

UTAH FOOD STAMP NUTRITION EDUCATION REPORT FOR FY 2006

FOOD \$ENSE



NUTRITION EDUCATION PROGRAM

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Utah Food Stamp Nutrition Education Program
Funded by USDA Food and Nutrition Service
Food Stamp Program
October 1, 2005—September 30, 2006
Final Year Report

Table of Contents . . .

FSNE Reporting Table: Overall State Program Summary	3
FSNE Reporting Table: State Program by county (B-C)	4
FSNE Reporting Table: State Program by county (D-J)	5
FSNE Reporting Table: State Program by County (K-S)	6
FSNE Reporting Table: State Program by County (S-U)	7
FSNE Reporting Table: State Program by County (U-W)	8
Year End Statewide Impacts	9
Program Numbers Chart (04-05 & 05-06 Comparison)	
Measures of Program Behaviors and Impacts	10
Dietary Quality	11
Food Resource Management	13
Food Security	14
Food Safety	15
Program Staff	16
Special Thanks	16

FSNE REPORTING TABLES

State Summary of Projects.

A project is a discrete unit of nutrition education intervention at the local level

Project Name	Delivery Locations		Audience		Methods	Content	Evaluation
	Geo-graphic	Delivery Sites	Targeted Audience	Total No. Participants	Frequency, Duration and Type of Educational Methods	Key Messages	Type and Status
State Adult	Utah	24 Counties	FSP Families or Low Income Families (50%)	3,920 participants or 1,363 families	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons. Lesson average is 30 to 60 minutes, length of lesson was not collected for this year.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management.	Behavior Checklist (Pre/Post Evaluation). Each county site data is completed.
State Youth	Utah	24 Counties	FSP Families or Title 1 Schools – 50%	9,080 youth	Classes taught at schools and at summer school lunch.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.

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Beaver County Adult	Beaver	66 Families	FSP Families (47% enrolled)	247 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management.	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Beaver County Youth	Beaver	8 schools & summer lunch	FSP youth 50% low income (Title 1—50%)	1554 participants	Classes taught at schools and at summer school lunch, and church group	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Box Elder County Adult	Box Elder	135 Families	FSP Families (57% enrolled)	437 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Box Elder County Youth	Box Elder	2 schools	FSP youth 50% low income (Title 1—50%)	48 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Cache County Adults (Program Started in April 2006)	Cache	55 Families	FSP Families (38% enrolled)	201 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Cache County Youth (Program Started in April 2006)	Cache	2 schools	FSP youth 50% low income (Title 1—50%)	125 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Carbon County Adults	Carbon	33 families	FSP Families (24% enrolled)	89 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Carbon County Youth	Carbon	1 schools	FSP youth 50% low income (Title 1 -5 50%)	177 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.

Utah F\$NE Annual Report FY 05-06

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Kane County Adults	Kane	5 families	FSP families (20% enrolled)	16 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Millard County Adults (started in May 2006)	Millard	17 families	FSP families (47% enrolled)	43 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Millard County Youth	Millard	1 Schools	FSP youth 50% low income (Title 1—50%)	30 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Piute/Wayne County Youth	Piute/Wayne	1 Schools	FSP youth 50% low income (Title 1—50%)	17 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Salt Lake County Adults	SL	32 families	FSP families (91% enrolled)	76 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
San Juan County Adults	SJ	68 families	FSP families (50% enrolled)	231 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
San Juan County Youth	SJ	8 schools	FSP youth 50% low income (Title 1—50%)	2209 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.

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Sanpete County Adults (started in January 2006)	Sanpete	85 families	FSP families (25% enrolled)	185 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Sanpete County Adults (started in January 2006)	Sanpete	7 Schools	FSP youth 50% low income (Title 1—50%)	1152 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Sevier County Adults	Sevier	45 families	FSP youth 50% low income (Title 1—50%)	172 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Sevier County Youth	Sevier	1 Schools	FSP youth 50% low income (Title 1—50%)	244 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Summit County Adults	Summit	31 families	FSP families (87% enrolled)	214 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Tooele County Adult	Tooele	160 families	FSP families (33% enrolled)	587 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Tooele County Youth	Tooele	2 School	FSP youth 50% low income (Title 1 schools)	1000 youth	Classes taught at Farm Field Days.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Uintah County Adults	Uintah	47 families	FSP families (28% enrolled)	157 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation). Formative, outcome & impact
Utah F\$NE Annual Report FY 05-06							

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Utah County Adults	Utah	56 families	FSP youth 50% low income (Title 1—50%)	191 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation)
Wasatch County Adults	Wasatch	26 families	FSP families (15% enrolled)	64 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation)
Wasatch County Youth	Wasatch	4 Schools	FSP youth 50% low income (Title 1—50%)	949 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Washington County Adults	Washington	96 families	FSP youth 50% low income (Title 1—50%)	392 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation)
Washington County Youth	Washington	1 Schools	FSP youth 50% low income (Title 1—50%)	169 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.
Weber/Davis County Adults—Seniors	Weber	134 Seniors	FSP families (% enrolled)	195 participants	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body The Best. Provided the minimum of 6 lessons.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management	Behavior Checklist (Pre/Post Evaluation)
Weber County Youth	Weber	1 Schools	FSP youth 50% low income (Title 1—50%)	26 youth	Classes taught at schools.	MyPyramid and Dietary Guidelines. Team Nutrition and Power Panther.	No evaluation at this time. Only youth group enrollment.

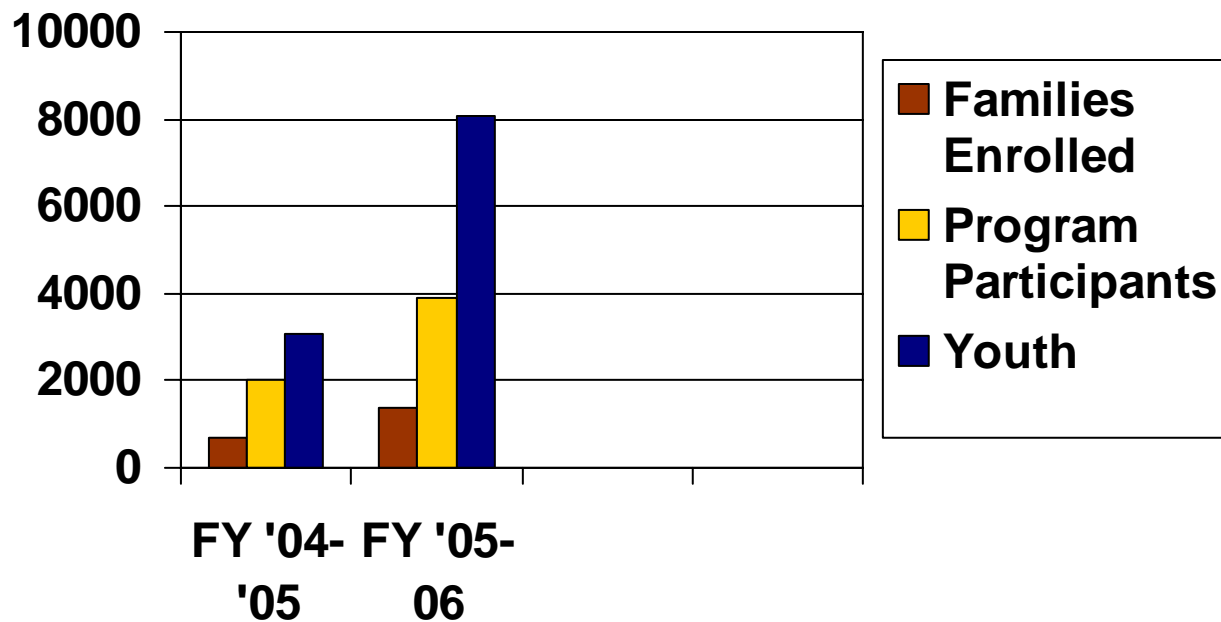
2006 YEAR END STATEWIDE IMPACTS

Utah Food \$ense Nutrition Education Program

Comparison of 04-05

In February 2005, Utah FSNE changed direction under new management. Since new directions, Utah has:

FY '04-05 Comparison FY '05-06



Utah FSNE Highlights:

- Doubled in numbers for families
- Doubled in numbers for program participants
- Tripled in youth numbers
- Financial Audit—increased accountability and understanding

Utah FSNE collected, entered and used data from the Evaluation Reporting System, developed by EFNEP. All charts and data is a result of the data entered into this program and the results that it calculates. All data is from the pre/post behavior checklists completed by Nutrition Education Assistants.

MEASURING PROGRAM DATA & IMPACTS ON BEHAVIORS & KNOWLEDGE

Since Participating in F\$NE . . .

Dietary

- 94% Eat healthier foods (58% improved)
- 64% Do not cook with salt (36% improved)
- 78% Read labels (56% improved)
- 78% Eat breakfast every day (28% improved, 70% unchanged)

Food Shopping/Resource

- 94% Plan meals (70% improved)
- 94% Compare prices (48% improved)
- 90% Use a grocery list (58% improved)

Food Safety

- 93% Do not let foods sit out on the counter for more than 2 hours
(3% improved, 72% unchanged)
- 54% Do not thaw foods at room temperature (29% improved)

Food Security

- 50% families were enrolled in one or more food assistance programs
- 46% Less likely to be out of food before the end of the month (21% improved)

Data collected from pre/post behavior checklists, entered and calculated in Evaluation Research Service, a reporting system by EFNEP.



Photo of Statewide FSNE supervisors and nutrition education assistants at January 2006 training.

DIETARY QUALITY

Dietary Quality

1. By participating in FSNE, Food Stamp Eligibles will improve their daily intake of fruits, vegetables, grains (fiber) and dairy foods.

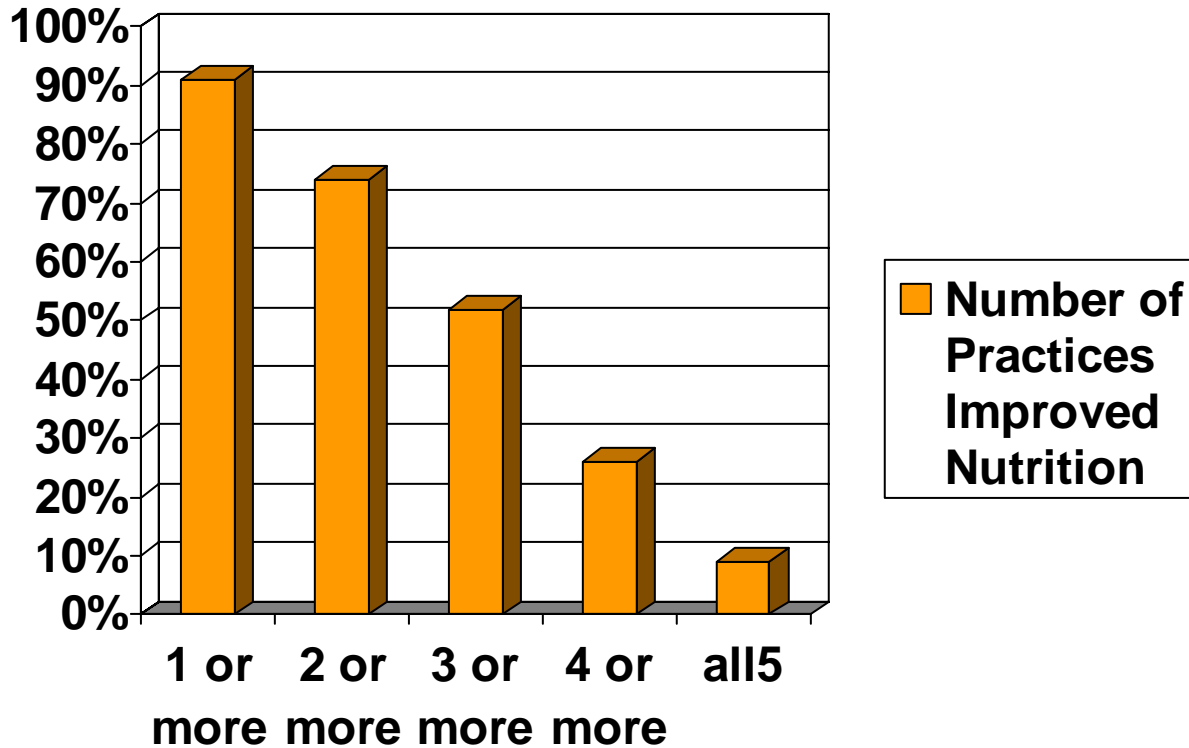
Nutrition Education Assistant Success Stories . . .

- One of my clients has actually improved her diet considerably from sodas to juice and water, and from hot pockets to healthy sandwiches, fruit and veggies. She has also incorporated exercise into her daily routine.
- I called some of the clients who have completed the program and was very excited to hear that they have made changes. Becky has lost 8 pounds and is going to water aerobics class three nights a week. Sharon has increased her activity level and is cooking at home more and has lost several inches and feels better than she did at the first of the year. Iola who didn't eat many veggies or fruit is still trying new foods and planted a garden with peas, carrots, summer squash, and tomatoes. She is enjoying the fresh veggies and is trying new fruits.
- My client told me that because of the lessons, instead of her usual snack of Hershey bars dipped in peanut butter, she had been buying salad and having a salad for a snack!
- I was at a meeting where a woman was telling someone about a recipe for 'bread in a bag'. She turned to me and said, "Laurie taught me and she has the recipe." I taught her 4 years ago and what a wonderful thing to see her still talking about it, but more important, still making it.
- I wrote an article about the benefits of using whole grains in your diet. I included a recipe for pineapple-carrot bread suggesting that they use some whole grain flour in the recipe. This article goes to over 500 people in our county. When I was in the grocery store a lady approached me and thanked me for the recipe. She loves it and has served it to all her friends and they like it made from whole wheat flour. She is now trying some of her recipes with whole wheat flour and loves it.
- One of my sons high school teachers told my son that since I taught his 6th grade son's class about fruits and vegetables and let them sample the spinach drink, they have it 3 or 4 times a week. It has helped their family get more fruits and vegetables in their diet.
- I saw a lady that I taught 2 years ago. She told me that she is still using the SOS mix and uses it every week. Her husband loves it.
- Sherry is very busy mother of 3 and she is pregnant. She often skips meals and doesn't gain much weight when she is pregnant. The Nutrition during Pregnancy lesson encouraged her to make sure she is eating enough of the right food groups for her health and health of her baby. She has been using the SOS and Quick mix to help save time. We made potato soup together from the SOS mix. She told me later that she made the soup again when she wasn't sure what they were going to eat for dinner and is very happy with how convenient it is. She said because of the lessons, the whole family is paying attention to nutrition. Her kids are now asking for 'balanced meals' and her 5 year old son asked her for a salad the other day. It's what he wanted to take for lunch! She has also got her kids singing the ABC's while they wash their hands, something I suggested in the food safety lesson. Sherry spent so little on food each month I wondered if they were getting the best nutrition. Near the end of the program she noticed her kids were beginning to eat a lot more and she was running out of food more quickly. Again I encouraged her to apply for food stamps and she said that they probably would apply now.
- I enjoy teaching at the schools. I think the kids enjoy the lessons and when I get feedback from their parents that the kids are doing what they were taught that day it makes me feel like I'm making a difference in their lives.
- One of my clients has lost almost 10 pounds and is walking regularly. Another has planted a garden to have fresh vegetables. Another has taken an inventory of her food and has started to 'store up' some foods as she can.
- A client reported he has made changes in his eating habits. He said he eats more regularly but eats less at each meal. He is losing weight (8-10 pounds so far). He has lowered his consumption of butter, margarine, and red meat. He cooks his food in healthier ways (less frying). He has lowered his caffeine intake and has stopped drinking pop completely! His favorite food right now is a veggie pizza.

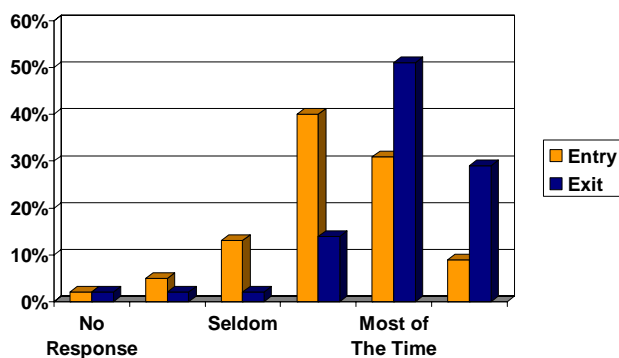
DIETARY QUALITY

Clientele Comments . . .

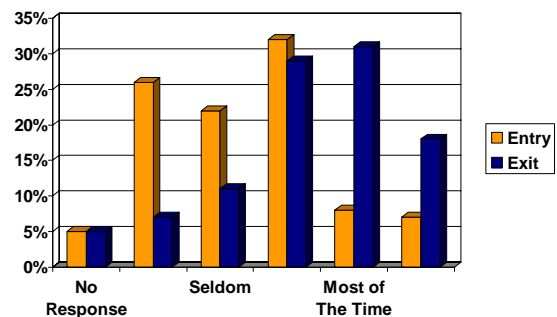
“I use all of the lessons in our home still and it has made things so much more organized and fun. The kids are my bread making machines. They love the bread and lesson on the dry beans was a hit and has been fun and a learning process for me.”



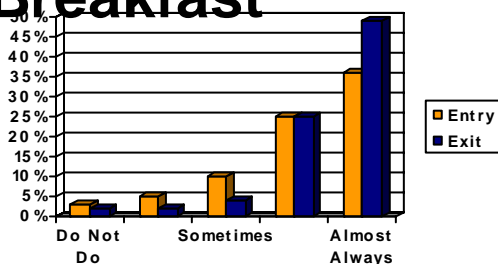
Healthy Foods



Read Labels



Breakfast



FOOD RESOURCE MANAGEMENT

Food Resource Management/Shopping Behavior

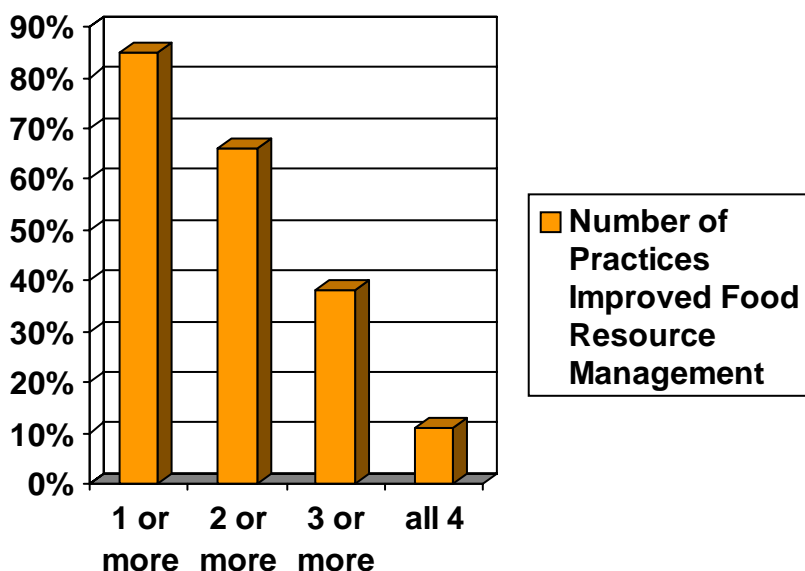
1. By participating in FSNE, Food Stamp Eligibles will improve one or more food resource management skills such as meal planning, comparison shopping, shopping from a list, or using the Nutrition Facts Label.

I taught the lessons to a woman a few months ago and just ran into her at the grocery store. She was using a shopping list and she told me that she had been making her menus and shopping with a list ever since the lesson. She also mentioned that she was able to get on WIC because of the lessons. She never dared to do it before now, even though she qualified.

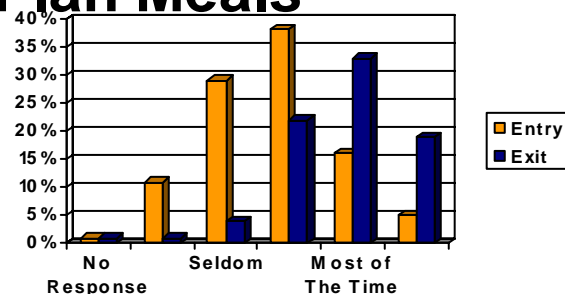
I have been working with two mentally handicapped adults. We have been able to calculate their savings by making their own lunches vs. eating out, and are continually working on shopping from ads to make menus which they can prepare. Sometimes I feel like we spend two or three weeks reinforcing the same lesson, but I can see progress and their self-esteem is lifted.

Clientele Comments . . .

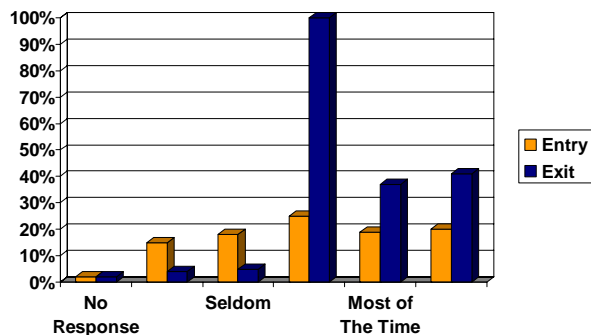
"I am faithfully using my menu planner and shopping list. I have saved money by using my shopping list and shopping off the ads like Laurie taught me. Thank you so much. I enjoyed the class and so has my family."



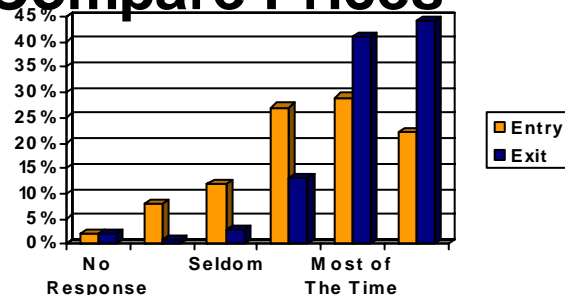
Plan Meals



Use Grocery List



Compare Prices

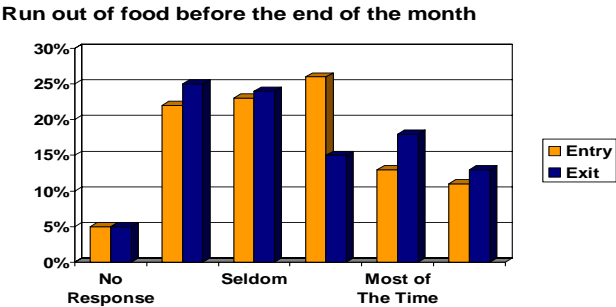


FOOD SECURITY

Food Security

1. By participating in FSNE, Food Stamp Eligibles will rely less on emergency food sources.

One of my clients has changed the way she shops and is stretching her food stamp dollars and has started reading the labels on everything, plus she fixes better well-balanced meals for her family.

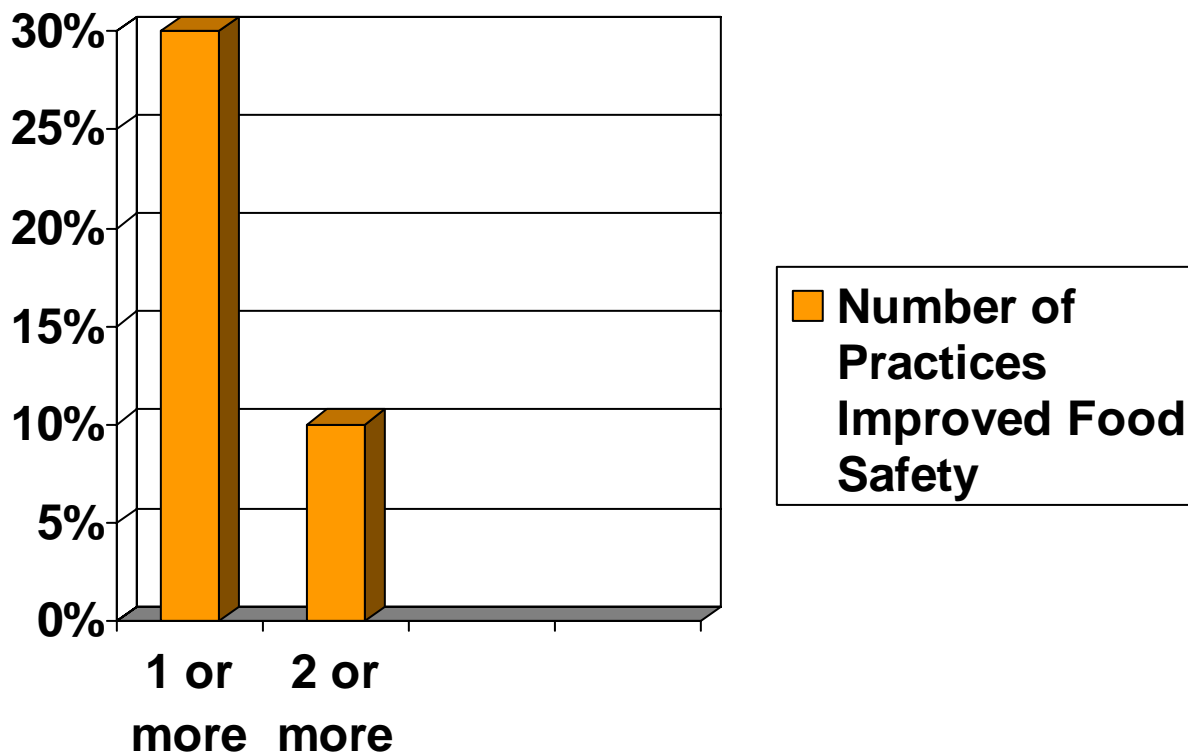


FOOD SAFETY

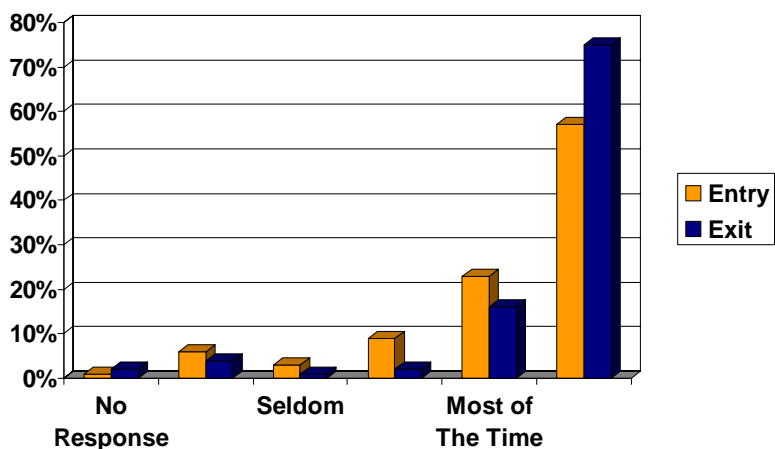
Food Safety

1. By participating in FSNE, Food Stamp Eligibles will improve one or more food safety practices such as proper hand-washing, food storage and thawing of food.

One client learned a lot from the Menu Planning and Shopping lesson. She started planning ahead more, comparing prices and labels and using a grocery list. She has also taken a huge step to increase her food safety – she always thawed on the counter and now she never does. She said she is eating a greater variety of vegetables now and more fresh and raw foods.



Do Not Let Food Sit Out Longer Than 2 hours



Utah FSNE Program

Heidi LeBlanc, F\$NE Director, PI

Nedra Christensen, CO-PI

Debbie Christofferson, Curriculum & NEA Training Coordinator

Eileen Milligan, Program Assistant Coordinator

Gayla M. Johnson, Payroll & Travel Coordinator

Kim Stookey, Business and Financial Coordinator

Meagan Wade, Program Assistant

Siew Sun Wong, NFS Consultant—Nutrition and Health

Brian Nummer, NFS Consultant—Food Safety

Special Thanks

Pam McIntyre, DWS, FSP Nutrition Specialist (October—June)

Elaine Jones, DWS, FSP Nutrition Specialist (June—September)

Daren Sheffer, DWS, Management Evaluator

Utah State University Extension

Greg Lowry, USU Controller

Jeri Hansen, USU Sponsor Programs

Steve Broadbent, USU Extension Business

County Extension Faculty and Staff

Nutrition and Food Science Department

Barbara Rowe, Extension Program Leader

USU Dietetic Department

Chuck Gay, USU Extension Associate Vice President

Jack Payne, USU Extension Vice President (October—January)

Noelle Cockett, USU Extension Vice President and Agriculture Dean

NFS Students

Utah F\$NE Annual Report FY 05-06

Utah SNAP Team