

UTAH FOOD STAMP NUTRITION EDUCATION REPORT FOR FY 2007

FOOD \$ENSE



NUTRITION EDUCATION PROGRAM

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Utah Food Stamp Nutrition Education Program

Funded by USDA Food and Nutrition Services

Food Stamp Program

October 1, 2006—September 30, 2007

Final Year Report

UtahState
UNIVERSITY



COOPERATIVE
extension

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FY 2007 Report Introduction

Utah Food Stamp Nutrition Education program has had a successful year reaching out to more participants in fiscal year 2007 reaching over 7,000 adult participants and 10,000 youth. Utah State University is very supportive and appreciative of the Food Stamp Nutrition Education Program. Participants provide information on their personal demographics, their intent to change behavior after participating in a class and their behavior change (after a series of lessons). This information collected at each lesson is then sent through a database and the collection of reports are developed to show the impacts that Utah NEAs are making with their participants.

FSNE Reporting Table

State Summary of Projects. A project is a discrete unit of nutrition education intervention at the local level.							
Project Name	Delivery Locations		Audiences		Methods	Content	Evaluation
	Geographic	Delivery Sites	Targeted Audience	Total No. Participants	Frequency, Duration and Type of Educational Methods	Key Messages	Type and Status
State Adult	Utah	29 Counties	FSP Families or Low Income Families (50%)	7,646	Group and individual classes teaching basic nutrition. Using the curriculum: Giving Your Body the Best. Numbers of lessons are varied—see EARS report. Lesson average is 30 to 60 minutes. 2,246 classes were taught.	Dietary Quality, Food Safety, Food Security, & Shopping Resource Management.	Intent to Change Behavior Checklist on every lesson. Multiple Lesson Behavior Checklist and Participant Enrollment.
State Youth	Utah	29 Counties	FSP Families or Title 1 Schools —50%	10,692	Classes taught at schools and at summer school lunch programs.	MyPyramid and Dietary Guidelines. Team Nutrition & Power Panther.	Food, Frequency Questionnaire, and knowledge assessment.

Youth Class Participant Information

Total Number of Youth:
10,692

Gender of Class Participant:
Female 5308
Male 5352
Unknown 32

Hispanic Ethnicity of Class Participant:
Yes 1024

Race of Class Participant:
American Indian or Indian 2259
Asian 213
Black or African American 73
Native Hawaiian or Other 22
White 6888
Other 77
Missing 947



Knowledge Evaluation

Bread Group
87% knew the correct foods for the bread group

Fruit Group
92% knew the correct foods for the fruit group

Vegetable Group
79% knew the correct foods for the vegetable group

Milk Group
Data not complete

Meat Group
55% knew the correct foods for the meat group

Top 3 foods most commonly consumed after participating in FSNE per food group.

Dairy
Milk
Ice Cream
Yogurt

Meat
Eggs
Hamburger
Hot Dog

Grain Group
Pizza
Whole Wheat Bread
Spaghetti

Fruit
Apples
Bananas
Strawberries

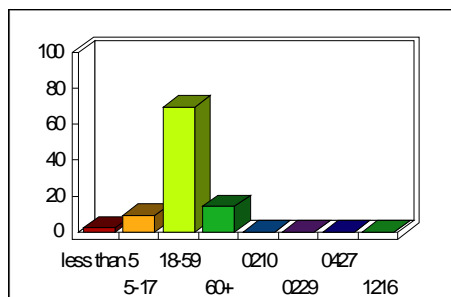
Veggies
French Fries
Carrots
Corn

Misc.
Soda
Cookies
Popcorn

Adult Class Participant Information

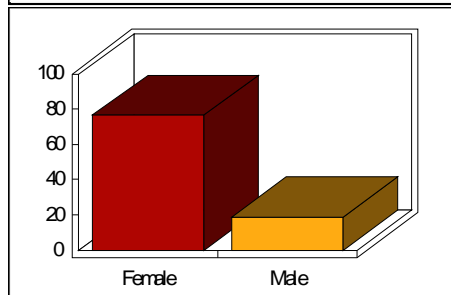
Age of Class Participant:

<5 years	2%
5-17 years	9%
18-59 years	70%
60 years +	14%
Missing	5%



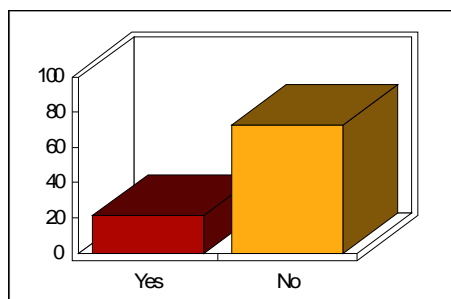
Gender of Class Participant:

Female	77%
Male	19%
Missing	4%



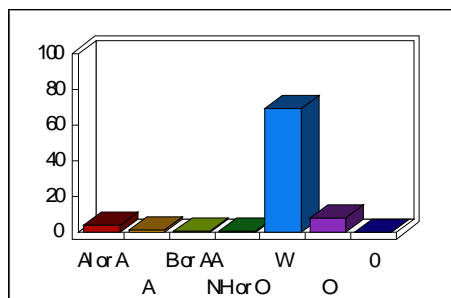
Hispanic Ethnicity of Class Participant:

Yes	22%
No	73%
Missing	5%



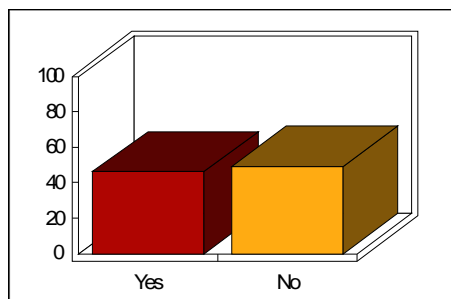
Race of Class Participant:

American Indian or Indian	4%
Asian	1%
Black or African American	1%
Native Hawaiian or Other	.5%
White	70%
Other	.5%
Missing	16%



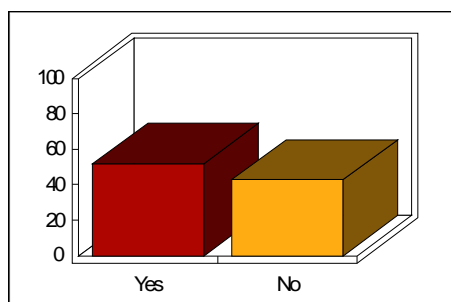
Food Stamp Qualifications of Class Participant:

Yes	46%
No/Unsure	48%
Missing	2%



Other Food Assistance Qualifications of Class Participant:

Yes	52%
No/Unsure	43%
Missing	5%

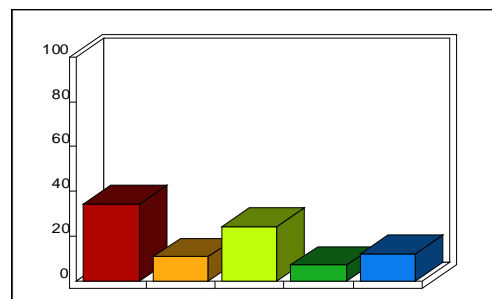


Class Participants—Intent to Change Based on Lesson Evaluations

Breakfast

Behavior Change from Participating in Breakfast Lesson

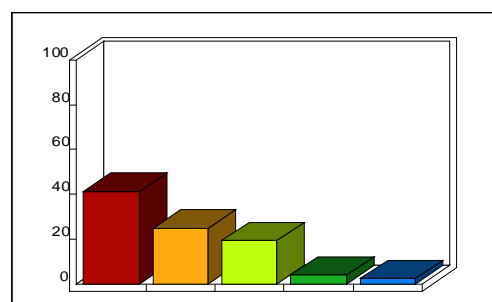
Consume more fruits and veggies	34%
Consume more low fat/nonfat dairy	11%
Consume more whole grains	24%
Not make any changes	7%
Instead I choose (a goal on own)	12%
Missing	12%



Dairy & Milk

Behavior Change from Participating in Dairy & Milk Lesson

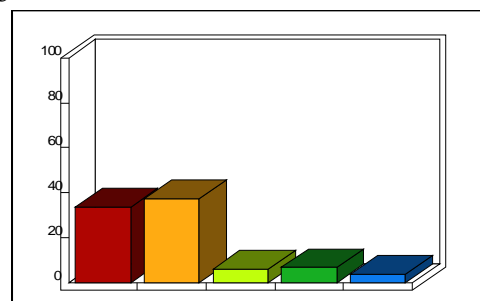
Include 3 cups of dairy most days	45%
Make lower fat choices of dairy	27%
Get regular exercise & increase bone health	21%
Not make any changes	4%
Instead I choose (a goal on own)	3%
Missing	8%



Dietary Guidelines

Behavior Change from Participating in Dietary Guidelines Lesson

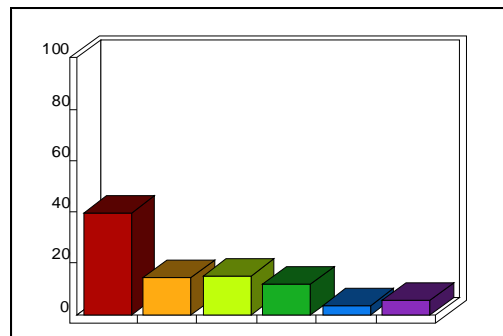
Increase physical activity	34%
Consume more fruits and vegetables	37%
Consume more low fat/nonfat dairy	6%
Not make any changes	7%
Instead I choose (a goal on own)	4%
Missing	12%



Fruit and Vegetables

Behavior Change from Participating in Fruit & Vegetables Lesson

Use fruits & veggies as snack for me & my family	39%
Add extra veggies to soups, stews & casseroles	14%
Try a new vegetable that I have never tried before	15%
Eat more whole or cut up fruit in place of juice	11%
Not make any changes	3%
Instead I choose (a goal on own)	4%

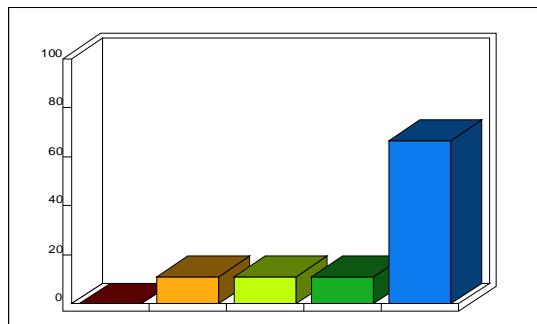


Class Participants—Intent to Change Based on Lesson Evaluations

Feeding Infants Breast or Bottle

Behavior Change from Participating in Breast or Bottle Lesson

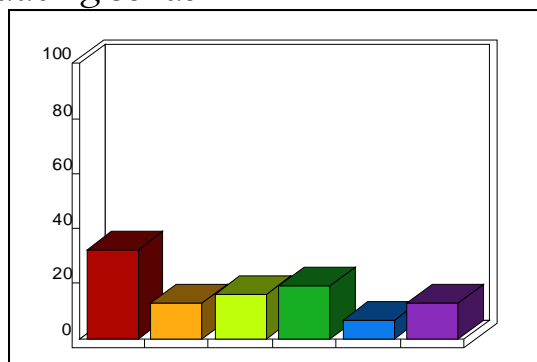
Properly store breast milk or formula	0%
Properly heat stored breast milk or formula	11%
Avoid propping babies bottle for feeding	11%
Not make any changes	11%
Instead I choose (a goal on own)	67%



Feeding Infants—Introducing Solids

Behavior Change from Participating in Introducing Solids

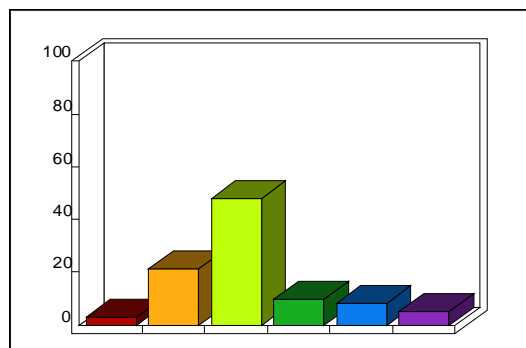
Always give baby juice in a cup	32%
Avoid putting to bed with bottle	13%
Avoid giving baby finger foods that could cause choking	16%
Avoid giving cows milk until baby is 1 yr	19%
Not make any changes	6%
Instead I choose (a goal on own)	13%
Missing	2%



Fitness

Behavior Change from Participating in Fitness Lesson

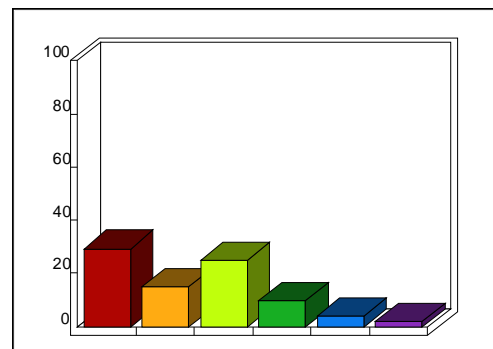
0 minutes	3%
15 minutes	21%
30 minutes	48%
45 minutes	10%
60 minutes	8%
More than 60 minutes	5%



Food Safety

Behavior Change from Participating in Fruit Food Safety Lesson

Clean hands and surfaces more often	29%
Prevent cross-contamination	15%
Cook foods to proper temperatures	23%
Refrigerate foods properly	10%
Not make any changes	4%
Instead I choose (a goal on own)	2%
Missing	15%

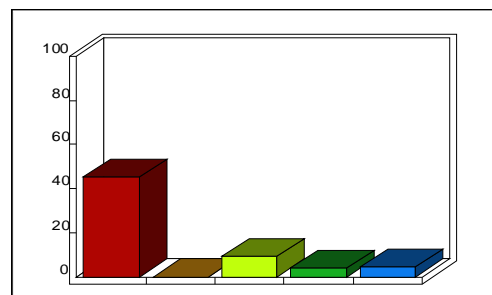


Class Participants—Intent to Change Based on Lesson Evaluations

Grains

Behavior Change from Participating in Grains Lesson

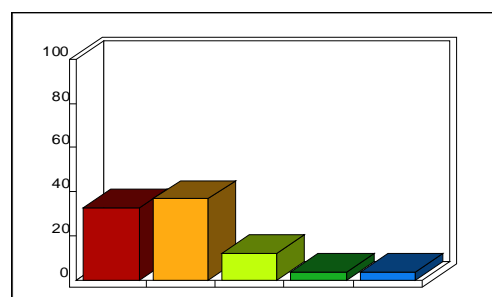
Make half grains whole	45%
Substitute with a whole grain product	0%
Choose unsweetened whole grain cereals	9%
Not make any changes	4%
Instead I choose (a goal on own)	4%
Missing	38%



Heart Healthy

Behavior Change from Participating in Heart Healthy Lesson

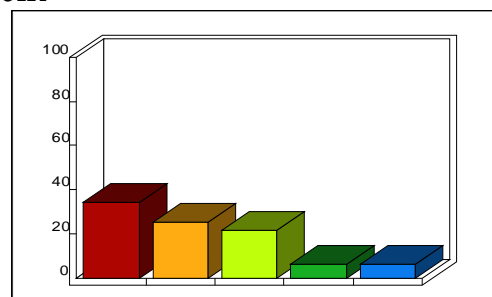
Consumer less saturated or trans fats	33%
Consume more foods that contain fiber	37%
Choose lower fat cooking methods	12%
Not make any changes	4%
Instead I choose (a goal on own)	4%
Missing	10%



Meat, Beans & Protein

Behavior Change from Participating in Meat, Beans & Protein Lesson

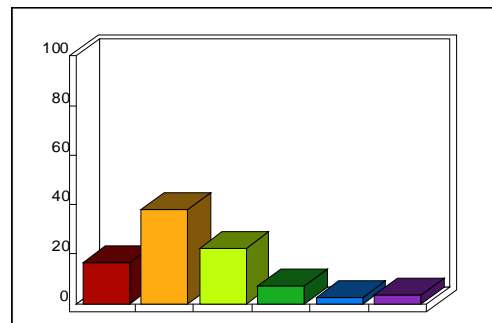
Plan to serve at least one meatless meal	34%
Choose lean cuts of meat	25%
Choose fish more often for lunch or dinner	22%
Not make any changes	6%
Instead I choose (a goal on own)	6%
Missing	7%



Menu Planning

Behavior Change from Participating in Menu Planning Lesson

Prepare and use a food budget	16%
Plan a menu using nutritious foods	38%
Shop with a list	22%
Make wise shopping choices by using labels	7%
Not make any changes	2%
Instead I choose (a goal on own)	3%
Missing	12%

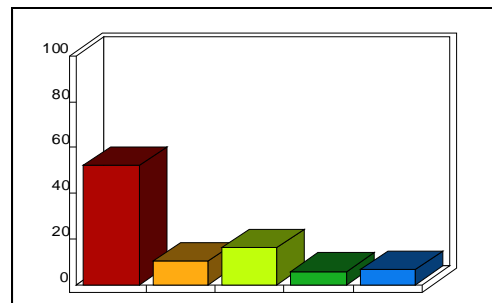


Class Participants—Intent to Change Based on Lesson Evaluations

MyPyramid

Behavior Change from Participating in MyPyramid Lesson

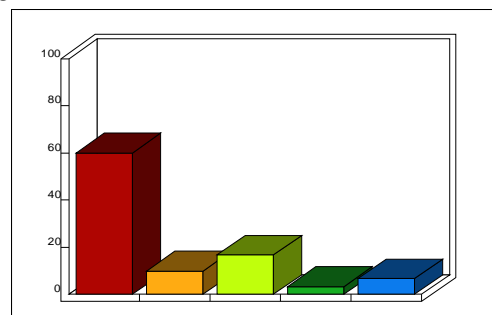
Consume more fruits and veggies	62%
Consumer more low fat/nonfat dairy	10%
Consume more whole grains	16%
Not make any changes	6%
Instead I choose (a goal on own)	7%
Missing	8%



Pregnancy Nutrition

Behavior Change from Participating in Pregnancy Lesson

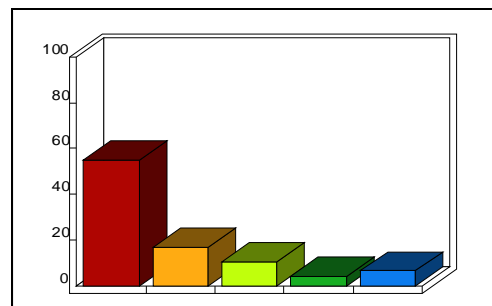
Consume more fruits and vegetables	60%
Consume more low fat /nonfat dairy	10%
Consume more foods high in protein	17%
Not make any changes	3%
Instead I choose (a goal on own)	7%



Quick Meals

Behavior Change from Participating in Quick Meals Lesson

Plan menus	55%
Organize kitchen to be more efficient	17%
Use more efficient clean up	11%
Not make any changes	4%
Instead I choose (a goal on own)	7%
Missing	6%

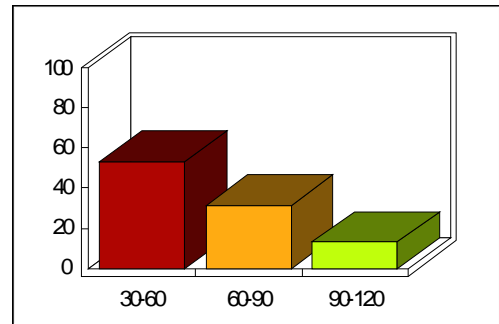


NEA Class Record—Teaching Information

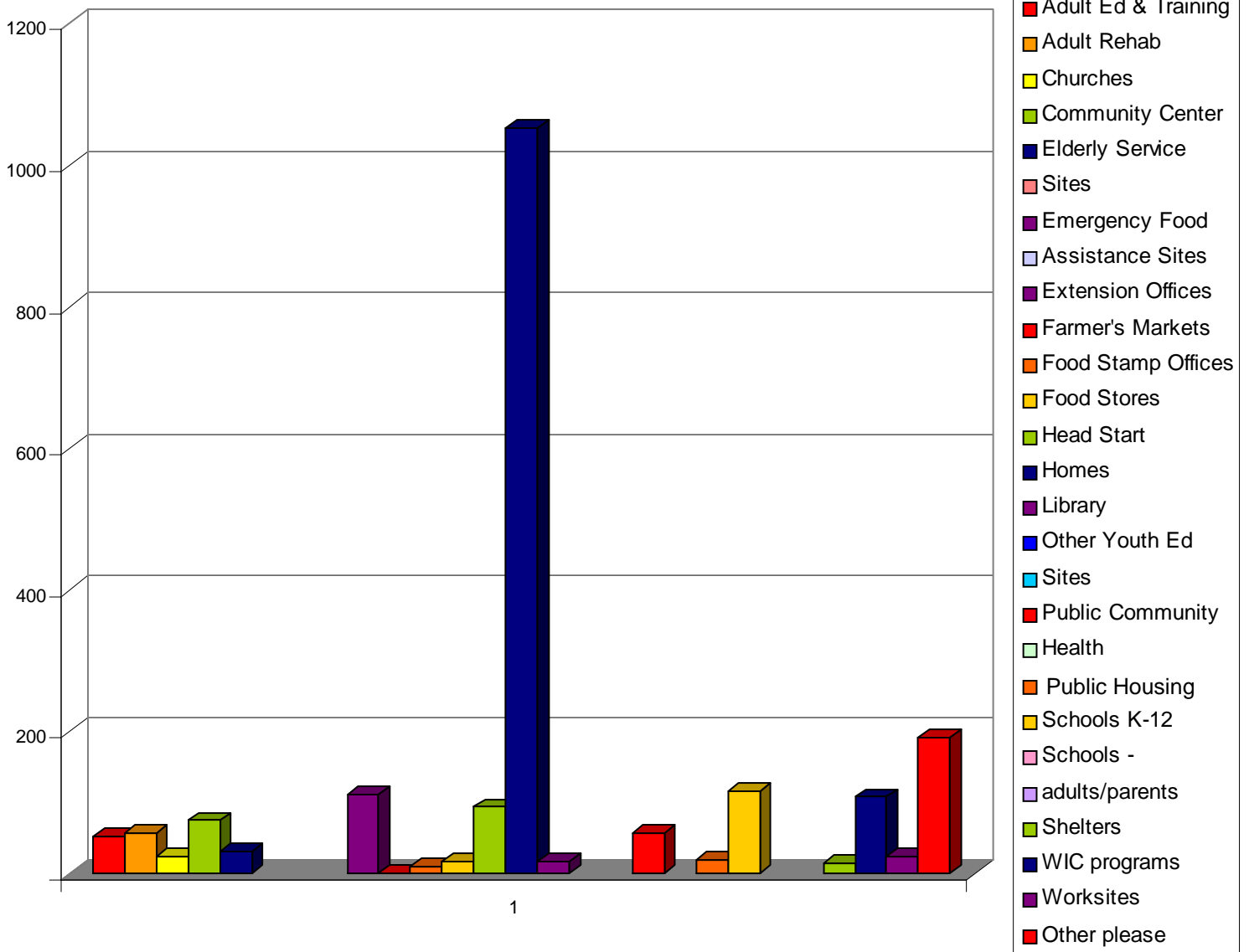
Lesson Time

Time Spent on Lessons

30 –60 minutes	53%
60—90 minutes	31%
90-120 minutes	13%
Missing	3%



Locations for Education

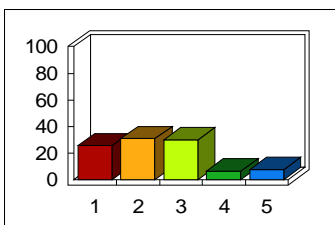


Program Behavior Change

Plan Meals

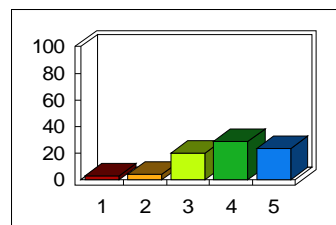
Prior to F\$NE participants would ...

1 Never	25%
2 Seldom	31%
3 Sometimes	30%
4 Usually	6%
5 Always	7%
Missing	0%



After F\$NE participants would ...

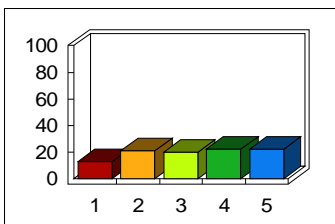
1 Never	3%
2 Seldom	4%
3 Sometimes	20%
4 Usually	29%
5 Always	23%
Missing	21%



Compare Prices When Shopping

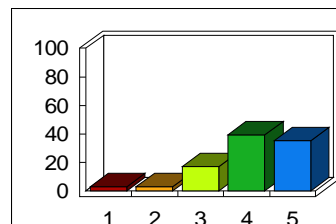
Prior to F\$NE participants would ...

1 Never	13%
2 Seldom	21%
3 Sometimes	20%
4 Usually	22%
5 Always	22%
Missing	2%



After F\$NE participants would ...

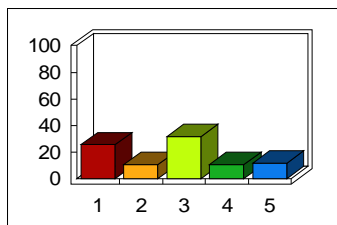
1 Never	3%
2 Seldom	3%
3 Sometimes	17%
4 Usually	39%
5 Always	35%
Missing	3%



Run Out of Food Before the End of the Month

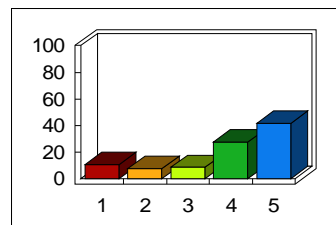
Prior to F\$NE participants would ...

1 Never	26%
2 Seldom	11%
3 Sometimes	32%
4 Usually	11%
5 Always	12%
Missing	8%



After F\$NE participants would ...

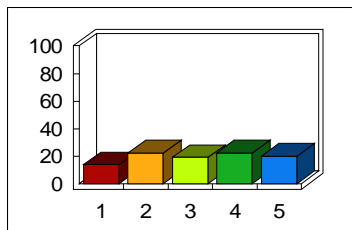
1 Never	11%
2 Seldom	7%
3 Sometimes	9%
4 Usually	28%
5 Always	41%
Missing	4%



Shop with a List

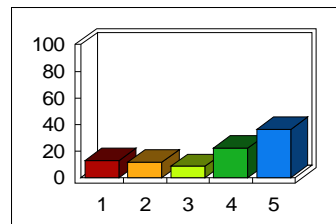
Prior to F\$NE participants would ...

1 Never	14%
2 Seldom	22%
3 Sometimes	19%
4 Usually	22%
5 Always	20%
Missing	3%



After F\$NE participants would ...

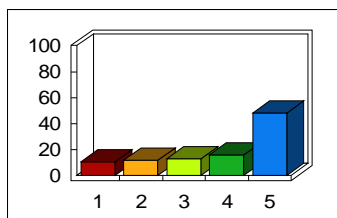
1 Never	13%
2 Seldom	12%
3 Sometimes	9%
4 Usually	22%
5 Always	36%
Missing	0%



Chill Foods Properly

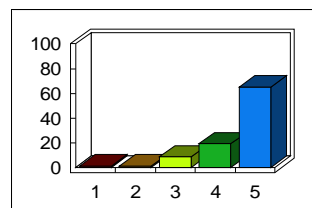
Prior to F\$NE participants would ...

1 Never	11%
2 Seldom	12%
3 Sometimes	13%
4 Usually	16%
5 Always	48%
Missing	0%



After F\$NE participants would ...

1 Never	1%
2 Seldom	1%
3 Sometimes	9%
4 Usually	19%
5 Always	65%
Missing	25%

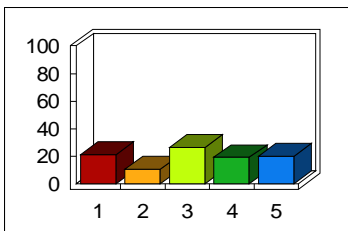


Program Behavior Change

Do Not Thaw at Room Temperature

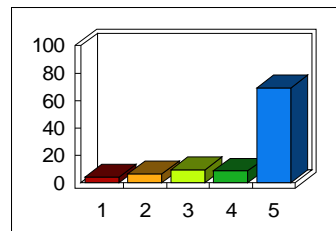
Prior to F\$NE participants would ...

1 Never	21%
2 Seldom	11%
3 Sometimes	27%
4 Usually	19%
5 Always	20%
Missing	2%



After F\$NE participants would ...

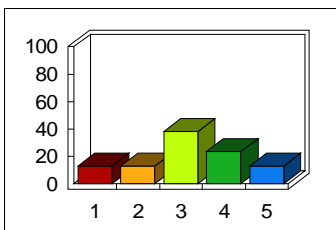
1 Never	4%
2 Seldom	6%
3 Sometimes	10%
4 Usually	9%
5 Always	70%
Missing	1%



Make Food Choices Based on Healthy Choices

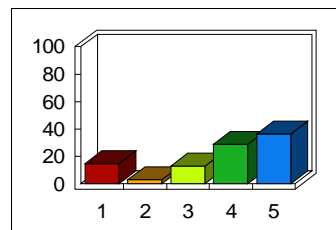
Prior to F\$NE participants would ...

1 Never	13%
2 Seldom	13%
3 Sometimes	38%
4 Usually	23%
5 Always	13%
Missing	0%



After F\$NE participants would ...

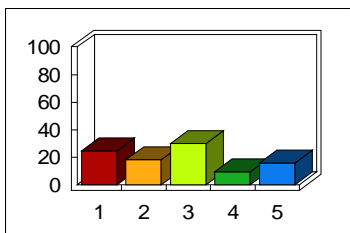
1 Never	15%
2 Seldom	3%
3 Sometimes	13%
4 Usually	29%
5 Always	36%
Missing	1%



Prepare Foods Without Salt

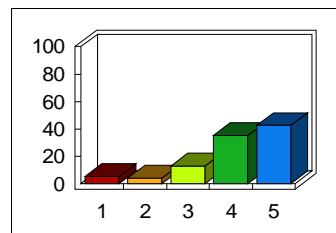
Prior to F\$NE participants would ...

1 Never	25%
2 Seldom	18%
3 Sometimes	30%
4 Usually	10%
5 Always	16%
Missing	1%



After F\$NE participants would ...

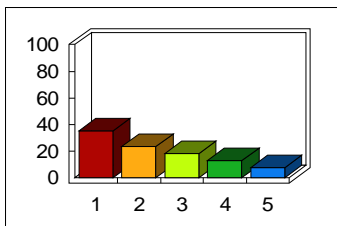
1 Never	5%
2 Seldom	4%
3 Sometimes	13%
4 Usually	35%
5 Always	43%
Missing	0%



Read Labels Before Purchasing Foods

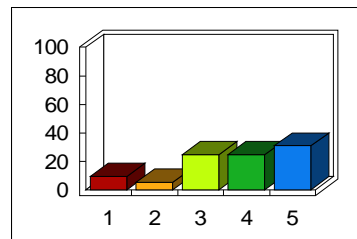
Prior to F\$NE participants would ...

1 Never	35%
2 Seldom	23%
3 Sometimes	18%
4 Usually	12%
5 Always	7%
Missing	5%



After F\$NE participants would ...

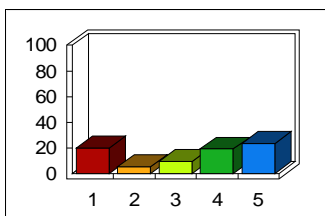
1 Never	10%
2 Seldom	5%
3 Sometimes	24%
4 Usually	24%
5 Always	31%
Missing	6%



Children in Household Eat Within 2 Hours of Waking

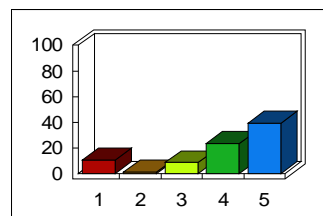
Prior to F\$NE participants would ...

1 Never	20%
2 Seldom	5%
3 Sometimes	10%
4 Usually	19%
5 Always	23%
Missing	23%



After F\$NE participants would ...

1 Never	11%
2 Seldom	1%
3 Sometimes	9%
4 Usually	23%
5 Always	40%
Missing	16%

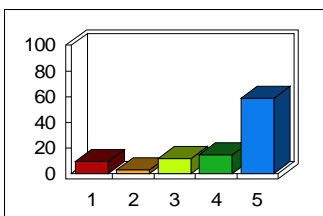


Program Behavior Change

Wash Hands Before Meals and Food Preparations

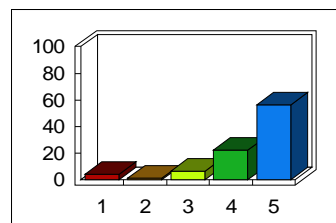
Prior to F\$NE participants would ...

1 Never	10%
2 Seldom	3%
3 Sometimes	12%
4 Usually	15%
5 Always	59%
Missing	1%



After F\$NE participants would ...

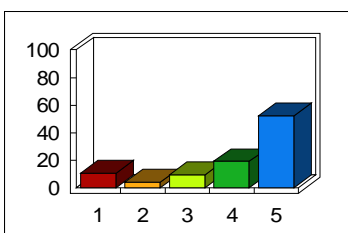
1 Never	4%
2 Seldom	1%
3 Sometimes	6%
4 Usually	22%
5 Always	56%
Missing	11%



Prepare Raw Meats Separately From Other Foods

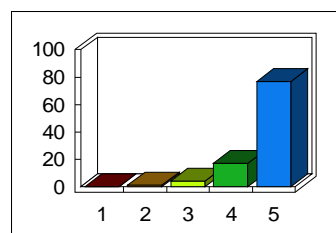
Prior to F\$NE participants would ...

1 Never	11%
2 Seldom	4%
3 Sometimes	10%
4 Usually	19%
5 Always	52%
Missing	4%



After F\$NE participants would ...

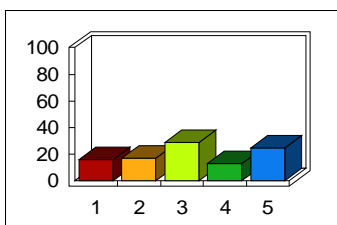
1 Never	0%
2 Seldom	1%
3 Sometimes	4%
4 Usually	17%
5 Always	77%
Missing	1%



Physically Active at Least 30 Minutes a Day

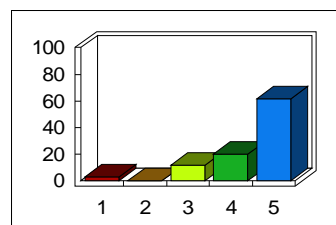
Prior to F\$NE participants would ...

1 Never	16%
2 Seldom	17%
3 Sometimes	29%
4 Usually	13%
5 Always	25%
Missing	0%



After F\$NE participants would ...

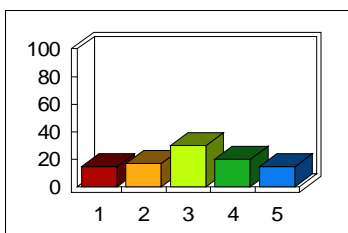
1 Never	3%
2 Seldom	0%
3 Sometimes	12%
4 Usually	20%
5 Always	62%
Missing	3%



Prepare Supper at Home at Least 3 Times a Week

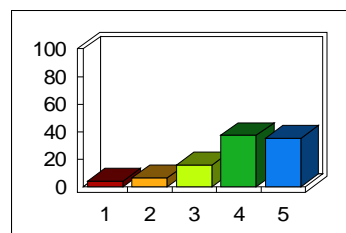
Prior to F\$NE participants would ...

1 Never	15%
2 Seldom	17%
3 Sometimes	30%
4 Usually	20%
5 Always	15%
Missing	3%



After F\$NE participants would ...

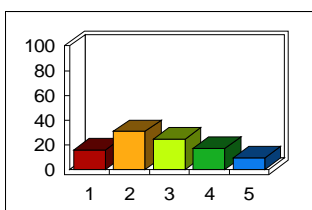
1 Never	4%
2 Seldom	6%
3 Sometimes	16%
4 Usually	37%
5 Always	35%
Missing	1%



Eat at Least 3 Vegetables a Day

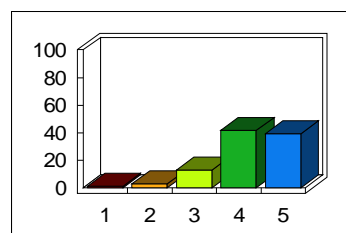
Prior to F\$NE participants would ...

1 Never	16%
2 Seldom	31%
3 Sometimes	25%
4 Usually	17%
5 Always	10%
Missing	1%



After F\$NE participants would ...

1 Never	1%
2 Seldom	3%
3 Sometimes	13%
4 Usually	41%
5 Always	39%
Missing	3%

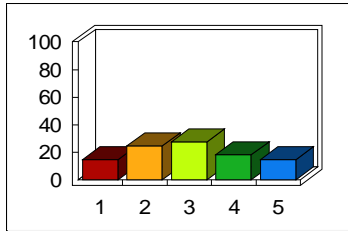


Program Behavior Change

Eat at Least 2 Fruits a Day

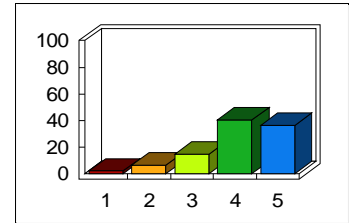
Prior to F\$NE participants would ...

1 Never	15%
2 Seldom	25%
3 Sometimes	28%
4 Usually	17%
5 Always	15%
Missing	0%



After F\$NE participants would ...

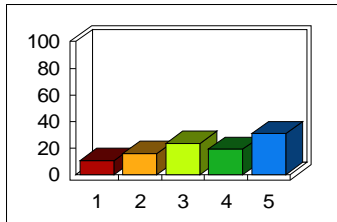
1 Never	2%
2 Seldom	6%
3 Sometimes	15%
4 Usually	41%
5 Always	36%
Missing	0%



Consume at Least 2 Dairy Servings a Day

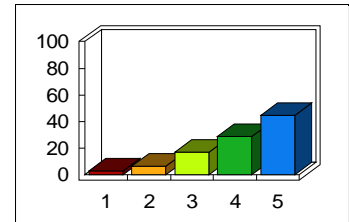
Prior to F\$NE participants would ...

1 Never	11%
2 Seldom	16%
3 Sometimes	23%
4 Usually	19%
5 Always	31%
Missing	0%

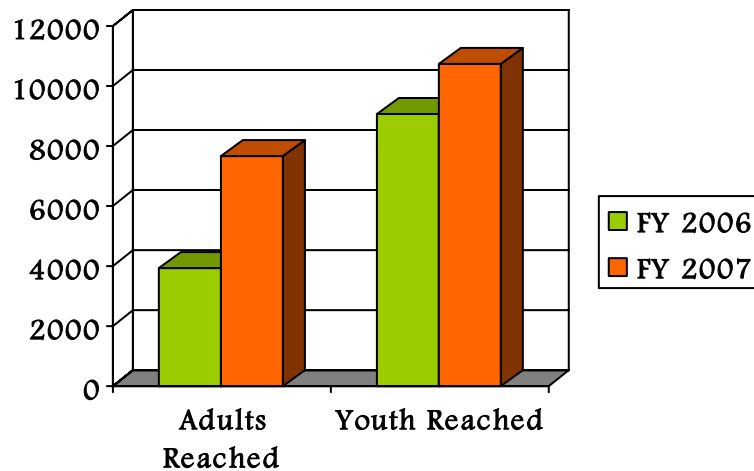


After F\$NE participants would ...

1 Never	3%
2 Seldom	6%
3 Sometimes	17%
4 Usually	29%
5 Always	45%
Missing	0%



Past 2 Year Program Data Comparison



Anecdotal Data

I went to Maria's house and did the multiple lesson evaluation with her. She made many positive changes and said it has helped her whole family as she shares the information with her grown up children as well. Specifically she said she began walking more - longer distances and faster. She also said she switched from whole milk to 2 % and plans to go to 1% eventually.

I received a call about my last class. The participant said that she is having so much fun and the vegetables are to die for. Another client tried the SOS sauce to season hamburgers before grilling them and said they were so good. Some positive feedback from a breakfast lesson: "I did not know breakfast was so important." "You mean we should eat breakfast and it could help with weight loss? I am going to eat breakfast from now on as my goal."

I met with the Young Mother group today. We talked about Breakfast and Snacks. We made the fruit and veggie smoothies. One of the girls was surprised how full and satisfied she felt after only about a ½ cup serving. She said she can eat a large bag of chips and still feel hungry! She was very happy to have a healthy alternative.

A client said this was the best class she had ever taken. She said she was not only shopping better and eating better but she was managing her food budget better.

I had each of the children make their own Pyramid Sundae. One little girl said, "I can't do this." She was afraid everyone would laugh at hers. But with a little positive reinforcement she tried and succeeded and felt quite pleased with her creation.

While I was at the extension office submitting a time card a lady from a church organization came in. She was frantic because her lesson had fallen through at the last minute. I told her I had a lesson on family dinners (her subject). I did some prep work and then taught at 6:30 that night. Twelve women were there and it was very successful.

We had different kinds of fruits and veggies for the kids to taste. We had a fresh pineapple and some of the kids have never tasted pineapple that was not canned so it was a new experience for them.

I learned that one lady that I taught in a group lesson has started eating better and had begun to walk every day. She has lost 30 pounds and is feeling much better. She said that after my MyPyramid presentation, her perspective changed. She realized that it was about health, not so much weight loss. But because she is trying to be healthy in her eating and in exercise, she has actually lost weight. I loved this story. I truly believe that if we will concentrate on healthy eating habits, then it will not be hard to maintain a health weight.

I finished the lessons with a client and her husband. They were very appreciative and said that they had made changes, especially in reading labels. Irma said her husband in the store looks at things and says, "that's what Rosie (me) showed us." I taught a youth group. Two kids said they made the Cheesy Rice bake with their families since the last class! And they are going to make the mini-English muffin pizzas for the Valentines party!

I worked up a demo and introduction to FSNE to be given at Work Force Services at the Local Inter-agency Council meeting. Seventeen community leaders were at the meeting. Several talked to me about me working with them. Barbara from Work Force Services said she had two families in need of help with their food budget. This turned out to be a good experience and will bring me some referrals from the community volunteer group and Work Force Services.

Anecdotal Data

I was approached by a Young lady that I taught the lessons to in the store the other day and she stated that she has been making bread, doing her menus and shopping list almost all of the time and how it has help her day and how she feels organized and that she is saving money as well. By the way she had a list in her hand.

A new client did not know about doing menus and was so excited when we talked about taking the grocery store ads to help save her money as she plans. She also did not have a clue how to use the unit pricing labels in the stores and is now thinking it will help her decide which to buy faster.

I gave two lessons to 7 adults and 8 children who were thrilled to learn about the food pyramid and actually wash hands while playing a game and blowing bubbles!! Great day.

I taught Evelyn and Marco Feeding Preschool Children and Heart Healthy Eating. Evelyn learned about how much and what kinds of foods her daughter should be eating. She is going to stop giving her so much juice to see if she will eat more variety. She liked the Growing up Fit Handout and is going to try some of the games. Evelyn and Marco both learned a lot about looking out for trans fats and eating more fiber from the Heart Healthy lesson.

I taught Quick Meals to Neisha. She has come a long way. Six weeks ago at WIC she told me that she never ate fruits or vegetables or drank milk. She is doing all of that now, plus making menus!

Today I taught the quick meals lesson to the group at Northeastern Day Treatment. We have fun. They always have questions and wanted to show me all the healthy snacks they had. They cut out pop and all kinds of candy. Their director is really making some changes. It is neat.

Mindy is not very active so we go for a walk each time I meet with her. She went almost a block today. Usually she is tired after 20 feet. Today I taught Mindy the lesson on snacks. We put the chicken on to cook, had the lesson, and went shopping for some veggies that we could prepare and have in the fridge so she can snack on those during the evening. The chicken was well cooked when we got back, so we took it off the bones and cooled the broth. I wanted to show her how to cut out a little more fat. We prepared it to put in the freezer for later use.

I helped my client realize ways in which she could use the time saving tools that she has around the house like her chopper. We made a bunch of tiny bran muffins and some regular size ones and she said upon trying them, "I'm in love". It was great to see a client so satisfied and feel like she had control in the kitchen.

One youth told me that he did not like vegetables, but after he ate the Oriental Chicken Salad and Green Bean Skillet he said that those vegetables were good.

A client reported to me that she is now making an effort to be aware of what she is eating and when she goes shopping she is reading the food labels.

Anecdotal Data

We had a graduation for four participants at the extension demo kitchen. I really see how their lives and habits have changed in their homes. They set time daily to do physical activities with their kids and are making a great effort to plan healthier meals everyday.

Today we made a pyramid lunch. We made “face sandwiches” using a slice of whole wheat bread and cheese for the base. Each child had a boiled egg to peel and use for eyes, ears, etc. They prepared slices of peppers, cucumbers, olives, etc. for use as facial features and lettuce and parsley for hair. We made fruit skewers with a choice of fruits. Amazing how much they ate from a stick rather than a plate. Kiwi was a new experience for some. No waste! They make it – they eat it!

I talked to the woman who buys the food for the clients in the rehabilitation center and she said that the clients told her to by whole wheat bread after our lesson.

I was greeted by a client I taught a few years back and she state that “when I took the lessons from you I must have been some where else, a lot of problems, etc. but about a year after that I was cleaning out some things and came across the file folder of the lessons and recipes I got from you and I started to read them. It was what I needed at the time. They have helped me get out of the slump I was in and I am still using the information.”

It was good to hear some feedback about a class. One client stated that his microwave is his new best friend and that he loves making things in it and showing others the things he has learned. A woman stated that it has made it easier for her to have breakfast. She makes the breakfast burrito in a minute’s time and she is ready. They all raved about the granola bars we made that night and the sauces we made. That is one thing that makes me feel good - is them knowing they can go home and take it on for themselves.

I went to Mt. Pleasant Elementary to teach about Milk and Dairy. I went last year and was surprised at how much the class remembered. Last year I made a spinach drink for them to try. A couple of students told me that their parents still make the spinach drink at home.

I taught Paul the Menu Planning and Shopping lesson. Later I bumped into him at the recreation center. He said he had made a whole bunch of copies of the menu planner and shopping list!

A client said, “I was so excited about your class I went home and shared all I was taught with my neighbor and she will be coming to the class next month with me.”

I went to visit Lea. She was about to cook a roast and was not sure where to begin. We put it on to cook and went over how to use the thermometer to make sure the roast was cooked. I went back later to help her check the temperature. We had to wait a few minutes for it to get cooked. It turned out to be a great visit.

Dana reported to me that her family is cutting down on soda pop. She said that by the 1st of August they should be completely off soda pop. When I first started going to her house for lessons she mentioned that they drank several 2 liters of Dr. Pepper a day in their family.

Anecdotal Data

We helped a client with the fall roasted vegetable lesson. She was so excited to try parsnips for the first time, and she has since bought parsnips three more times to make at home!

We had a lesson on grains and made the cheesy broccoli rigatoni. She absolutely loved it and raved about it! Her picky preschoolers also ate it, so she was very thrilled with the lesson.

One of my clients remembered the spinach drink/smoothie I taught her last year at a youth activity. She makes it for herself and her kids every week.

A client is excited about saving time and money. She is excited about the 'Oatmeal Mix-in' recipe. She likes the "store" oatmeal but doesn't like the price. While we were talking she said that I have her in the habit of label reading. She always looks at the ingredient list to see what is listed first.

I taught Andrea the MyPyramid lesson and took her to the local library and we looked up MyPyramid.gov on the internet. I showed her how to use this site. We printed up a copy of her personal pyramid, a copy of her daily food intake record and I showed her how to put in the foods she ate in the last 24 hours and we found the nutrition she received and it graphed how she had done. It was an eye opener to me as she had not eaten any fruits, vegetables or had any milk products in the last 24 hours. It showed that she ate too much from the grain group. She found this very informative and wanted to know if we could do this again next time. I told her now that she I showed her how to do it, she could come and do it anytime. She thought that was great.

We had our last Food Sense class in this series of 6 classes. I feel like it went really well. This series has been one of the most successful things we have done. We reached a lot of people and had a great time. (average class attendance at Food Sense class was 50+)

I had two of my clients sign an exercise contract. Then I also signed a contract with them, as this was one area where I need improvement. I told them we would encourage each other on.

We did a diet recall and found that the grandchild of a client (an 18 month old) was consuming six to seven bottles of milk per day in addition to eating quite a bit of food. The grandmother, Yolanda, is the child's main caretaker as his mother works and is only home in the evenings. Yolanda was concerned about health and nutrition and knew quite a bit already. She is a health conscious person and tries to limit high fat and high sugar foods. The mother, however, likes junk food and brings it home and feeds it to her child. After the diet recall we discussed the child's calorie needs and recommendations for how to get what he needs using MyPyramid. Yolanda began to offer less milk to her grandchild and by the end of the program the child was only consuming 2 to 3 cups of milk per day. She started offering more water and less soda, too. And also began serving more in a cup, less in bottle. Yolanda's Behavior Checklist doesn't indicate many changes as she personally felt like she was already doing mostly healthy practices. She did say she learned better how to understand the food labels and the importance of offering a variety of vegetables and fruits. The challenge remains that the mother is the one doing the shopping, so Yolanda can't control very well the foods she brings home. The mother needs the classes, but she will not do them right now. The main success is that the child vastly lowered his caloric intake and this should help him grow into his weight.

After I took her to the Recreation Center, Maricela got a three month pass and has been going to exercise at least a few times a week!! She wasn't exercising at all before!

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Volunteers and Teachers throughout Utah

DWS and Food Stamp Offices