty population. Invitations were extended to these families to attend classes. This curriculum is intended to give family members a hands-on experience in planning nutritious and delicious meals, as well as improve their cooking skills, all while they are spending time together as a family. Create Family Meals lessons focus on developing healthy families through encouraging healthy eating patterns and increasing daily physical activity. Using the Creates curriculum, participants will learn how to follow the Dietary Guidelines for Americans. They will learn to turn the Dietary Guidelines for Americans into nutritious, appealing family meals. All cooking experiences and recipes feature foods available on a limited budget, with WIC benefits, or those commonly offered at emergency food sites. Create Family Meals is a direct education strategy that will be delivered in face-to-face group lessons. Classes and materials are available in English and Spanish. Each class will feature a nutrition lesson from the Food \$ense Creates curriculum, and a hands-on cooking experience with tasting. Families will all participate in the cooking lesson preparing samples for their family to taste. There is strong evidence supporting the role of family meals as a strategy to improve dietary patterns and promote healthy weight maintenance. Create Family Meals has great potential to positively impact SNAP-Ed eligible adults and children, both in the short and long-term. Create Family Meals will help develop strong, healthy families with the skills necessary to cook, eat, and be active together. The classes were evaluated using the current Food \$ense Class Participant form. Each adult filled out a Class Participant form after attending the weekly class. The resulting data was used to help create the curriculum and support the Create Family Meals curriculum. Contacts for this project are Heidi LeBlanc and Kim Garrity. No journal articles have been written.



BREAKFAST FOR FAMILIES

### AGE APPROPRIATE CHORES FOR THE KITCHEN

AGES 2-3	AGES 4-6	AGES 7-10	AGES 11+
<ul style="list-style-type: none"> <li>Wipe up messes</li> </ul>	<ul style="list-style-type: none"> <li>Any previous chore</li> <li>Take care of feeding pets</li> <li>Set and clean the table</li> <li>Put away groceries</li> <li>Empty trash</li> </ul>	<ul style="list-style-type: none"> <li>Any previous chore</li> <li>Sweep</li> <li>Vacuum</li> <li>Take out trash</li> <li>Meal prep</li> </ul>	<ul style="list-style-type: none"> <li>Any previous chore</li> <li>Wash dishes</li> <li>Unload dishwasher</li> <li>Take trash to curb</li> <li>Mop floors</li> <li>Clean out fridge</li> </ul>

For information on how to order printable versions of this handout, go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense).  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. Utah State University is an affirmative action/equal opportunity institution.

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BREAKFAST FOR FAMILIES

### MY MORNING ROUTE ON MY WAY TO BREAKFAST

**QUESTION 1**  
When time is limited in the morning, are you more likely to:

A Skip breakfast  
 B Eat something at home  
 C Go to a drive through  
 D Other

\_\_\_\_\_

**QUESTION 2**  
How often do you eat breakfast?

A 5 or more times per week  
 B 2-4 times per week  
 C Once a week  
 D Rarely or never

\_\_\_\_\_

**QUESTION 3**  
What obstacles do you face that deter breakfast?

\_\_\_\_\_

**QUESTION 4**  
How can you overcome those obstacles?

\_\_\_\_\_

**QUESTION 5**  
Why are you going to commit to eat breakfast?

\_\_\_\_\_

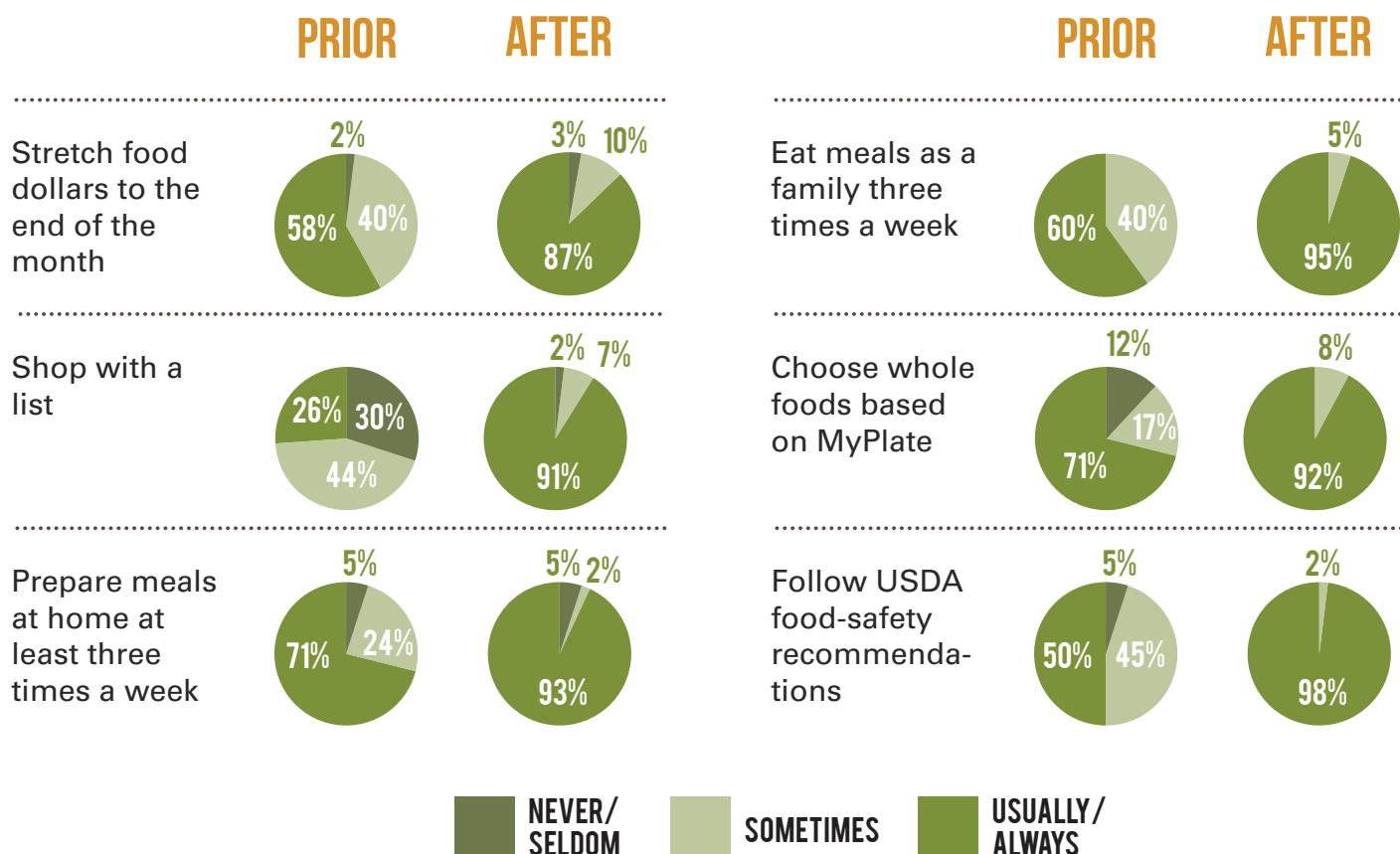
**NEXT STOP: BREAKFAST**

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# IMPACT EDUCATION

## CREATE FAMILY MEALS IMPACT CHARTS



## SUCCESS STORIES


"I have a family with three children, two 10-year olds and one 8-year old. They have been coming to the Healthy Families 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 an 8-week series and they have only missed twice due to illness and a previous doctor appointment. 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 Class Participant**

# IMPACT EDUCATION

## IGP NEWSLETTER


In 2016, Food \$ense, in cooperation with the Utah Department of Workforce Services, began addressing the needs of the Intergenerational Poverty population by sending out a newsletter. The newsletter, titled “Eat Well Utah” is sent by Food \$ense to over 550,000 people each month. The intent is to widen the reach of Food \$ense to the intergenerational poverty segment of the Utah population.



### EAT WELL UTAH

By Food \$ense

#### Nutrition News - October 2016



##### TIP OF THE MONTH

Don't let the end of gardening season in Utah slow down your consumption of fruits and vegetables. You can find many fresh fruits and vegetables at your local grocery store or market this time of year. Broccoli, Brussels sprouts, butternut squash, cauliflower, cranberries, grapes, mushrooms, pumpkin, sweet potatoes, and Swiss chard are all in season right now. For recipe ideas including fruits and veggies of the season, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

All Hallows Eve will soon be upon us. If the thought of all those Halloween treats has you a bit scared, be sure to have healthy snacks ready to go. For some healthy halloween snack ideas, visit [eatwellutah.org](http://eatwellutah.org). You might also enjoy a yummy soup recipe to add to your menu this week. Check out the recipe below. Enjoy!

Eat Well Utah is a free resource available to you, offering nutrition information, healthy recipe ideas, and tips on staying physically fit. Visit [eatwellutah.org](http://eatwellutah.org) today!

### Mexistrone Soup

**Directions**  
Heat the oil in a large pot. Sauté the onion and carrots, 3 minutes. Add garlic and zucchini. Cook, stirring 2 minutes. Add corn, black and pinto beans, stewed tomatoes with their liquid, oregano, and basil. Bring mixture to a boil and simmer 5 minutes. Season to taste with pepper and serve with desired toppings (corn chips, sour cream, cheese).

**Yield:**  
1 Tbsp. canola oil  
1 medium onion, sliced  
2 carrots, sliced  
1 large garlic clove, finely chopped  
2 small zucchinis, sliced  
1 can corn, rinsed and drained  
1 can black beans, rinsed and drained  
1 can pinto beans, rinsed and drained  
1 can Mexican stewed tomatoes  
2 tsp. oregano  
2 tsp. ground basil  
1 small can spicy tomato juice  
1 large can tomato juice

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For more information call the Cache County Extension Office at 435-752-6263.


**Nighttime Food \$ense**  
Healthy Holidays - This time of year is filled with fun and delicious holiday traditions. Join us for this class to learn ways to make your favorite holiday dishes a little healthier.

**Date:** Tuesday, October 18  
**Time:** 7:00 - 8:30p.m.  
**Location:** Cache County Administration Building (Multipurpose Room), 179 N Main St, Logan, UT, 84321

**Daytime Food \$ense**  
Healthy Holidays - This time of year is filled with fun and delicious holiday traditions. Join us for this class to learn ways to make your favorite holiday dishes a little healthier.

**Date:** Thursday, October 27  
**Time:** 11:00a.m - 12:30p.m.  
**Location:** Cache County Administration Building (Multipurpose Room), 179 N Main St, Logan, UT, 84321

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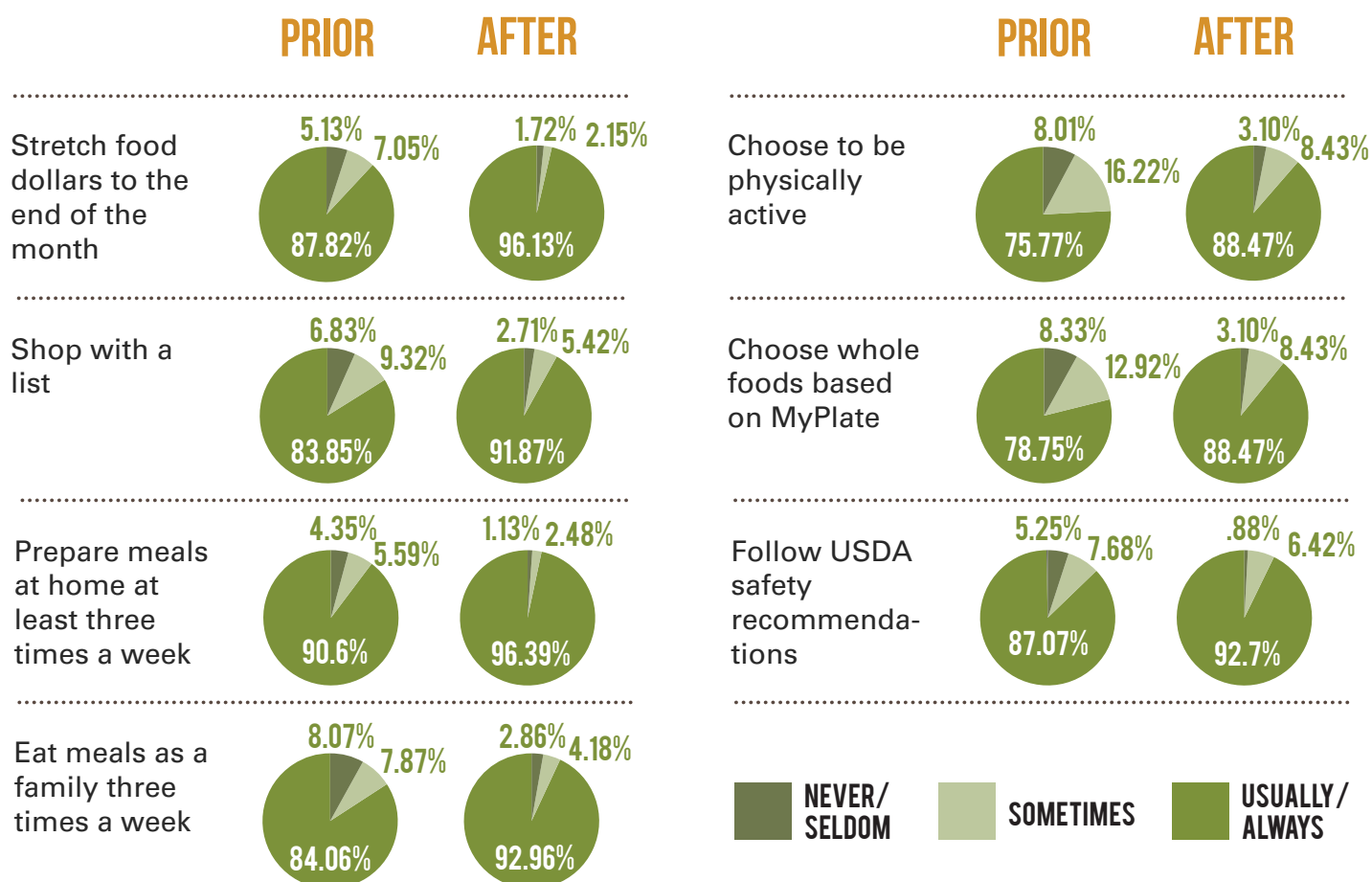
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# IMPACT EDUCATION

## ADULTS SENIOR DIRECT EDUCATION IMPACT CHARTS



# IMPACT EDUCATION

## YOUTH DIRECT EDUCATION

By the end of September 30, 2016, at least 80 percent of SNAP eligible children and youth who participate in SNAP-Education lessons will demonstrate intent to choose more whole foods and less processed meals. By the end of September 30, 2016, at least 70 percent of SNAP eligible children and youth who participate in SNAP-Education lessons will demonstrate intent to follow the food safety practice of proper hand washing prior to preparing and eating food. By the end of September 30, 2016, at least 60 percent of SNAP eligible children and youth who participate in SNAP-Education lessons will demonstrate intent to participate in physical activity for at least 30 minutes 4 to 5 days per week.

Instruction and activities are provided in the classroom, at assemblies, for small groups, and after school activities. Instructions are provided by NEAs at the request of the school administrator or teacher. Instructions delivered at elementary, middle/junior high schools, and high schools where at least 50 percent of the students qualify for free or reduced price lunches; after school programs and special enrichment programs where income guidelines are met by at least 50 percent of the participants. Each lesson and learning activity takes approximately 30 to 60 minutes to complete. The projected number of participants is 30,000 (an average of 500 per NEA). One to eight sessions are taught, depending on needs and preferences of the teacher. MyPlate recommendations and increasing physical activity is followed. Take home messages for parents in the form of lesson handouts or worksheets will be provided with each lesson.

Demographic data is from parent surveys. This data is used to provide evidence-based programming and to report back to FNS. Contacts for this project are Heidi LeBlanc and Kim Garrity. No articles have been submitted at this time.



## SUCCESS STORIES

"I was at the Delta Community Health Fair promoting and recruiting for Food \$ense and a lady came up to me and said, 'You are a miracle worker. Anyone who can get my granddaughter to come and beg me to buy vegetables has to be a miracle worker. She would not eat any vegetables until you taught her in school. Now she will beg me to buy spinach so she can have a Popeye smoothie.'"

**Food \$ense  
Nutrition Educator**

# IMPACT EDUCATION

## YOUTH PARENT SURVEY

In 2016, Food \$ense collected follow-up data from parents of children who participated in Food \$ense education. Surveys were distributed at the end of each youth class. A total of 163 surveys were received. The following results were found:

**65%** of parents reported youth participants demonstrated some/significant increase in intake of fruits and vegetables.

**79%** of parents reported youth participants demonstrated some/significant increase in knowledge of fruit and vegetables.

**78%** of parents reported youth participants demonstrated some/significant increase in belief that they can eat more fruits and vegetables.

**69%** of parents reported youth participants demonstrated some/significant increase in requests for fruits and vegetables for meals and snacks.

**58%** of parents reported youth participants demonstrated some/significant increase in requests for whole grains for meals and snacks.

**73%** of parents reported youth participants demonstrated some/significant increase in request for purchasing lean protein for meals and snacks.

**73%** of parents of youth participants reported some/significant increase in preparing more meals and snacks with fruits and vegetables.

**59%** of parents of youth participants reported some/significant increase in preparing more meals and snacks with whole grains.

**72%** of parents of youth participants reported some/significant increase in preparing more meals and snacks with lean protein.

**75%** of parents of youth participants reported some/significant increase in making fruits and vegetables readily available.

**72%** of parents of youth participants reported some/significant increase in making whole grains readily available.



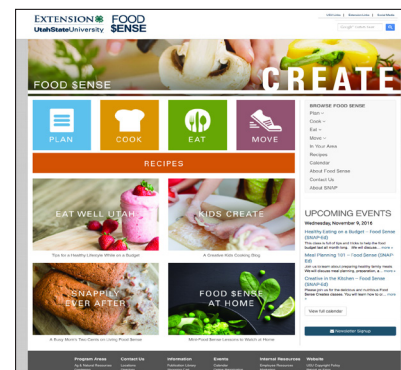
# IMPACT EDUCATION

## SOCIAL MEDIA

### FOOD \$ENSE

<https://extension.usu.edu/foodsense/>

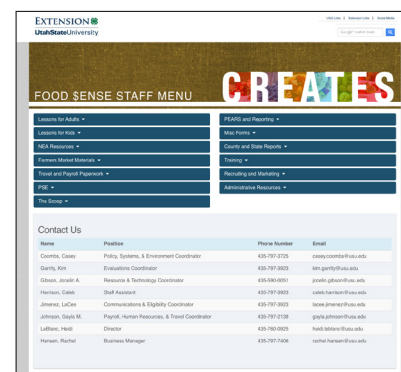
<b>Content Manager:</b>	Food \$ense State Office, Jocelin Gibson
<b>Audience:</b>	Statewide, public, low-income, SNAP eligible education
<b>Education:</b>	How to plan, cook, and eat healthy on limited income. Bank of healthy recipes, tips for increasing physical activity, promotion of USDA guidelines, and links to apply for SNAP benefits.



### FOOD \$ENSE CREATE

<http://extension.usu.edu/fscreate/>

<b>Content Manager:</b>	Food \$ense State Office, Jocelin Gibson
<b>Audience:</b>	Food \$ense employees, NEAs, supervisors, supporting agencies
<b>Education:</b>	Program documents, teaching resources, approved curriculums, administration, monthly training videos, bi-weekly newsletter, etc.



### SNAPPILY EVER AFTER

<http://snappilyforever.blogspot.com/>  
<http://instagram.com/snappilyeverafter>  
<http://twitter.com/snappilyforever>  
<https://www.pinterest.com/snappilyforever/>

<b>Content Manager:</b>	Food \$ense NEA, Kerry Garvin
<b>Audience:</b>	Statewide, public, low-income, SNAP eligible Education
<b>Education:</b>	Living Food \$ense (SNAP-Ed) principles day-to-day feeding a large family on a small budget, nutrition for young children, increasing physical activity for children and stretching the food dollar.



# IMPACT EDUCATION

## SOCIAL MEDIA

### EAT WELL UTAH

<http://eatwellutah.org>  
<https://www.instagram.com/eatwellutah/>  
<https://twitter.com/eatwellutah/>  
<https://www.pinterest.com/eatwellutah/>

**Content Manager:** Food \$ense NEA, Candi Merritt

**Audience:** Statewide, public, low-income, SNAP eligible, Utah Intergenerational Poverty

**Education:** Recipe demos, promote SNAP-Ed principles, meal planning and food budgeting, calendar and link to SNAP-Ed classes in the area, bank of healthy recipes, tips for increasing physical activity and links to apply for SNAP benefits.



### BIGBITESLITTLEBUDGET

<https://bigbiteslittlebudget.com/>

**Content Manager:** Food \$ense NEA, Tayla Lambricht

**Audience:** Recipe demos, promote SNAP-Ed principles, meal planning and food budgeting for small households, bank of healthy recipes for one or two, tips for increasing physical activity, links to apply for SNAP benefits

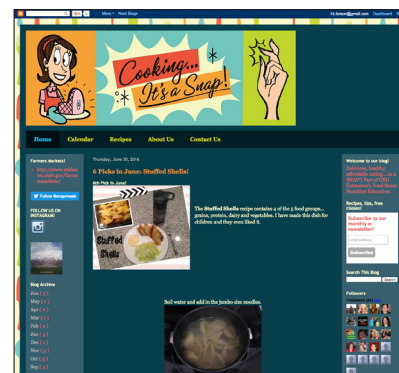
### COOKING, IT'S A SNAP!

<http://cookingitsasnap.blogspot.com/>

**Content Manager:** Food \$ense NEA, Raven Albertson

**Audience:** Utah County low-income, SNAP eligible

**Education:** Promote SNAP-Ed principles, meal planning and food budgeting, bank of healthy recipes, tips for increasing physical activity, upcoming SNAP-Ed classes in Utah County, promote farmers markets, hosting EBT machines in the area, promote fruits and vegetables in season, links to apply for SNAP benefits.



# IMPACT EDUCATION

## SOCIAL MEDIA



### FOOD \$ENSE FACEBOOK PRESENCE

#### STATEWIDE

Eat Well Utah  
Snappily Ever After  
Utah Food \$ense

#### INDIVIDUAL COUNTY

Food Sense Beaver County  
Food Sense Cache County  
Food Sense Davis County  
Food Sense Duchesne County  
Food Sense Garfield County  
Food Sense Iron County  
Food Sense Kane County  
Food Sense Millard County  
Food Sense Sanpete County  
Food Sense Tooele County  
Food Sense Utah County  
Food Sense Washington County  
Food Sense Weber County



### ADDITIONAL PINTEREST SITES

**Cache County:** <https://www.pinterest.com/ccfoodsense/>

**Utah Food Sense:** <http://pinterest.com/utahfoodsense/>

**SNAP Meals:** <https://www.pinterest.com/snapmeals/>

## SUCCESS STORIES

"I taught Create a Stir Fry at a Baby Steps program class. During this presentation and demo my supervisor recorded my class so participants could watch it on our Facebook page live as I was teaching. We had 291 views! It was a little nerve racking being recorded, but fun to reach even more participants and spread the word about our program. I'm excited to try more! "

**Food \$ense  
Nutrition Educator**



# IMPACT EDUCATION

## SOCIAL MEDIA

### FOOD \$ENSE CREATES CHANNEL

<https://www.youtube.com/channel/UCp5fRTxguUUpO-OJWXLx3FQ>

**Content Manager:** Food \$ense State Office, Jocelin Gibson

**Audience:** Statewide, public, low-income, SNAP-Ed eligible

**Education:** Quick Tips videos, fast-paced recipe demos, What is SNAP-Ed, how to apply for SNAP, promotion of family mealtime, elements of a well-stocked kitchen.

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### FOOD \$ENSE STAFF TRAINING CHANNEL

<https://www.youtube.com/channel/UCGTezat2IKNS7euPK11jZAQ>

**Content Manager:** Food \$ense State Office, Jocelin Gibson

**Audience:** Food \$ense (SNAP-Ed) employees

**Education:** Civil rights training, policy and procedures for 2016-17, promoting family mealtime month, healthy diet patterns vs. nutrients, introducing the Youth Creates Curriculum, Creates lesson demo, policy, systems, and environment for Food \$ense, PEARS training, creates and physical activity lessons, demo of poverty and hunger in America.

## SOCIAL MEDIA STATISTICS

### BLOGS

Total # of Posts	192
Total # of Views	416,507

### FACEBOOK

Total # of Posts	971
Total # Reached	323,851

### INSTAGRAM

Total # of Posts	317
Total # of Followers	6,319

### PINTEREST

Total # of Views	75,074
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### TWITTER

Total # of Tweets	840
Total # of Impressions	51,119

### YOUTUBE

Total # of Videos	22
Total # of Channel Views	641

# IMPACT EDUCATION

## FARMERS MARKET

During FY 2016, Food \$ense continued its work providing nutrition education and recipe samples at farmers markets with an electronic benefits transfer (EBT) machine. Data collected during FY 2014 and 2015 suggested that the strategies used at Food \$ense farmers markets booths positively impact market patrons' purchasing decisions by influencing them to buy the items featured at the Food \$ense booth. This year Food \$ense was present at 11 farmers markets throughout the state.

### Farmers Market Double Up Food Bucks

Food \$ense also continued its work as a collaborating partner for a USDA Federal Insecurity Nutrition Incentive (FINI) grant. The FINI grant, along with local matching contributions, funded the Double Up Food Bucks (DUFB) incentive program. For the second year, markets with DUFB offered patrons using SNAP benefits up to \$10 in matching funds to purchase locally grown fruits and vegetables. Four additional farmers markets offered the DUFB program in 2016. Throughout the state, there was an increase in both the number of transactions and the monetary value of SNAP and DUFB redeemed at markets.



Food \$ense NEAs played an important role in the promotion of the DUFB program this year. Food \$ense NEAs helped build awareness and recognition of the program through both in-class and online promotion.

	2015	September 2016
Farmers markets with DUFB	17	21
Total number of SNAP EBT/DUFB customer transactions	3439	Number not available
Total \$ value of SNAP disbursed to customers at farmers markets	\$52,029	\$61,172
Total \$ value of SNAP redeemed by vendors	\$47,085	\$53,871
Total \$ value of DUFB incentives disbursed to customers	\$31,108	\$41,648
Total \$ value of DUFB redeemed by vendors	\$29,521	\$36,968

## SUCCESS STORIES

"I was working the farmers market in Ogden, and a woman I had done some classes for told me how she used the information we gave her at the class for bridal shower gifts. She prints off the Creates handouts from our website and adds a basket of ingredients. She has people asking for the gift when she is invited to showers. Creates, the gift that keeps on giving!"

**Food \$ense  
Nutrition Educator**

# POLICY, SYSTEMS, AND ENVIRONMENT

## THUMBS UP FOR HEALTHY CHOICES

### Project Goals

Increase the visibility of healthy choices at emergency food sites through the use of behavioral economic strategies including shelf talkers and point of selection education. These strategies aim to ultimately increase the selection of healthy choices by emergency food site clients.

### Evaluation Design

Thumbs Up is currently being piloted in 17 Utah emergency food sites. At present, there are two evaluation tools, both of which are used for continued program development and improvement. The tools include a formative evaluation tool completed by NEAs implementing the Thumbs Up program. The NEAs complete the online tool each time they implement the program or train pantry staff/volunteers. A process evaluation survey is distributed to pantry managers after Thumbs Up has been in their pantry for at least 1 month.

After the end of the pilot year, an outcome evaluation tool will be developed to survey the impact of the program on client selection. This tool will be distributed to the pantry clients.

### Impact Measures the formative evaluation tool completed by Food \$ense NEAs measures

- Frequency of program implementation
- Availability of Thumbs Up products
- Observation of clients selecting Thumbs Up products
- Interactions with pantry staff/volunteers/clients about program

### The process evaluation tool completed by food pantry managers' measures

- Selection of Thumbs Up products by clients
- Benefits of Thumbs Up program for pantry clients
- Future implementation strategies
- Suggested changes to the program



## SUCCESS STORIES

"I took before and after pictures of the shelves I marked and was very pleased to see that some items were taken from the rows marked a healthy choice. A few people asked me why one item was marked as a healthy choice and others were not, so I actually got to talk to them about the items and nutrition. Nice way to start a conversation."

**Food \$ense  
Nutrition Educator**



# POLICY, SYSTEMS, AND ENVIRONMENT

## THUMBS UP

### Findings

The Thumbs Up pilot period will end in December 2016. At that point, results from the formative and process evaluation tools will be analyzed and results will be shared.

### Description of how evaluation results will be used

Results from the formative and process evaluations will be used to improve the program and finalize the Thumbs Up toolkit. Once the toolkit is finalized, it will be available to pantries that want to implement the program.

### Point of contact

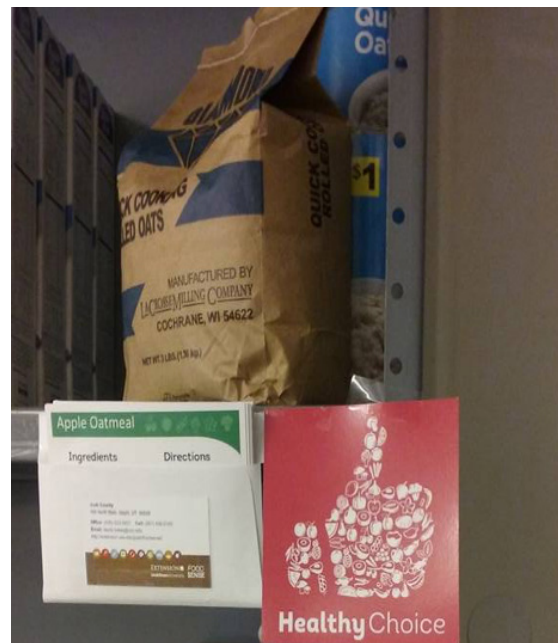
Heidi LeBlanc and Casey Coombs

### Relevant Journal Articles

There are no planned journal articles at this time.

### SNAP-Ed Planned Improvements

Additional evaluation tools will be developed to assess impact on actual product selection by pantry clients.



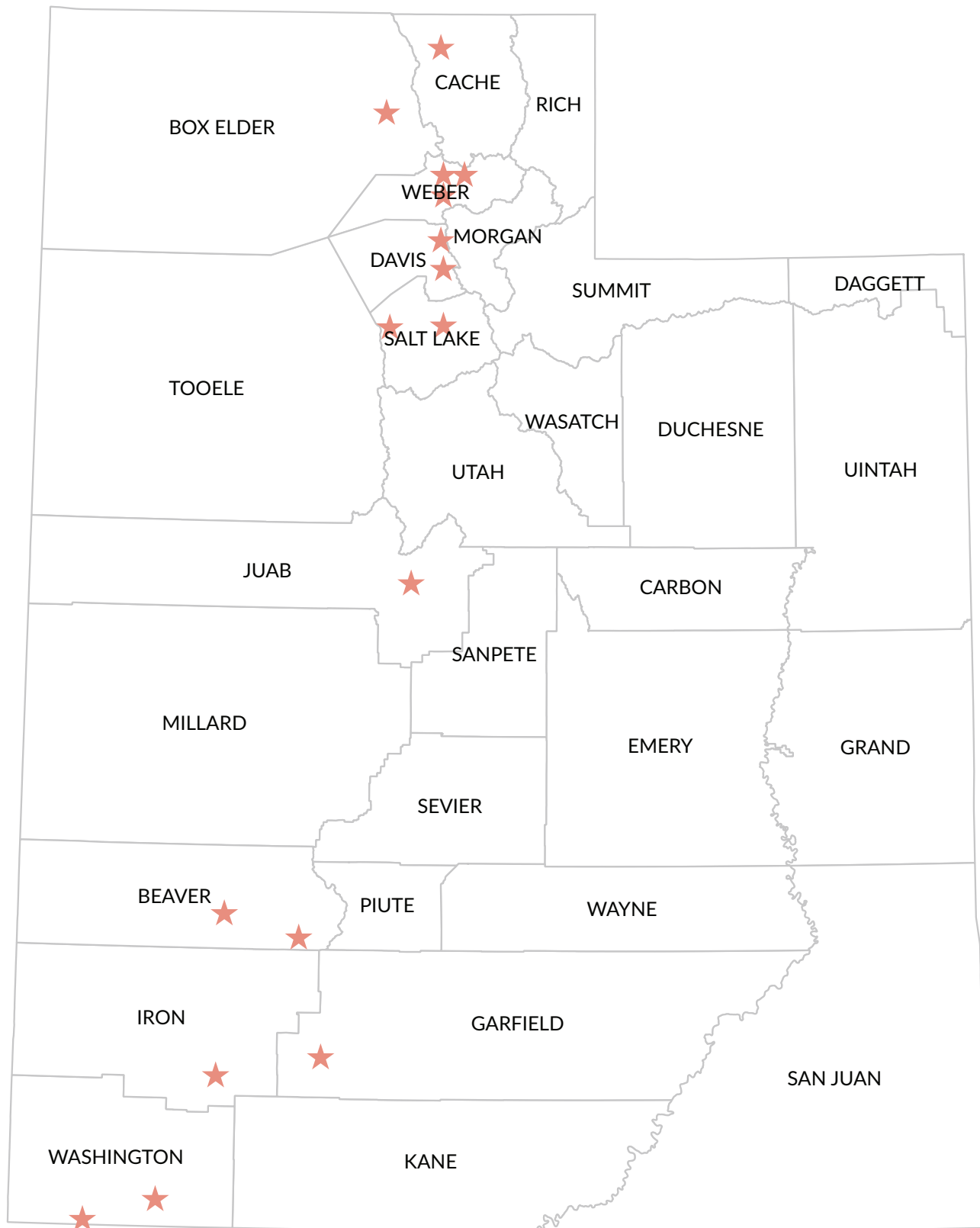
## SUCCESS STORIES

“Many months ago I taught a class at a food pantry on quick breads. We made a couple kinds of muffins and used applesauce to replace the oil. While I was working at the pantry on Thumbs Up implementation an employee said she was standing in the pantry by a huge shelf of dried cranberries. One of the participants from the quick breads class came up and said she had used the dried cranberries in muffins she had made with applesauce instead of oil like she had learned in class. The employee was excited that people were using what we were teaching.”

**Food \$ense Nutrition Educator**

# POLICY, SYSTEMS AND ENVIRONMENT

## 2016 THUMBS UP LOCATIONS



# POLICY, SYSTEMS, AND ENVIRONMENT

## UTAH BREAKFAST EXPANSION TEAM (UBET)

Working together to increase participation in the National School Breakfast Program.

Partners: Food \$ense, Utahns Against Hunger, Utah State Board of Education, Utah State University Extension-Salt Lake and Wayne Counties, Utah Dairy Council, Utah Department of Health EPICC program, Granite Education Association-NEA Healthy Futures, and Brigham Young University-Nutrition, Dietetics, and Food Science Department.

For the second year in a row, Utah ranked last in the nation for participation in the National School Breakfast Program (NSBP). The latest research from the 2014-2015 school year shows only 34.8% of Utah students who are eligible for free or reduced price meals participate in the NSBP (FRAC, 2016). These findings suggest that students who may be in need of breakfast may not be receiving it. A successful school breakfast program is one in which 70% of students that participate in the National School Lunch Program (NLSP) also participate in the NSBP (FRAC, 2016).

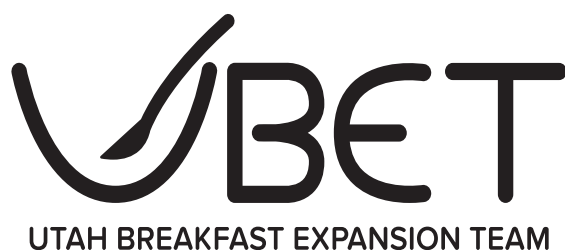


To help improve access to breakfast, Food \$ense is part of Utah's Breakfast Expansion Team (UBET). UBET is working to increase participation in the NSBP through the development and distribution of Utah's first school breakfast report, *Starting the Day Right: Best Practices for Increasing School Breakfast Participation in Utah Schools*. The report aims to increase awareness of the importance of school breakfast as well as the benefits of offering breakfast via an alternative service model such as breakfast in the classroom, or grab and go carts. These, along with other alternative service models, have been shown to significantly increase participation in the NSBP nationwide. *Starting the Day Right* will be released in November 2016. UBET is working with the Utah State Office of Education to monitor the impact of their work on participation in the NSBP. UBET has also recently conducted a parent survey to determine barriers to eating breakfast at school from the parent perspective. Data from this survey is currently being analyzed.

*Starting the Day Right: Best Practices for Increasing School Breakfast Participation in Utah Schools* can be found electronically here: <http://www.uah.org/projects-initiatives/utah-breakfast-expansion-team-ubet/>

Source: Food Research Action Center, (2016). School Breakfast Scorecard 2014-2015 School Year. Retrieved from [http://frac.org/pdf/School\\_Breakfast\\_Scorecard\\_SY\\_2014\\_2015.pdf](http://frac.org/pdf/School_Breakfast_Scorecard_SY_2014_2015.pdf)

UBET: <http://www.uah.org/projects-initiatives/utah-breakfast-expansion-team-ubet/>



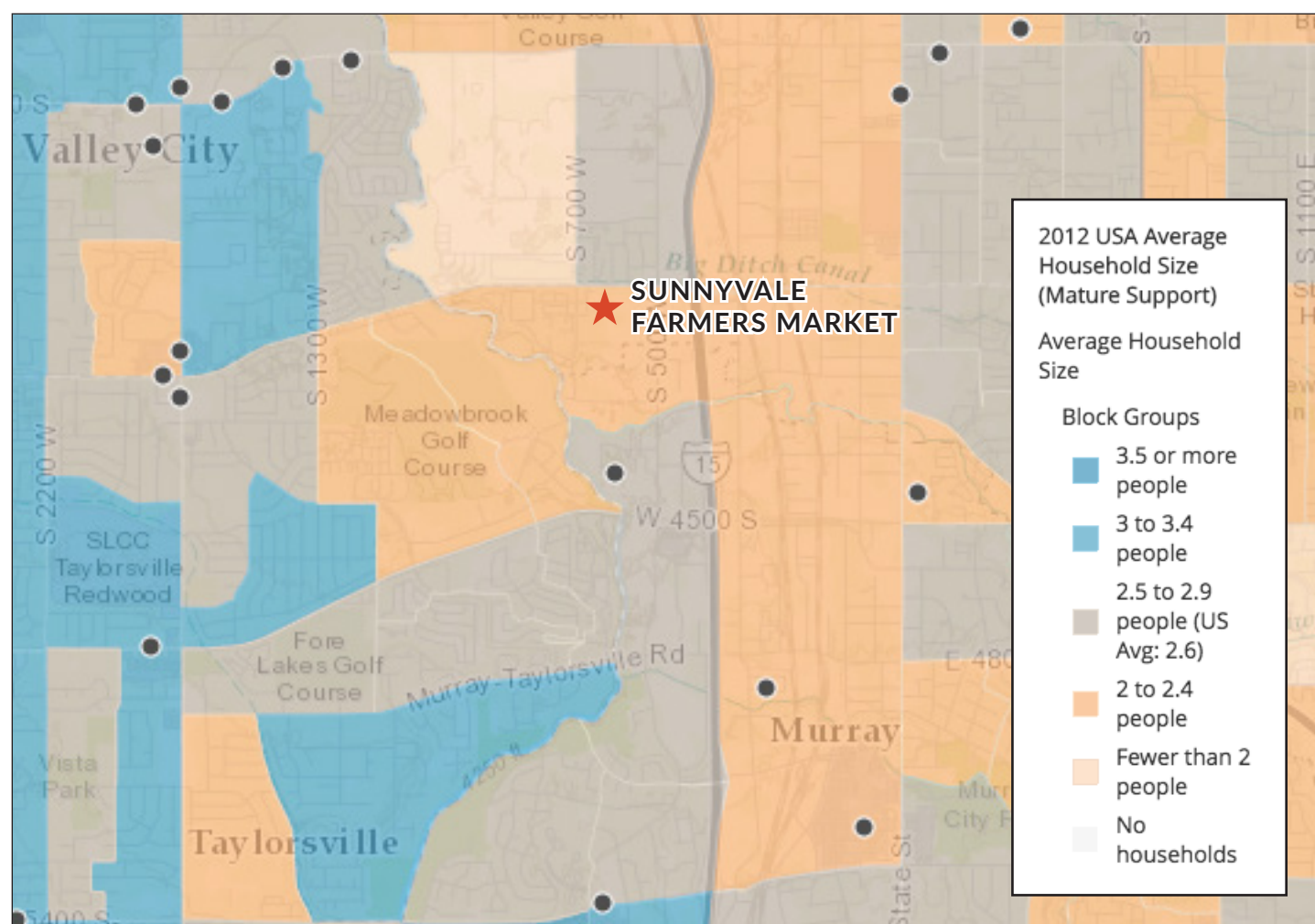
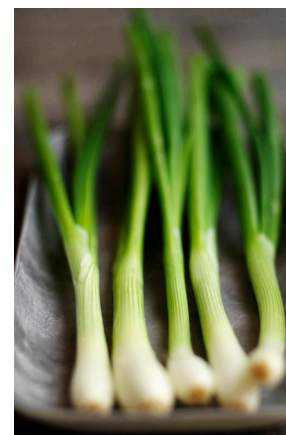


# POLICY, SYSTEMS, AND ENVIRONMENT

## SUNNYVALE FARMERS MARKET AND FOOD \$ENSE

The Sunnyvale Farmers Market aims to increase fresh food access and provide nutrition education to one of Salt Lake City's largest food deserts. With a focus on refugee and immigrant populations, the market provides access to ethnically diverse and culturally appropriate fresh produce in a region nearly devoid of grocery stores. The market saw an average of 60-80 participants per market day. With a total of 254 participants enrolled in the SNAP benefits Fresh Fund program for the season, the overall reach of the incentive program brought fresh produce into the households of more than 1,230 individuals from June 11th to October 8th this year.

Over the course of the season, Sunnyvale Farmers Market staff worked with the USU Extension office's SNAP Education team to develop and implement culturally appropriate education at the market. Serving nutritious and culturally informed snack choices, the USU SNAP-Ed team touched upon a growing and largely untouched population in an attempt to create as great an impact as possible: the youth. Working with Sunnyvale Farmers Market staff and in tandem with the Sunnyvale Community Center, the SNAP-Ed team engaged and informed the youth of the Sunnyvale neighborhood in nutrition-based education and activities, both giving the children's parents time to purchase fresh produce and turning what was once a challenge for the market into an opportunity. Educating, engaging, and feeding between 10-30 youth at the market each week, the SNAP-Ed team was invaluable in both helping Sunnyvale Farmers Market attain its goals for the season and keeping the weekly operations of the market running smoothly.



Source: <https://uogeography.maps.arcgis.com/apps/StorytellingSwipe/index.html?appid=ac0f5b418fa64913b1830b93ede9b3cd>

# POLICY, SYSTEMS, AND ENVIRONMENT HIGHLIGHTS

In addition to our statewide PSE efforts, there are several projects that have been identified and implemented from the county level. Two of these projects are highlighted below.

## VOLUNTEERS OF AMERICA HOMELESS YOUTH RESOURCE CENTER

Located in Salt Lake City, the VOA Homeless Youth Resource Center (YRC) is a new facility run by Volunteers of America that provides meals, shelter, and other support services to homeless teens. The YRC expects to serve over 800 teens annually. The Salt Lake County Food \$ense program began working with the YRC in the summer of 2016. The YRC serves three meals per day to an average of 50 teens. Primarily, volunteers run the kitchen. The Food \$ense team helped the YRC make system and environmental changes that have improved the consistency and nutritional value of the meals provided to their clients. They helped the YRC organize their commercial kitchen and food pantry to maximize the space available for feeding Salt Lake's homeless teens. Food \$ense also helped develop a My Plate Create-based meal planning system. The new system not only makes the most of available ingredients while reducing food waste, but also makes it easy for any kitchen volunteer to jump in and create a healthy meal for Salt Lake's homeless youth. Every meal is checked to ensure it meets the My Plate recommendations. In addition to these PSE efforts, Food \$ense is also planning to conduct several trainings to teach YRC staff and volunteers the skills from the Creates curriculum to improve their confidence to create healthy, enjoyable meals. They also teach nutrition workshops to the YRC clients. This project is a great example of using direct nutrition education and PSE efforts to improve access to healthy foods for our SNAP-Ed target population.



Source: Volunteers of America Utah, (2016). VOA's Youth Resource Center. Retrieved from <https://www.voaut.org/homeless-teen-services>

## CACHE HIGH SCHOOL

During 2016, Cache County Food \$ense continued its important work turning the harvest from the high school's garden into a nutritious and filling lunch for approximately 60 students. Without the help of the Food \$ense program, students at Cache High would not have access to lunch since the school does not offer the National School Lunch Program (NSLP). Food \$ense prepares approximately one lunch per month, with many of the ingredients coming directly from the garden that is cared for by the students.

## SUCCESS STORIES

"The students really appreciate having a home cooked, healthy meal. They come back for seconds and on a few occasions students have asked for recipes, which is great!"

**Food \$ense Nutrition Educator**

# POLICY, SYSTEMS, AND ENVIRONMENT

## STATE NUTRITION ACTION COALITION (SNAC)

*Mission: pull together Utah agencies to improve food security, nutrition, and health for Utahns.*

### Utah Breakfast Expansion Team (UBET)

- Formed in 2014 in response to Utah's consistently low participation in the School Breakfast Program (SBP).
- In final development stages of a Utah school breakfast report titled, "Starting the Day Right: Best Practices for Increasing School Breakfast Participation in Utah Schools."
- Utah School Breakfast Report features:
  - The academic, health, and wellness benefits of school breakfast
  - Strategies to increase participation in the SBP
  - Alternative breakfast service models
  - Utah school district SBP success stories
  - Action steps to increase participation in the SBP for district leaders, state education leaders, and legislators.
  - Current participation rates for all Utah districts and schools
- Parent survey data
  - Survey aimed to reveal barriers for participating in the SBP from the parents' perspective
  - Parents from 14 school districts were surveyed
  - Currently analyzing data



### Snac Videos and Presentations

- Developed three short animated videos to describe nutrition services available throughout the state.
- Videos aim to inform potential recipients of services, as well as refer providers and agencies to available nutrition programs and resources.
- Currently being piloted in the Bear River Health Department WIC office
- Developed A SNAC Prezi presentation for stakeholders and other statewide agencies describing the services provided by all participating SNAC programs.

### Farmers Market Outreach

- For the second year, Double Up Food Bucks (DUFb) is available for SNAP recipients at select farmers markets. DUFb is made possible through a USDA FINI grant and local matching funds. Utahns Against Hunger manages the statewide program. Other program partners include: Utah State University Extension, the Utah Department of Health, and the Utah Department of Workforce Services. SNAC agencies including Food \$ense and EPICC are involved in the promotion of the program statewide.
- The International Rescue Committee (IRC) offered Fresh Funds matching incentive program for SNAP, WIC, and SSI recipients shopping at their Sunnyside Farmers Market in Salt Lake City. The market continues to provide access to fresh, healthy foods and nutrition education to residents, including many refugees, living in Salt Lake County's largest food desert. Fresh Fund is made possible through a USDA FINI grant.
- Utah State University Food \$ense (SNAP-Ed) and EFNEP continue to provide nutrition education and recipe sampling at the farmers markets that host EBT machines for SNAP recipients.

### Intergenerational Poverty

- Create Family Meals nutrition education and cooking program for families who have been on government assistance for multiple generations was expanded into four counties this year.
- Department of Workforce Services and Utah State University Food \$ense (SNAP-Ed) taught 15 series of classes to over 80 families experiencing intergenerational poverty.
- As a result of the classes participants reported:
  - Preparing meals at home at least 3x per week
  - Eating meals as a family at least 3x per week
  - Choosing whole foods based on MyPlate
  - Stretching food dollars to the end of the month

#### View the SNAC report online:

[https://extension.usu.edu/fscreate/ou-files/2017\\_staff/2016\\_SNAC\\_Report.pdf](https://extension.usu.edu/fscreate/ou-files/2017_staff/2016_SNAC_Report.pdf)

Additional counties will offer Create Family Meals in 2017



# COLLABORATIONS

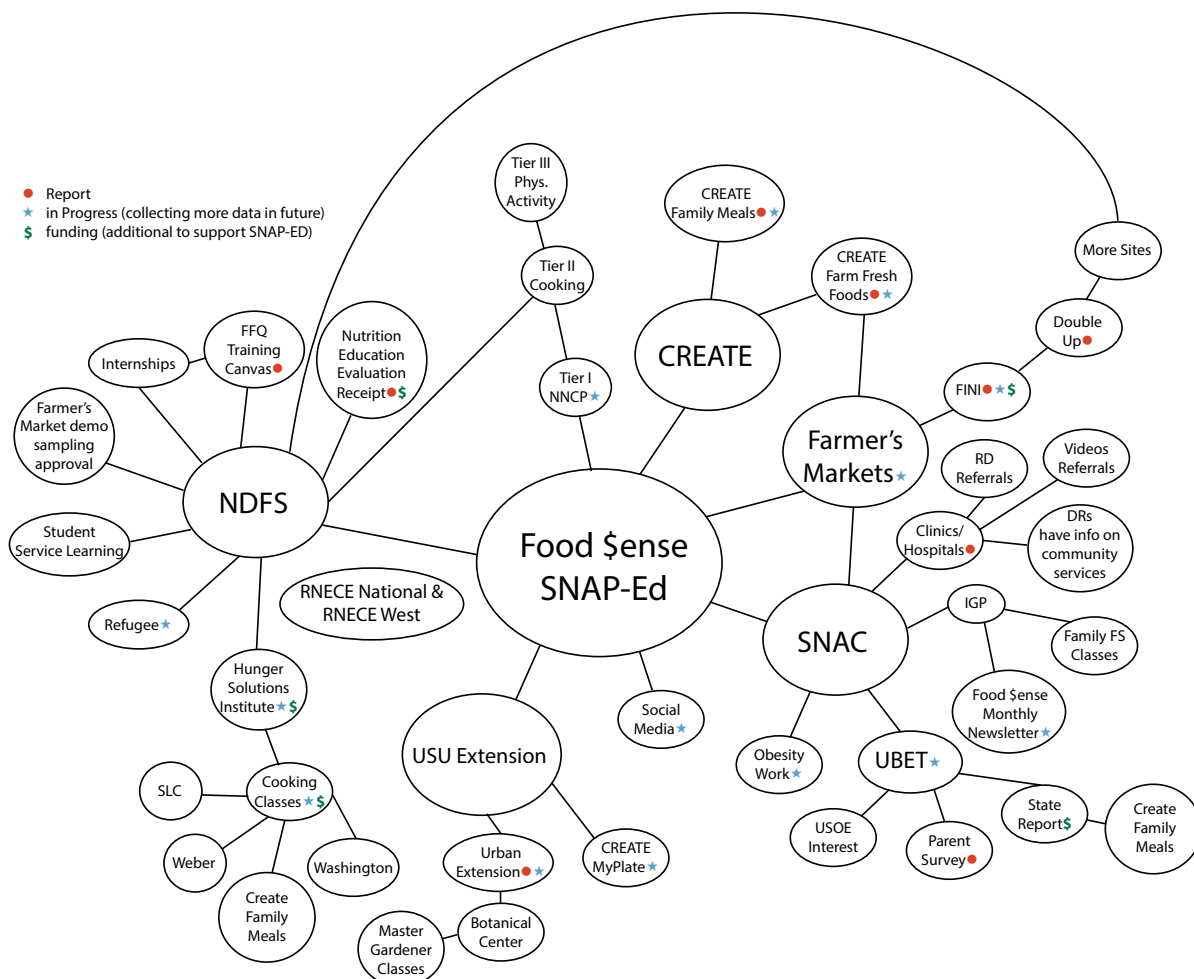
## 2016 COLLABORATIONS

PROGRAM	IMPACT
<b>Department of Workforce Services</b>	Trumba Statewide Calendar Sytem IGP Cooking Classes
<b>USU Extension</b>	Urban Extension (see report) Hunger Institute Funding Cooking Classes Funding Curriculum Development Internal & External Grants with Specialists (FINI, TANF, RNECE W and National) Internship Funding Office space
<b>USU NDFS</b>	NNCP Tier I, Tier II Refugee Expansion RNECE W & National Evaluation Funding Food Safety Service Learning for Undergraduate Students Hunger Institute Farmers Market FINI Double Up Food Bucks Funding Graduate Student HEaL Study Funding Weight Bias – Focus Group
<b>SNAC</b>	UBET Obesity Prevention IGP Farmers Market & Double Up Food Bucks Thumbs Up Hunger Conference – Thumbs Up Referral Videos
<b>WIC</b>	MOA Referrals Write up from WIC about our program – and its impacts on obesity rates
<b>EFNEP</b>	Collaborate & Coordinate with RNECE grants Write mini grants together
<b>Food Pantries/Food Banks</b>	Thumbs Up for Healthy Choices
<b>International Rescue Coalition</b>	Received a NIFA grant for Refugee farmers market. NEA hired full time from state funding to provide this program Food \$ense education funding
<b>Tribes</b>	Ute & Piute tribes being reached. Ute tribe has special programming to work on obesity prevention under Suzi Prevedel in Duchesne/Uintah County

# COLLABORATIONS

PROGRAM	IMPACT
<b>Afterschool/Boys &amp; Girls Club</b> <b>Aging &amp; Adult Services</b> <b>Clinics/Hospitals</b> <b>Community Gardens</b> <b>Domestic Violence Victim Assistance Programs</b> <b>Headstart/Early Headstart</b> <b>Homeless Shelters</b> <b>Human Services</b> <b>Job Skill Worksites</b> <b>Library Services</b> <b>Health Departments</b> <b>Local Interagency Councils</b> <b>SNAP offices/DWS</b> <b>Public Assistance for Housing</b> <b>Recreation Centers/Community Centers</b> <b>Religious Groups</b> <b>Schools</b> <b>WIC</b> <b>School Gardens</b>	***Reported in direct and indirect reports. Also Reported in EARS data.

## Collaborative Work



# UTAH STATE UNIVERSITY URBAN EXPANSION & FOOD \$ENSE

## **Vision:**

The Wasatch Front Urban Extension Initiative envisions Weber, Davis, Salt Lake, and Utah counties as places where people value and use community-focused learning to improve their lives, families, and communities.

## **Mission:**

Through a four-county collaboration, the Wasatch Front Urban Extension Initiative, which is grounded in the mission of the land-grant university, provides programming and expertise to meet the needs of people in Utah's most populous counties, share resources, avoid duplication, and improve lives and communities.

## **Desired Results:**

Improved lives and communities.

## **Who We Serve:**

The Wasatch Front Extension Initiative serves the changing and diverse populations along the Wasatch Front.

## **Wasatch Front Urban Initiative Partners:**

- The Wasatch Front Urban Initiative has leadership from four counties along the Wasatch Front as well as multiple USU Extension Education Centers and other partners. It is expected that this list to continue to grow.
- USU Extension - Weber County
- USU Extension - Davis County
- Utah House/Utah Botanical Center
- USU Extension - Salt Lake County
- Salt Lake County Government
- Swaner EcoCenter
- USU Extension - Utah County
- Thanksgiving Point

## **Evaluation**

Food \$ense on the Wasatch Front (Urban Extension) will provide data through PEARS for Food \$ense. Anecdotal information from supervisors will be provided on how this collaboration works for the team. Programming will improve through discussion.

## **Impact Measures:**

Improved awareness of programs and greater class/event participation:

- Quarterly Calendar sharing
- Live Well Cookbooks (Farmers Market past and Family Meal this year)
- Family Meal Month promotion
- Calendar (Trumba Submissions and Urban area calendars)
- Larger offering along the Wasatch Front
- Expanded partnership opportunities

## **Surveyed participants show improvement in:**

- Number of meals with family
- Improved communication within family
- Staying within family meal budget





# SOCIAL MARKETING: CREATE FAMILY MEALTIME

September is National Family Meals Month. The Create Family Mealtime Campaign was developed by Food \$ense to encourage residents of Utah to sit down at the table with their family. Research has shown that family mealtime goes beyond the meal. Children who participate in regular family mealtime are more likely to do well in school, have less behavioral issues, have lower risks of obesity and other chronic diseases, maintain a healthy lifestyle into adulthood and develop stronger relationships with their families. Food \$ense promoted the benefits of family mealtime through a social media campaign and in-class promotions. The social media campaign consisted of material that matched the daily topic themes as follows:

- Monday (Menu/Meme Monday): Fun family mealtime memes, and a suggested weekly menu.
- Tuesday (Tuesday Tips): Tips on creating a successful family meal. Barriers to family mealtime such as cost, tension, getting kids involved, and saving time were addressed.
- Wednesdays (What's For Dinner Wednesday): Featured recipes from the Monday menus.
- Thursday (Thursday Thoughts): Hands-on curricula to help kids be more involved in cooking family meals included a bingo board. Additional information included an info graphic on the cost of eating out versus eating at home, meal planning tips, and table etiquette.
- Friday (Fun Friday): Materials to make family mealtime more enjoyable included having themed meals, food art, physical exercise, and conversation starters.
- Saturday (Story Saturdays): Video and success stories promoting family mealtime were offered on Saturdays.



**CREATE**  
FAMILY MEALTIME

**5 Time Saving Tips for Family Meals**

1. Make homemade freezer meals (Healthy alternative to TV dinners)
2. Schedule it in on the calendar (Be committed!)
3. Always menu plan (Game Plan!)
4. Double up on cooking one night... Eat leftovers on a busy night
5. Get everyone involved with meal preparation (Teamwork!)

 #CREATEFAMILYMEALTIME

Food \$ense Nutrition Educators in Utah promoted family mealtime by adding mealtime components to each class taught. A family mealtime pledge card was offered to class participants to pledge the number of family meals they would have in one month. The pledge card is designed to raise awareness of the benefits of family mealtime and to increase motivation with this simple goal setting tool.



**DINNER MENU IDEAS**

*Create Family Mealtimes* with this week's dinner menu! Find these, and more great recipes on [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled Pork Chops Applesauce Roasted Sweet Potatoes	Roasted Eggplant and Chickpea Stew Sliced Baguette	Hamburgers Red Potato and Dill Salad Massaged Kale Salad	Black Bean Chili Corny Corn Bread	Thai Noodle Salad Sesame Ginger Snow Peas	Chicken BBQ Pizza Garlic Broccoli	Skillet Lasagna Tossed Salad



EXTENSION  **FOOD \$ENSE**  
Utah State University

This material was funded by USDA's Supplemental Nutrition Assistance Program. USDA is an equal opportunity provider and employer. Utah State University is an affirmative action/equal opportunity institution.

# HUNGER INSTITUTE

**Name of Project:** Hunger Solutions Institute

**Project Goals:**

1. Mobilize students to fight against hunger
2. Create multi-sector collaborations to address hunger in Utah
3. Bring together university and community experts/practitioners to collectively address hunger and malnutrition
4. Convene university leaders to make food and nutrition security a priority

**Evaluations:** No evaluations are in place for the Hunger Institute. Once systems are in place will include a report of analytics from the HSI website showing how much traffic the site has received.

**Point of contact:** Heidi LeBlanc, Caleb Harrison

**Summary of HSI**

Utah State University Food \$ense (SNAP-Ed, Supplemental Nutrition Assistance Program – Education) has established a collaboration at the university, community, and state levels. The partnership shares knowledge and best practices in the fight against hunger, poverty, and malnutrition. The Hunger Solutions Institute (HSI) is dedicated to achieving four objectives: (1) Mobilize students to fight against hunger; (2) Create multi-sector collaborations to address hunger in Utah; (3) Bring together university and community experts/practitioners to collectively address hunger and malnutrition; (4) Convene university leaders to make food and nutrition security a priority.

**Need**

Utahns experience poverty, unemployment, and many other hardships that contribute to increased hunger and decreased health due to poor nutrition. Poverty, hunger, and chronic diseases are represented in every demographic group in Utah. Fourteen percent of Utahns currently experience either low or very low food security, meaning they do not know where their next meal will come from. Hunger rates in children are correlated with increased physical and psychological problems, poorer academic performance, and behavioral issues. In the elderly, hunger is related to higher reports of heart attacks and other cardiac conditions, asthma, and depression.

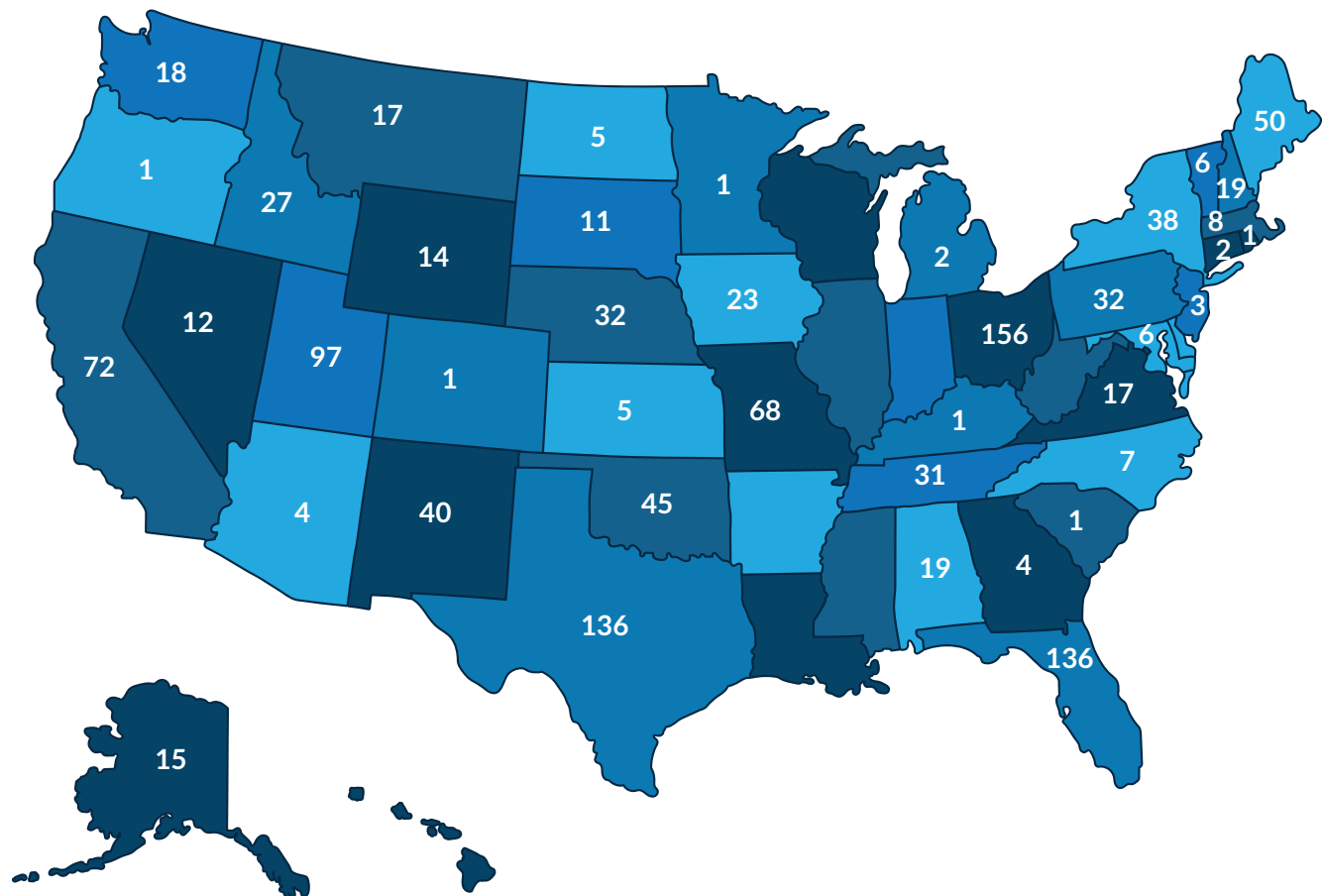
Current efforts in Utah to end hunger exist in the form of public and private programs. Collaboration between organizations exists. However, the HSI's efforts bolster this collaboration between the efforts of public and private programs. Creating collaborations of key stakeholders in the fight against hunger in Utah gives the state the best chance of eliminating hunger. Additionally, uniting research with practice facilitates the creation of sustainable solutions that have the greatest possible impact. These best practices are shared and replicated throughout the state and larger levels through the HSI network.

The state of Utah has established initiatives to end intergenerational poverty in Utah. These initiatives (2012, Utah Code 35 A-9-101, 35A-8-102., and 35A-8-201), call for an established and maintained system to track Intergenerational poverty (IGP) related data and identify at-risk groups and identify trends. in the study and development of plans and programs to help individuals and families break the cycle of poverty. The Hunger Solutions Institute seeks to follow these initiatives to address hunger and poverty.



# THE NATIONAL NUTRITION CERTIFICATION PROGRAM (NNCP)

This is an online training course developed to increase the nutrition knowledge and teaching skills of nutrition educators. It is designed specifically for those who teach nutrition education to the public. NNCP is a free service provided by the Food \$ense (SNAP-Ed) program in Utah, and it is administered through Utah State University Extension. The course contains 15 modules including a pre-assessment and a post-assessment.



From October 2015 until October 2016, over 1,248 individuals participated in the course. The National Nutrition Certification Program has a participant passing rate of 88%. There are 42 states with registrants. The above map indicates the number of registrants in each state.



# OUTREACH BY COUNTY

COUNTY	NUMBER OF YOUTH TAUGHT	NUMBER OF ADULTS TAUGHT
Beaver	2,537	032
Box Elder	1,603	229
Cache	697	526
Carbon	1,548	82
Davis	1,261	984
Duchesne	320	853
Emery	916	295
Garfield	2,408	100
Grand	0	0
Iron	1,036	106
Juab	2,657	1,414
Kane	2,865	369
Millard	13,280	1,361
Morgan	0	0
Rich	0	0
Salt Lake	3,473	2,857
San Juan	66	0
Sanpete	110	44
Sevier	183	57
Summit	1,898	76
Tooele	0	0
Uintah	0	0
Utah	1,319	2,804
Wasatch	14	110
Washington	631	713
Wayne/Piute	2,300	0
Weber	2,444	1,641



# TRAININGS

## FOOD \$ENSE ANNUAL CONFERENCE

**Date:** October 2015

**Frequency:** 1 time a year

**Purpose:** To train nutrition education assistants and county agents/supervisors on new policies and guidelines for Food \$ense (SNAP-Ed)

**Audience:** Nutrition education assistants, county agents/supervisors, staff assistants, Food \$ense (SNAP-Ed) state office

## FOOD \$ENSE STATEWIDE STAFF MEETING – VIDEO CONFERENCE CALLS

**Date:** 1st and 3rd week of each month

**Frequency:** 24 times a year

**Purpose:** To train nutrition education assistants and county agents/supervisors on new policies and guidelines for Food \$ense (SNAP-Ed), highlight programming, improve education, stay abreast of changes and updates

**Audience:** Nutrition education assistants, county agents/supervisors, staff assistants, Food \$ense (SNAP-Ed) state office  
Meeting notes can be found here: <https://www.youtube.com/channel/UCGTezat2IKNS7euPK11jZAQ>, under The Scoop

## FOOD \$ENSE STATEWIDE INTERACTIVE VIDEO CONFERENCE TRAININGS

**Date:** 4th week of each month

**Frequency:** 10-12 times a year

**Purpose:** Nutrition education assistants and county agents/supervisors updates, receive training, nutrition education, and information on trends

**Audience:** Nutrition education assistants, county agents/supervisors, staff assistants, Food \$ense (SNAP-Ed) state office  
<https://extension.usu.edu/fscreate/htm/staff-menu/ivc-broadcasts-archive/>

## NATIONAL NUTRITION CERTIFICATION PROGRAM (NNCP)

**Date:** Newly Hired NEAS and office staff complete, and then NEAs renew every 3 years

**Frequency:** 1 time every 3 years

**Purpose:** To train nutrition education assistants and other states NEAs on nutrition education concepts that assist educators in teaching SNAP-Ed programming

**Audience:** Nutrition education assistants in Utah, and throughout the nation <http://extension.usu.edu/nncp/>

## NEW HIRE TRAINING

**Date:** Completed as a new hire

**Frequency:** 1 time in career, return and review as needed

**Purpose:** To train Nutrition Education Assistants and County Agents/Supervisors education on recruitment, target audience, teaching, paper work, policies and procedures, etc.

**Audience:** Newly employed Food \$ense (SNAP-Ed) employees. Nutrition Education Assistants, County Agents/Supervisors, Staff Assistants, Food \$ense (SNAP-Ed) State Office

[https://extension.usu.edu/fscreate/files/uploads/2015/Forms\\_2015/New\\_Employee\\_Checklist\\_2015.pdf](https://extension.usu.edu/fscreate/files/uploads/2015/Forms_2015/New_Employee_Checklist_2015.pdf)

<https://login.usu.edu/cas/login>



# TRAININGS

## FOOD \$ENSE ADVISORY COUNCIL

**Date:** 3rd week of each month

**Frequency:** 10-12 times a year

**Purpose:** Consult with USU Extension Agents, Educators, and Supervisors on program needs and programming at the county level

**Audience:** Eight Extension Agents/Educators and Food \$ense (SNAP-Ed) State Office

## INTERGENERATIONAL POVERTY (IGP)

**Date:** Three times in FY 2016

**Frequency:** Three times per year

**Purpose:** To collaborate and work through IGP educational project, work with other agencies to serve IGP families and provide family-based cooking skills through Utah State University's Food \$ense (SNAP-Ed) program, specifically the Creates curriculum

**Audience:** IGP families, meetings with Department of Workforce Services (DWS) and Utah State University Food \$ense

## UTAH BREAKFAST EXPANSION TEAM (UBET)

**Date:** Monthly

**Frequency:** 10-12 times a year

**Purpose:** A team initiated by SNAC providing PSE work in an effort to increase breakfast in schools

**Audience:** SNAC members working on breakfast expansion in Utah State Nutrition Action Coalition

**Date:** Quarterly

**Frequency:** 4 times a year

**Purpose:** Multiple Agency Coalition providing PSE and other nutrition education opportunities for collaboration

**Audience:** Agencies serving low- income families, providing food assistance, and providing outreach





# COMMUNITY ASSESSMENT

In late summer of 2016 Food \$ense (SNAP-Ed) began conducting a community needs assessment. Health-related behaviors are heavily influenced by local environmental factors such as access to nutritious foods, safe places to exercise, local and state level policies, and availability of assistance programs. Developing a community needs assessment is a goal the United States Department of Agriculture Food and Nutrition Service has for each SNAP-Ed program across the country. Our goal is to determine the factors that support and prevent low-income individuals in Utah from living healthy lifestyles. The objective of this study is to conduct a community needs assessment across the state of Utah to determine the needs of Supplemental Nutrition Assistance Program (SNAP) eligible individuals in regards to nutrition and physical activity. In an effort to fulfill this requirement, the SNAP-Ed program in Utah intends to collect qualitative and quantitative data from low-income individuals, partnering agencies, and SNAP-Ed staff. Through these data collection efforts, we will assess the resources for low-income families in Utah to determine the barriers preventing this population from living a healthy lifestyle and the programs/services that are currently being used by this population to improve health.



There will be two phases to this study. Phase one includes surveys targeted toward SNAP-Ed employees, SNAP eligible individuals, SNAP-Ed participants, and stakeholders. To determine the effectiveness of the SNAP-Ed social media sites, such as the public website, blogs, Facebook, Pinterest, Twitter, and Instagram, surveys will be distributed to the following groups: state office staff, nutrition education assistants (NEAs) currently using SNAP-Ed social media, NEAs not currently using SNAP-Ed social media, and SNAP-Ed participants. Each survey will ask different questions that are appropriate for the targeted group. SNAP-Ed participants will be asked to complete the social media survey after participating in a SNAP-Ed class. They will be able to either take a card with a link to the online survey or a packet so they can mail in a copy of the survey.

To determine if low-income individuals across the state of Utah have adequate access to programs, services, and facilities that help improve dietary intake and adequate physical activity, we will be sending surveys to partnering agencies and SNAP-Ed participants. Professionals who are members of the State Nutrition Action Coalition (SNAC) will be asked to complete the survey. SNAP-Ed will share community needs assessment results with SNAC members, which will be their incentive for participation. This survey will include questions about their perception of the amount of access low income individuals have to healthy food and exercise within their community. A survey will also be distributed to SNAP eligible individuals across the state to determine their perceptions related to access to healthy foods and exercise.

Phase two of the study will include focus groups of SNAP-Ed participants to get a detailed description of the factors that influence lifestyle choices such as diet and exercise. Focus groups will be conducted in three areas of Utah. Three focus groups will be conducted along the Wasatch Front; one will be conducted in Cache County and two will be conducted in the rural counties of Juab and Millard. The focus groups script includes questions about food and exercise choices and how programs, facilities, and other resources influence those choices.



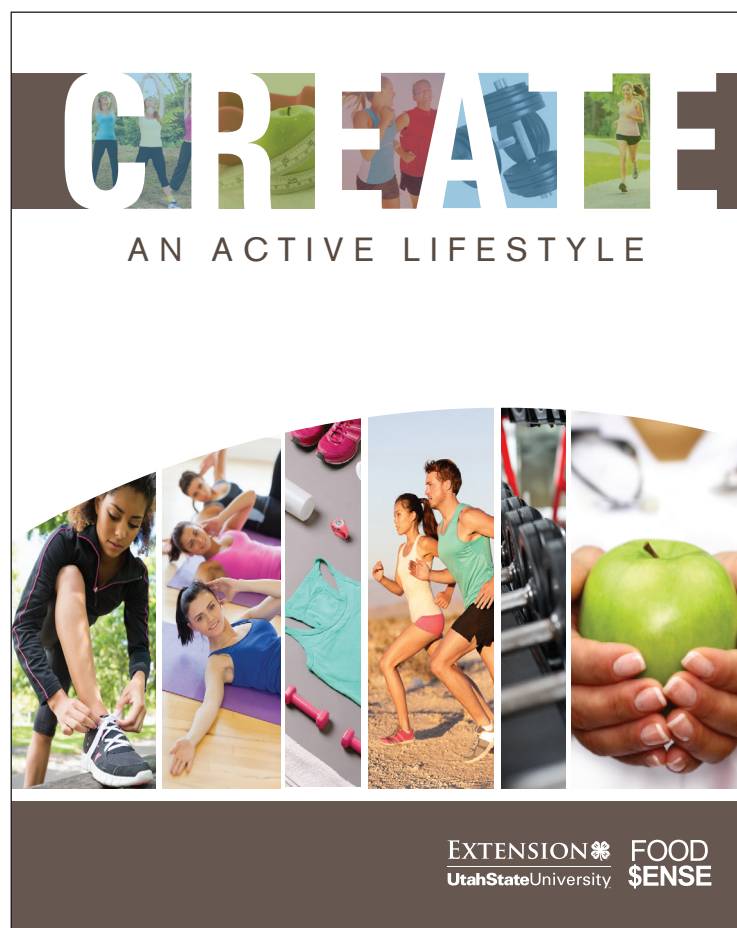
# CURRICULUM UPDATES

## CREATE AN ACTIVE LIFESTYLE

Food \$ense Create an Active Lifestyle curriculum focuses on teaching participants the skills, courage, and confidence to become physically active. Participants will learn the benefits and importance of aerobic exercise, resistance training, and improved balance and flexibility. As they participate in the series they will learn how to create a weekly exercise routine and use a balanced diet to support their new, active lifestyle.

The curriculum is currently being piloted by Food \$ense NEAs. A new evaluation tool will be developed during FY 2017-2018 to assess the impact of Create an Active Lifestyle on participants' physical activity and dietary habits.

Create an Active Lifestyle is available electronically here: [https://extensiondev.usu.edu/fscreate/ou-files/2017\\_staff/Create\\_an\\_Active-Lifestyle.pdf](https://extensiondev.usu.edu/fscreate/ou-files/2017_staff/Create_an_Active-Lifestyle.pdf)



## SUCCESS STORIES

"A participant who attended our last DWS class enjoyed what she learned. She mentioned that she was interested in attending one of our bigger classes the following week. I had the idea to challenge her to see how effective our classes are and then follow up. I asked her to plan a menu and tell me how it worked for her the next time she saw me. She did come to our big class and was excited to give me her follow-up. She had begun implementing a menu plan. It was exciting to have someone come back and tell me that something I taught had made a difference to them."

**Food \$ense  
Nutrition Educator**



# CURRICULUM DEVELOPMENT

## CREATE FARM FRESH FOOD

### Project Goals:

The purpose of Create Farm Fresh Food classes is to increase the use of SNAP benefits at Utah farmers markets by SNAP-Ed eligible individuals and to increase fruit and vegetable intake among series participants.

### Evaluation Design

A 23-question outcome evaluation was distributed weekly to assess changes in participants' shopping and eating behaviors as a result of the information and skills gained during the classes. Participants could attend up to six classes. The same survey was distributed weekly to monitor behavior change over the course of the series. Validated fruit and vegetable intake questions from the Behavioral Risk Factor Surveillance Survey (BRFSS) were included. During the last class, a brief process evaluation survey was distributed with open-ended questions regarding program impact and improvement. Data from the series is currently being compiled in Excel and will be analyzed in SPSS using repeated measures ANOVA. Seven Create Farm Fresh Food series were offered during the 2016 farmer's market series in five counties. There were 80 participants.



### Impact Measures:

The weekly outcome evaluations measured

- Respondent demographics
- Participation in government nutrition assistance programs
- Awareness and use of farmers markets
- Barriers to shopping at farmers markets
- Fruit and vegetable intake

The final class process evaluation measured (continued):

## SUCCESS STORIES

During the Create Farm Fresh Food series, participants were informed about the Double Up Food Bucks incentive program. During the program, one participant said, "We went to the farmers market twice. We haven't eaten fresh fruit in 6 months because we just couldn't afford it. With this matching program we could finally pick a few things. We even made peach smoothies."

Food \$ense Participant



# CURRICULUM DEVELOPMENT

## CREATE FARM FRESH FOOD

- Series impact on healthy eating behaviors, specifically fruit and vegetable intake
- Series impact on frequency of farmers market shopping
- Feedback on how the program could be improved

**Findings:** Create Farm Fresh Food classes are currently being completed. Data is currently being entered into Excel and will be exported to SPSS for analysis once complete.

**Description of how evaluation results will be used:** The results will be used to improve the strategies used by Food \$ense to increase the use of SNAP benefits at farmers markets and intake of fruits and vegetables among class participants.

**Point of Contact:** Heidi LeBlanc, Casey Coombs

**Relevant Journal References:** No articles have been submitted at this time.

**SNAP-Ed Planned Improvements:** Create Farm Fresh Food is intended to be taught as a 6-week series. It was determined that a 4-week series would improve participant retention. Additional improvements will be identified once data is analyzed.



The poster features the title "CREATE FARM FRESH FOOD WITH FOOD \$ENSE" in large, colorful, block letters. Below the title is a horizontal strip of four images: hands holding a green pepper, a woman and child, a woman and child, and a plate of food. The poster is divided into two main columns. The left column is titled "Free cooking & nutrition workshops" and lists two bullet points: "Learn to shop, cook, & eat seasonally on a budget" and "Take home free recipes & small kitchen gadgets". The right column contains logistical information: "Dates: Thursdays July 7, 14, 21, 28 August 4, 11", "Time: 1-2 p.m.", "Location: DWS Metro Center 720 S 200 E Salt Lake City", and "For more information contact: 385-468-4840 lauri.grossarth@usu.edu". At the bottom, there are logos for "EXTENSION Utah State University" and "FOOD \$ENSE".

**CREATE FARM FRESH FOOD WITH FOOD \$ENSE**

**Free cooking & nutrition workshops**

- Learn to shop, cook, & eat seasonally on a budget
- Take home free recipes & small kitchen gadgets

**Dates:** Thursdays  
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lauri.grossarth@usu.edu

This material was developed by USDA Regional Nutrition Demonstration Program (RNDP). The RNDP is a program of the National Food Assistance Program (NFAP) and is funded by the U.S. Department of Agriculture (USDA). The RNDP is a program of the National Food Assistance Program (NFAP) and is funded by the U.S. Department of Agriculture (USDA).

EXTENSION Utah State University

FOOD \$ENSE

## SUCCESS STORIES

"I shopped [at a farmers market] for the first time ever since taking these classes. It was great!"

**Food \$ense Participant**

"These classes make things really easy and fast so we can eat in a healthier way."

**Food \$ense Participant**

# EARS

## SNAP-ED Participants by Age and SNAP Status

	LESS THAN 5 YEARS	5-17 YEARS	18-59	60 YEARS OR MORE	ALL AGES COMBINED
Number of SNAP Recipients in SNAP-Ed	599	6,595	3,597	899	11,690
Number of All Other Participants in SNAP-Ed	599	10,791	5,096	1,799	18,285
Total Number of SNAP-Ed Contacts	1,198	17,386	8,693	2,698	29,975

**Actual Count of Participants** Source: Class Participant Form

## SNAP-ED Contacts by Age and SNAP Status

	LESS THAN 5 YEARS	5-17 YEARS	18-59	60 YEARS OR MORE	ALL AGES COMBINED
Number of SNAP-Ed Recipients	1,009	13,624	5,044	1,015	20,692
Number of All Other Participants in SNAP-Ed	1,010	18,671	8,070	2,018	29,769
Total Number of SNAP-Ed Contacts	2,019	32,295	13,114	3,033	50,461

**Actual Count of Participants** Source: Class Participant Form

## SNAP-ED Participants By Gender

	FEMALE	MALE	TOTAL
Number of SNAP-Ed Participants	17,982	11,993	29,975

**Actual Count of Participants** Source: Class Participant Form

## SNAP-ED Contacts By Gender

	FEMALE	MALE	TOTAL
Number of SNAP-Ed Contacts	30,781	19,680	50,461

**Actual Count of Participants** Source: Class Participant Form



# EARS

## Direct Education Programming Format

		NUMBER OF HISPANICS OR LATINO SNAP-ED PARTICIPANTS BY RACE	NUMBER OF NON-HISPANIC/ LATINO SNAP-ED PARTICIPANTS BY RACE	TOTAL BY RACE
Individuals Reporting ONLY ONE RACE	American Indian or Alaska Native	66	192	258
	Asian	21	809	830
	Black or African American	21	1,349	1,370
	Native Hawaiian or Other Pacific Islander	36	66	102
	White	6,295	20,883	27,178
Individuals Reporting MULTIPLE RACES	American Indian or Alaska Native and White			
	Asian and White			
	Black or African American and White			
	American Indian or Alaska Native and Black or African American			
	All Others Reporting More Than One Race	63	174	237
	TOTAL by Ethnicity	6,502	23,473	29,975

**Actual Count of Participants** Source: Class Participant Form





# EARS

## Number of SNAP-Ed Delivery Sites by Type of Setting

TYPE OF SETTING	NUMBER OF DIFFERENT SITES/LOCATIONS	TYPE OF SETTING	NUMBER OF DIFFERENT SITES/LOCATIONS
Adult Education & Job Training Sites	120	Libraries	55
Adult Rehabilitation Centers	47	Churches	10
Worksites	41	Public/Community Health Centers	34
Community Centers	104	Public Schools	362
Elderly Service Centers	81	Head Start Programs	21
Emergency Food Assistance Sites	69	Other Youth Education Sites	
(Includes Parks and Recreation)	92		
Extension Offices	132	Shelters	30
Farmers Markets	30	WIC Programs	22
SNAP Offices	16	Other (please specify)	0
Food Stores	7	Other (please specify)	0
Public Housing	69	Other (please specify)	0
Individual Homes	52	Other (please specify)	0



# EARS

## Direct Education Programming Format

FORMAT	NUMBER DELIVERED	TIME RANGE PER SESSION (IN MINUTES)	% DELIVERED BY INTERACTIVE MULTIMEDIA
Single session	1,081	0-420	5%
Series – 2 to 4 sessions	127	0-540	5%
Series – 5 to 9 sessions	221	30-180	5%
Series – 10 or more sessions	32	0-120	5%

## Primary Content of Direct Education

<b>CODE:</b> <b>D</b> FOOD SHOPPING/ PREPARATION	<b>CODE:</b> <b>E</b> FRUITS AND VEGETABLES	<b>CODE:</b> <b>H</b> MYPLATE HEALTHY EATING PLAN	<b>CODE:</b> <b>L</b> WHOLE GRAINS
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## Description of ALL Social Marketing Campaigns

NAME OF CAMPAIGN	CURRENT YEAR OF CAMPAIGN	MAJOR CAMPAIGN ACTIVITIES FOR CURRENT YEAR	PRIORITY POPULATIONS	ESTIMATED NUMBER OF SNAP RECIPIENTS REACHED	ESTIMATED NUMBER OF OTHER LOW INCOME PERSONS REACHED	TOTAL ESTIMATED REACH (LOW INCOME, SNAP RECIPIENTS AND ALL OTHERS)
Create Family Mealtime	2016	PDIE	FGABCDEHIJ	42,900	87,100	260,000

## Description of ALL Social Marketing Campaigns (continued)

PRIMARY INTERVENTION LEVELS	KEY MESSAGES	PRIMARY INTERVENTION CHANNELS	TOTAL EXPENDITURES FOR SOCIAL MARKETING CAMPAIGN FOR REPORTING YEAR	TOTAL FEDERAL SNAP-ED EXPENDITURES FOR REPORTING YEAR
AB	N-Other, importance of eating as a family	ABGK	\$6,000.00	\$6,000.00

## Indirect Education: Types of Materials Distributed

Fact sheets/pamphlets/newsletters	65,421
Posters	12,512
Calendars	1,679
Promotional materials w/nutrition messages (pens/pencils/wallet reference cards/magnets/cups/etc.)	23,472
Website	64,621
Electronic (Email) materials/info distribution	1,687
Videos/CD Rom	8
Other	5,812

## Estimated Size of Audiences Reached Through Communication and Events

	ESTIMATED NUMBER OF TARGET POPULATION REACHED	SOURCE OF DATA
Nutrition education radio PSA	81,099	Commercial market data
Nutrition education television PSA	0	
Nutrition education articles	81,099	Commercial market data
Billboard, bus or van wraps, or other signage	223	Visual estimate, other
Community events/fairs – Participated	47,908	Survey of target audience, visual estimate, other
Community events/fairs – sponsored	923	Visual estimate/other
Other contacts	1,064,218	Commercial market data, survey of target audience, visual estimate/ other





# JOURNAL ARTICLES

- Stosich, M., LeBlanc, H. Kudin, J., & Christofferson, D. (2016). Key resources for creating online nutrition education for those participating in Supplemental Nutrition Assistance Program Education. *Journal of Extension*. Retrieved from <http://www.joe.org/joe/2016june/tt6.php>
- Savoie Roskos, M., Hall, K., Lambright, T., Preedy, C., & LeBlanc, H. (2016). Evaluating the impact of SNAP-Ed educational materials at farmers' markets. *Journal of National Extension Association of Family and Consumer Sciences*, 10, 17-23.
- Savoie Roskos, M., Durward, C., Jeweks, M., & LeBlanc, H. (2016). Reducing food insecurity and improving fruit and vegetable intake among farmers' market incentive program participants. *Journal of Nutrition Education and Behavior*, 48(1), 70-76. doi.org/10.1016/j.jneb.2015.10.003
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- Piccolo, A., LeBlanc, H. R., Christofferson, D. (2014). Training the Trainer: An Adapted SNAP-Ed Nutrition Curriculum for Adults with Intellectual and Developmental Disabilities. *Journal of National Extension Association of Family and Consumer Sciences*, 39-49.
- Jewkes, M., Gunnell, S., LeBlanc, H. R., Christofferson, D. (2014). Teaching nutrition to English language learners: A model for creating long-lasting extension partnerships and reaching diverse audiences. *Journal of National Extension Association of Family and Consumer Sciences*, 8(2013), 65-72.
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## Accepted

- Savoie Roskos, M., LeBlanc, H., Coombs, C., Palmer, L., Jewkes, M., & Hunsaker, T. Effectiveness of a SNAP-Ed nutrition education booth at farmers' markets. (Accepted). *Journal of Agriculture, Food Systems, and Community Development*.
- Savoie Roskos, M., Wengreen, H., & Durward, C., Increasing Fruit and Vegetable Intake Among Children and Youth Through Gardening-Based Interventions: A Systematic Review. (Accepted). *Journal of the Academy of Nutrition and Dietetics*.

## Submitted

- Savoie Roskos, M., Wengreen, H., Gast, J., LeBlanc, H., & Durward, C. Understanding the experiences of low-income individuals receiving farmers' market incentives in the United States: A qualitative study. (Submitted). *Health Promotion Practice*

## In Progress

- Savoie Roskos, M., LeBlanc, H., & Durward, C. Evaluating the effectiveness of the SNAP-Ed Creates Curriculum. (In Progress). *Journal of National Extension Association of Family and Consumer Sciences*.
- Durward, C., Savoie Roskos, M., & LeBlanc, H. Changes in self-efficacy and nutrition related behaviors among SNAP-Ed participants. (In Progress). *Journal of Nutrition Education and Behavior*.
- Savoie Roskos, M., Durward, C., & LeBlanc, H. Participant perceived benefits of SNAP-Ed nutrition education: A qualitative study. (In Progress). *Journal of Nutrition Education and Behavior*.

# CONFERENCE PRESENTATIONS

## Mountains Plains Region Annual

### Training/Conference

PEARS Implementation Presentation

Kim Garrity

## Hunger Conference

Thumbs Up Implementation

Casey Coombs

## Utah Breakfast Expansion Team

### USBA Utah School Board

Thumbs Up Implementation

Casey Coombs

## Utah Breakfast Expansion Team

### Utah Parent Teacher Association

Thumbs Up Implementation

Casey Coombs

## Journal of Nutrition Education and Behavior Journal

### Club Webinar

"Reducing Food Insecurity and Improving Fruit and Vegetable Intake Among Farmers' Market Incentive Program Participants"

Mateja Savoie Roskos

Utah Society of Public Health Education

Nutrition Education to Refugees: Lessons Learned

Melanie Jewkes & Kaitlin Waters





# 2016 AWARDS

NEAFCS Award 2016 Utah State University Extension  
Live Well Utah Blog Internet Education  
*Technology Communications Team Award*

The U.S. Department of Agriculture's National Institute of Food and  
Agriculture (NIFA)  
*Regional Nutrition Education and Obesity Prevention Centers of  
Excellence (RNECE) grant*

Utah Academy of Nutrition and Dietetics  
*2016 Award of Merit*

2015 Education Digital Marketing Awards  
*Silver for Utah State University Food \$ense Website*

Public Health Community Nutrition, Academy of Nutrition and Dietetics  
*Featured Members, Mateja Savoie Roskos*

Utah Academy of Nutrition and Dietetics  
*2016 Young Dietitian of the Year, Mateja Savoie Roskos*

Healthy Living Through Environment, Policy & Improved Clinical Care (EPICC) Program  
*Thumbs Up*

National Extension Association of Family and Consumer Sciences  
*First Place, Family, Health & Wellness Award.*

The Presidents United to Solve Hunger (PUSH) Campaign  
*Utah State University first Utah school to Join Campaign to Solve Hunger*

Produce for Better Health Foundation  
*Fruit and Veggie-More Matters Public Health Role Model, Utah State University Extension Food \$ense Program, Laurie Bates*





# SPECIAL THANKS

Thank you to all the collaborators, partners, and supporters of Utah State University Food \$ense (SNAP-Ed)

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Paul Birkbeck  
Teresa Swensen

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State Food \$ense Office Staff  
USU Department of Nutrition, Dietetics and Food Sciences  
USU Extension  
USU Expanded Food and Nutrition Program Food \$ense  
faculty educators, staff assistants and NEAs

## **Additional Partners**

Utah Department of Workforce Services  
State Nutrition Action Coalition  
Volunteers and Interns  
SNAP Offices in Utah  
Utah State Office of Education  
Utah Department of Health  
Utah Women, Infants and Children (WIC)  
Utah Farmers Markets  
Utah Food Bank  
Utahns Against Hunger  
Food and Nutrition Services, Mountains Plains Region  
PEARS



## SUCCESS STORIES

"I talked with a woman who was in a series of classes I taught at Deseret Industries yesterday who said that because of the classes and the emphasis on being active, she gets her kids "out of the house" now as much as she can. She has lost at least 35 pounds in about 6 months and she says her kids want to eat better."

**Food \$ense  
Nutrition Educator**

