

CREATE BETTER HEALTH

2018 UTAH STATE UNIVERSITY FOOD \$ENSE SNAP-ED ANNUAL REPORT



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TABLE OF CONTENTS

SECTION A

Letter from Director.....	1
Utah's Need for SNAP-Ed.....	3
SNAP-Ed Comprehensive Programming in Utah.....	4
Utah SNAP-Ed at a Glance.....	5

SECTION B

Direct Education Adults.....	6
Create Better Health.....	7
Create Farm Fresh Food.....	9
Create Family Meals.....	11
Creaciones en la Cocina.....	13
Refugee Education.....	15
Direct Education Youth.....	17
Create MyPlate.....	18
Food, Fun and Reading.....	20
Policy, Systems, Environment (PSE).....	22
Thumbs Up Food Pantries.....	23
Thumbs Up Retail.....	25
Hunger Solutions Institute.....	27
Social Marketing.....	29
Create Family Mealtime.....	30
Create an Active Winter.....	31
Eat Farm Fresh.....	32
Indirect Contact/Social Media.....	33
Social Media.....	34
IGP Newsletter.....	35
Indirect Education.....	36
Internal Support Areas.....	37
Collaborations and Partnerships.....	38
Trainings.....	40
Stakeholder Luncheon.....	41
NEA Trainers.....	42
New Hire Trainings.....	43
National Nutrition Certification Program.....	44
Journal Articles.....	46
Conference Proceedings.....	47
Awards.....	48

SECTION C

Special Thanks.....	49
Find Utah SNAP-Ed Here.....	50
Third Parties Speak - Voices of SNAP-Ed.....	51
2018 Highlights of Utah's SNAP-Ed Program.....	52

LETTER FROM DIRECTOR

Dear Friends,

Thank you for making 2018 another remarkable year for the Utah State University Supplemental Nutrition Assistance Program-Education (SNAP-Ed), other known as Food \$ense. This year marked 21 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 reach and impact through our comprehensive approach to obesity and chronic disease prevention. This report provides readers with insights into the Food \$ense (SNAP-Ed) program and its outcomes and impacts. The numbers and narratives show the impact we are making on the SNAP-Ed target audience and doing it efficiently with excellent management of funds. A few of the highlights for SNAP-Ed 2018 include:



As a result of participating in Create Better Health classes:

- 80% reported an intent to increase frequency of family mealtime
- 80% reported an intent to improve food resource management
- 74% reported an intent to consume a variety of fruits and vegetables daily

6-months after participating in classes, adult participants:

- 66% reported an increase in using MyPlate to make food choices.
- 61% reported an increase in consuming at least 2 ½ to 3 cups of vegetables daily



After participating in Create MyPlate classes, parents of youth reported:

- 78% reported an increase in youth's fruit and vegetable intake
- 54% reported an increase in youth's whole grain intake

LETTER FROM DIRECTOR



POLICY,
SYSTEMS AND
ENVIRONMENT
STRATEGIES

Create Healthy Pantries:

- 22 pantries implemented the Thumbs Up for Healthy Choices nudge program to improve visibility and appeal of healthy choices.
- 11 food pantries provided fresh produce in their offerings.
- 9 pantries improved the layout or display of food to encourage healthy selections.

Hunger Solutions Institute (HSI):

- Brought a Campus Kitchen to Utah State University
- HSI's R401 was submitted to USU's Provost Office

Utah State University Food \$ense (SNAP-Ed) is a vital program for low-income Utahns, helping individuals develop life skills that help them decrease their risk of obesity and chronic diseases while also creating communities where healthy choices are more accessible. Thank you for being part of Utah's SNAP-Ed program. We look forward to the opportunity to continue to provide excellent programming throughout our state.

Sincerely,

Heidi LeBlanc
Food \$ense (SNAP-Ed) Director

UTAH'S NEED FOR SNAP-ED

MORE THAN A NUMBER REAL PEOPLE, REAL NEEDS

18-27% of Utah children are food insecure and experience overweight/ obesity more than their middle and high income peers.

(Feeding America, 2014)

27-49% of female-headed households live in poverty.

(Community Action Partnership of Utah, 2015)

More than **1 in 4** Utah Hispanics are considered obese & **nearly half** will develop type 2 diabetes in their lifetime.

(Trust for America's Health, 2015; CDC, 2014)

35% of Utah adults are considered overweight/ obese as a result of poor nutrition and physical activity habits.

(CDC, 2015)

UTAH STATE UNIVERSITY'S APPROACH

1

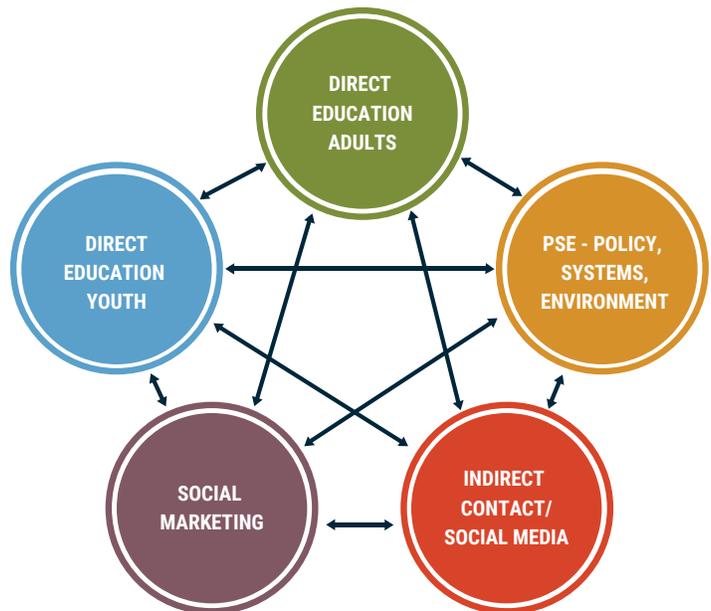
Provide strategies and interventions along with other health promotion efforts, to help the SNAP-Ed target audience establish healthy eating habits and a physically active lifestyle.

2

Primary prevention of disease to teach the SNAP-Ed target audience of the risk factors for nutrition-related chronic disease, such as obesity. Also, to prevent and postpone the onset of disease by establishing healthier eating habits and being more physically active.

COMPREHENSIVE PROGRAMMING HOW IT ALL WORKS

In Utah, we have provided many innovative practices to meet the guidance given through Food and Nutrition Services (FNS). Multiple approaches include: 1) individual, group, and family nutrition education and physical activity promotion in addition to related interventions; 2) comprehensive, multi-level interventions in environmental settings; and 3) community and public health approaches that reach a large segment of the population. The chart to the right demonstrates the interconnection needed to host a comprehensive program.



SNAP-ED COMPREHENSIVE PROGRAMMING IN UTAH



UTAH SNAP-ED AT A GLANCE

ORGANIZATION OF SNAP-ED IN UTAH

\$1,500,00
ANNUALLY

Towards SNAP-Ed funding.

Implemented in
29 COUNTIES

Counties with small target audiences depend on online education, but may attend classes in a neighboring county or request classes to be taught in their own county.



Logan, Utah

The State Implementing Agency (SIA) is Utah State University, Extension/Nutrition, Dietetics and Food Sciences Food \$ense program.

Salt Lake City, Utah

Utah Department of Workforce Services (DWS) is the State Agency overseeing the SNAP-Ed program.

THE ISSUES ADDRESSED BY UTAH'S SNAP-ED PROGRAM



HUNGER

14% of Utah's are food insecure (FRAC, 2014).



POVERTY

12.7% of Utah's live in poverty (FRAC, 2014).



UNEMPLOYMENT & WORKING POOR

3.8% of Utah's are unemployed. **83%** of low-income families are considered working poor (US Bureau of Labor Statistics, NCCP, 2014).



OBESITY & CHRONIC DISEASE

Persons faced with hunger, poverty, and/or unemployment are at increased risk for obesity, diabetes, and high blood pressure.

Hunger, poverty, obesity, and chronic diseases are represented in every demographic group in Utah; however children, Hispanics, and single-female headed households experience these at disproportionately higher rates.



**DIRECT
EDUCATION
ADULTS**

CREATE BETTER HEALTH

The *Create Better Health* curriculum is designed to teach adult SNAP-Ed participants how to eat well and be active on a budget. CBH was developed and evaluated by a team of SNAP-Ed program specialists, registered dietitians, and Utah State University Extension nutrition faculty.

GOALS

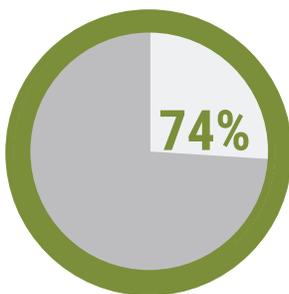
Participants will increase food security and make healthy food choices within a limited budget and choose physically active lifestyles consistent with current recommendations.

EVALUATION

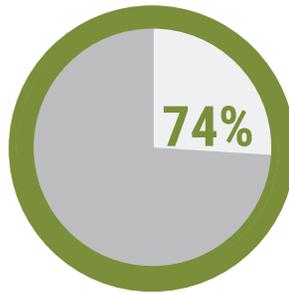
All participants in Create Better Health classes were asked to fill out a retrospective post-pre survey during each Create Better Health class. Participants could also sign up to receive a follow-up survey 6-months and 1-year after completing Create Better Health classes.

RESULTS

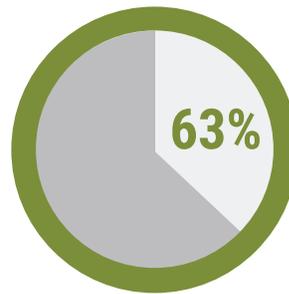
AFTER PARTICIPATING IN A FOOD \$ENSE CLASS,



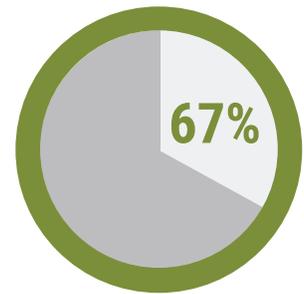
Reported an intent to choose a variety of foods based on MyPlate.



Reported an intent to eat a variety of fruits and vegetables daily.



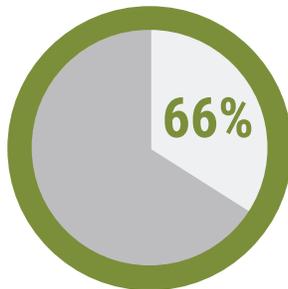
Reported an intent to be physically active at least 30 minutes, 5 days a week.



Reported an intent to stretch food dollars to last the month.

CREATE BETTER HEALTH

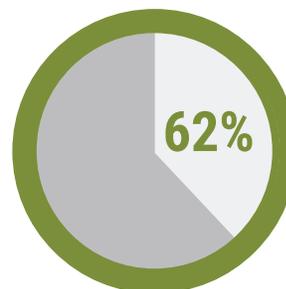
6 MONTHS AFTER PARTICIPATING IN FOOD \$ENSE CLASSES,



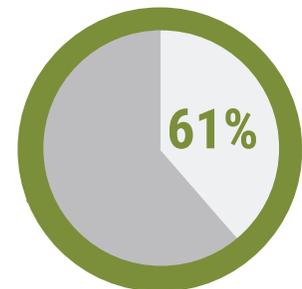
Reported an increase in using MyPlate to make food choices.



Reported an increase in eating $\frac{1}{2}$ to 3 cups of vegetables daily.



Reported an increase in eating at least 2 cups of fruit daily.



Reported an increase in choosing and preparing healthy food for their families on a budget.

— EVIDENCE-BASED —

Savoie-Roskos, M., Coombs, C., Neid-Avila, J., Chipman, J., Nelson, S., Rowley, L., & LeBlanc, H. (2019). *Create Better Health: A Practical Approach to Improving Cooking Skills and Food Security*, 51(1), 116-120. doi.org/10.1016/j.jneb.2018.10.006.

— POINT OF CONTACT —

Heidi LeBlanc, Casey Coombs & Leslie Rowley



CREATE FARM FRESH FOOD

Create Farm Fresh Food is taught as a 4-class series, incorporated into the *Create Better Health* lessons. Each week, participants gain the knowledge and skills necessary to take advantage of what Utah's farmers' markets have to offer.

GOALS

Increase SNAP participants' use of local farmers' markets and fruit and vegetable consumption.

EVALUATION

Outcome evaluation was conducted through a survey distributed during each *Create Farm Fresh Food* class. **229** people participated in a *Create Farm Fresh Food* class during 2018.

RESULTS

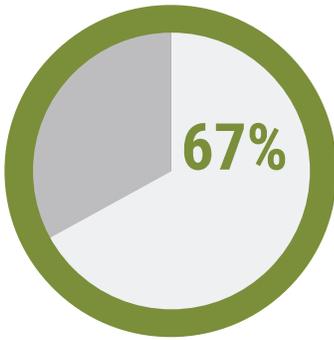
AFTER PARTICIPATING IN >1 CREATE FARM FRESH FOOD CLASS

- 64%** Reported an increase in "other" vegetable intake (i.e. tomatoes, lettuce, eggplant, etc.)
- 57%** Reported an increase in fruit intake
- 50%** Reported an increase in dark green vegetable intake
- 43%** Reported an increase in orange vegetables and beans/legumes



CREATE FARM FRESH FOOD

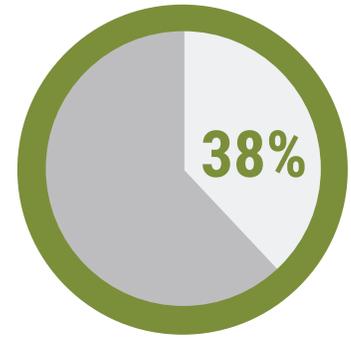
AFTER PARTICIPATING IN >1 CREATE FARM FRESH FOOD CLASS



Tasted new
produce



Purchased more fruits
& vegetables



Purchased new fruits
& vegetables

— EVIDENCE-BASED —

A research poster was presented at the Utah Academy of Nutrition and Dietetics, *Influencing Nutrition and Shopping Behaviors through the Create Farm Fresh Food Series.*

Winner of the UAND Undergraduate Research of the Year Award

— POINT OF CONTACT —

Casey Coombs, Heidi LeBlanc



CREATE FAMILY MEALS

The Create Family Meals is a curriculum intended to give family members a hands-on experience in planning nutritious and delicious meals, as well as improving their cooking skills, and spending time together as a family.

GOALS

Improve eating patterns, increase physical activity, and encourage regular family meals.

EVALUATION

Adult participants in CFM classes were asked to fill out a retrospective post-pre survey during each class. Participants could also sign up to receive a follow-up survey 6-months and 1-year after completing CFM classes.

RESULTS

138 TOTAL PARTICIPANTS

Families are encouraged to attend together



CLASS DETAILS

Classes typically last 1.5-2 hours. Class series may have 1-5 different classes.



CLASSES TAUGHT HERE

Community Organizations
Family Resource Centers
Extension Offices
Public Schools



CREATE FAMILY MEALS

SUCCESS STORIES

"We have started to help at dinner time as a family, **I cannot tell you how much it has helped me as a mom to have my family in the kitchen with me helping to get it done.** We have done this since our first class with family meal time. At first it was hard to have them all under my feet in the kitchen, but as the dinners went on, we got better at it."

- Food \$ense SNAP-Ed Participant

"This class has helped my family and myself to **see how important having dinner together is.** We have enjoyed taking the class and have learned a lot from it. I hope you can keep teaching it to others. Thank you!"

- Food \$ense SNAP-Ed Participant

"My family does not eat vegetables. My mom told our family that **we are going to start adding vegetables to our meals** and tonight is the first night that we would eat a vegetable with our dinner."

- Food \$ense SNAP-Ed Participant



Family preparing homemade pizza together during a class.

POINT OF CONTACT

Casey Coombs, Heidi LeBlanc, Leslie Rowley

CREACIONES EN LA COCINA

The *Creaciones en la Cocina* curriculum is a culturally adapted curriculum written in Spanish based on the *Create Family Meals* curriculum.

GOALS

Participants will gain the skills needed to improve healthy eating patterns, increase physical activity and engage in regular family meals.

EVALUATION

Adult participants were asked to fill out a retrospective post-pre-survey during each class. Participants could also sign up to receive a follow-up survey 6-months and 1-year after completing the series.

RESULTS

161 TOTAL PARTICIPANTS

Families are encouraged to attend together



CLASSES TAUGHT HERE

Community Organizations
Faith-Based Centers
Recreation Centers
WIC Clinics



CLASS DETAILS

Classes typically last 1.5-2 hours. Class series may have 1-5 different classes.



CREACIONES EN LA COCINA

SUCCESS STORIES



A nutrition educator serving food samples at a Creaciones en la Cocina class.

"I always demonstrate a new recipe and we always discuss ways this recipe can be incorporated to their daily menu. The people always amazing me with their new recipe creations! **They are very creative and always come out with new ideas to incorporate new vegetables or other ingredients that make the meal different and yummy.** I am very pleased with this group and all the ideas that they share with me. It really makes me feel that our program is doing what it's supposed to do and that **we are making a difference in people's lives.**"

-Food \$ense Nutrition Educator

I felt very happy when participants in this series of classes told me about how they put in practice the recipes that I share with them and how their families love them all. One participant told me she likes to cook the taco soup because is easy to make and her family loves it. They always ask her what new recipe she has learned. The participants also told me how **they like to eat fruits and vegetables now** that they know the benefits of them. They have learned a lot about MyPlate and the five important groups they need to eat every day in order to be healthy and happy. In the last class they were very thankful for the classes and all they have learned. They want to continue next year!

-Food \$ense Nutrition Educator

POINT OF CONTACT

Casey Coombs, Heidi LeBlanc, Celina Wille, Leslie Rowley

REFUGEE EDUCATION

Recently resettled refugees from over 30 countries in Salt Lake County are taught the Food \$ense Create Better Health program in English to facilitate language exposure as requested by partnering agencies and participants.

GOALS

Provide knowledge and skills to refugees to improve access to healthy foods on a limited budget in a new environment.

EVALUATION

This program was evaluated using success stories by course outline review and by participants verbally sharing behavior change examples.

RESULTS

176 CLASSES

2 series of 11 classes

3,300 CLASS CONTACTS

150 refugees receiving
22 lessons each

8 PARTNERING AGENCIES

- Latter-Day Saint (LDS) Humanitarian Center
- Granite School District
- Utah Department of Workforce Services
- International Rescue Committee
- Asian Association's Refugee and Immigrant Center
- Sunnyside Neighborhood Community Center
- Granite Peaks Learning Center

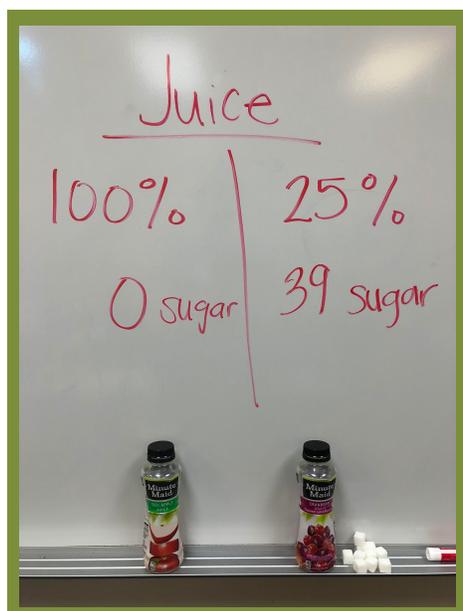
SUCCESS STORIES

"After learning about the importance of physical activity, a woman in the highest level English-learning class at LDS Humanitarian Center expressed she started exercising regularly at home. **She gets her children to exercise with her and together they go on a 20-30 minute walk daily and do pushups together.**"

- Food \$ense Nutrition Educator



REFUGEE EDUCATION



"During a lesson on smart beverages, the educator used sugar cubes to show how much added sugar food products had in them. The displays showed how much sugar was in soda, cookies, cereal and flavored yogurt. **The best part was when class was shown how much sugar were in two juice containers (of the same brand) one that was 100% juice and one that was 25% juice.** The 100% juice had no added sugar, the other had 39 g of added sugar **(as much as the soda)! The class was shocked and amazed.** It made a really good impact on them about how important it is to read the label. It was pointed out to them that the pictures on the labels looked the same (they were both beautiful pictures that made the product look healthy) but then when you read the label, you can see how different they are."

- Food \$ense Nutrition Educator

"During a dairy lesson to the advanced level English class at LDS Humanitarian Center, the students were very engaged. Many questions were asked about low-fat options, what to drink if you can't drink cow's milk, differences between almond, coconut and cows milk, whether small children should drink whole milk or chocolate milk, and how to teach moderation for children drinking milk. **It was a very engaged discussion; it was easy to see the students were getting the concepts and were trying to apply them to their lives.**"

- Food \$ense Nutrition Educator

"During a review of the previous food safety class, where they were taught "clean, separate, cook and chill (with coordinating hand motions)," all the students in the beginning reader English class at LDS Humanitarian Center repeated on their own the 4 hand motions. **They showed they were engaged, learned, and retained the information from the previous week.**"

- Food \$ense Nutrition Educator

POINT OF CONTACT

Casey Coombs, Heidi LeBlanc, Melanie Jewkes, Kaitlin Waters



**DIRECT
EDUCATION
YOUTH**

CREATE MYPLATE

Create MyPlate is a curriculum designed for elementary-aged children. *Create MyPlate* includes research-based USDA MyPlate information, physical activities, visuals, take home activities, and a fun game called “MyPlate Mania.”

GOALS

Practice good hand-washing techniques, make healthy food choices and choose physically active lifestyles.

EVALUATION

A link to a parent/guardian survey is sent home with all youth who participated in a Create MyPlate series.

RESULTS

SUCCESS STORIES

"I am a new parent, a single parent. Sometimes I struggle with coming up with new ideas on how to interact with my little one so that they will stay interested in what we are doing together. So far, already, **this program has given me healthy ideas to do as a family and I just love the creative snack ideas we can build together.** Thank you for taking the time to help me be a better, more involved parent."

- Food \$ense SNAP-Ed Participant



A nutrition educator teaching the Create MyPlate series at a local school.

"The other morning **my boys told me that they didn't have anything from the vegetable group on their plate** so I gave them a few carrots to go with their breakfast."

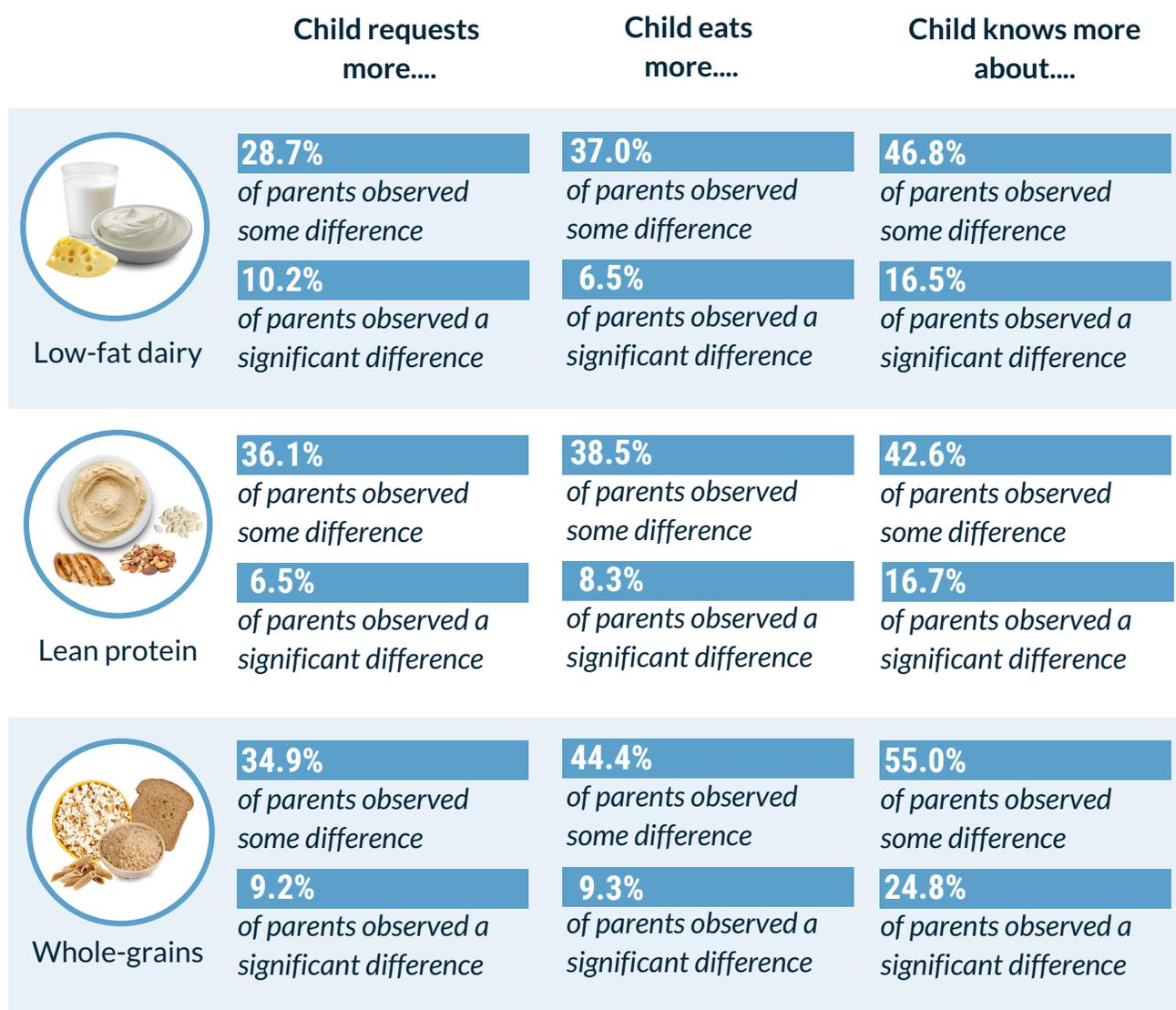
- Food \$ense SNAP-Ed Participant



CREATE MYPLATE

Observed changes in youth diets

Parents of youth participants reported positive differences they observed in their child's diet as a result of attending the Create MyPlate classes.



POINT OF CONTACT

Casey Coombs, Heidi LeBlanc, Darlene Christensen, Leslie Rowley

FOOD, FUN & READING

Food, Fun & Reading is a nutrition and physical activity preschool curriculum based on USDA MyPlate guidelines. Each series is composed of six lessons. Lessons are taught by reading a related children's storybook, making a healthy snack, and doing a fun physical activity.

GOALS

Teach children about USDA's MyPlate and how to identify nutritious foods that fit into each food group. Children will understand why eating foods from each group is healthy.

EVALUATION

Paper-based pre and post surveys were given to children prior to attending the first class and after attending the sixth class. In all locations, regardless of whether or not parents were present, parents had the option to complete a retrospective post-then-pre survey after the completion of the sixth class, either via a paper-based survey or an online Qualtrics survey. In addition, a qualitative feedback form was given to NEAs who piloted the program, which asked for instructor feedback regarding each of the six lessons.

RESULTS

552 TOTAL PARTICIPANTS

Parents are encouraged to participate with children



CLASSES TAUGHT IN 13 LOCATIONS

Public Libraries
 USU Extension Offices
 Community Centers
 Health Departments



TAUGHT IN 8 COUNTIES

Cache, Carbon, Davis, Kane, Millard, Salt Lake, Tooele, Utah




FOOD, FUN & READING

YOUTH SURVEYS

Children selected correct answers **68%** of the time on the pretest (n=84) and **84%** on the post-test (n=59).

PARENT SURVEYS

Results show a **significant increase** in the frequency of children talking about healthy foods from MyPlate food groups and in the consumption of:



Vegetables
($p = 0.002$)



Whole Grains
($p = 0.014$)



Lean Proteins
($p = 0.035$)

after participating in the program lessons. There was also a **significant increase** in parents preparing healthy foods from the MyPlate food groups after program participation ($p < 0.005$).

EVIDENCE-BASED

One journal article is being prepared to submit:

Bingeman, B., Christensen, D., Rowley L., Savoie Roskos, M., LeBlanc, H. (Preparing for Submission). *Food, Fun, & Reading: Lessons learned from a pilot study evaluating a revised curriculum that uses storybooks to teach nutrition education to children. Journal of Nutrition Education and Behavior.*

POINT OF CONTACT

Casey Coombs, Heidi LeBlanc, Brittany Bingeman, Darlene Christensen, Leslie Rowley, Mateja Savoie Roskos



**POLICY,
SYSTEMS,
ENVIRONMENTS
(PSE)**

THUMBS UP FOOD PANTRIES

The Thumbs Up Food Pantries program strives to make the healthy choice, the easy choice for food pantry users through the use of shelf-talkers, recipe-in-a-bags, posters, and food demonstrations.

— GOALS —

To increase the visibility of healthy choices at Utah’s food pantries



— EVALUATION —

During FY 2018, Thumbs Up outcomes were measured by observing and tracking PSE changes implemented at the food pantries. Changes of interest included product availability, placement and promotion strategies that made healthier choices easier to make in pantries. Changes were tracked using an adapted version of the Oregon Food Bank Healthy Pantry Snapshot Assessment Tool. Additional changes not reflected on the assessment tool were also observed and reported in PEARS.

— CHANGES ADOPTED —



- 22 PANTRIES** Implemented the Thumbs Up for Healthy Choices program that uses shelf labels to identify healthy options
- 7 PANTRIES** Changed food donation or purchasing specifications toward healthier foods
- 9 PANTRIES** Improved appeal, layout or display of foods to encourage healthy and discourage unhealthy selections
- 11 PANTRIES** Included fresh produce in pantry offerings/edible gardens/collecting wholesome food to donate to charitable organizations
- 8 PANTRIES** Used of standardized, healthy recipes in prepackaged meal in a bag recipes
- 9 PANTRIES** Used posters, visual displays, taste testing, live demonstrations, audiovisuals celebrities, etc.

THUMBS UP FOOD PANTRIES

"[In a high school food pantry] we were able to implement the Thumbs Up toolkit, the **PTA parents and student volunteers have maintained the signs, organized shelves according to low sodium options, whole grain options and low fat dairy products.** Recipes have been placed to **create healthy meals with high supply pantry products** and have been taken home with clients." - Food \$ense NEA

"It's great to have the reminder [Thumbs Up]. **It makes healthy choices much easier,** especially if I have questions about the choices available." - Food Pantry Client

"Thumbs Up makes it **easy to locate** the food. I know by looking at Thumbs Up I will be getting a healthy choice." - Food Pantry Client

"The [food pantry] site has continued providing a variety of healthy options including a good selection of fresh produce, whole grains, low-sodium canned goods and special dietary need foods (gluten free, etc.). The Thumbs Up program has continued to **support healthy options in the pantry** and has continually provided multiple recipes for foods available in the pantry. More efforts have been added to promote clients to take healthier options by **increasing the amount and visibility of signage and healthy eating patterns tips around the pantry.** They have also been involved in healthy food drives and community garden donations to **increase the availability of healthy foods for clients.**" – Food \$ense NEA

— EVIDENCE-BASED

Two journal articles have been submitted for publication about the Thumbs Up for Healthy Choices program in food pantries.

Coombs, C., Savoie Roskos, M., LeBlanc, H. R., Gast, J. A., & Hendrickson, J. (Submitted). Understanding Food Pantry Users' Perception of Healthy Food Access in Pantries. *Journal of the National Extension Association of Family and Consumer Sciences.*

Coombs, C., Savoie Roskos, M., LeBlanc, H. R., Gast, J. A., & Hendrickson, J. (Submitted). Nudging Urban Food Pantry Users in Utah Toward Healthier Choices. *Health Promotion and Practice.*

— POINT OF CONTACT

Casey Coombs, Heidi LeBlanc

THUMBS UP RETAIL

The Thumbs Up for Retail Settings program aims to make the healthy choice, the easy choice for shoppers. Small corner stores in low-income areas are the target location for this initiative.

GOALS

To increase the visibility and appeal of healthy choices at Utah's small food stores



EVALUATION

The Thumbs Up program was implemented by SNAP-Ed in 2 retail settings during FY 2018. These two settings utilized the NYC Adopt-a-Shop assessment tool. The Utah Department of Health partnered with SNAP-Ed to implement the program in two additional stores. The assessment tool was not used by the Department of Health to track PSE changes.

CHANGES ADOPTED



- Increased awareness of the PSE change by the target audience - 1 store
- Used posters, visual displays, taste testing, live demonstrations to promote healthy choices - 1 store
- Change in food purchasing specification towards healthier food(s) - 1 store

From January 1 through March 30, 2018 2 stores in Weber and Salt Lake County reported a

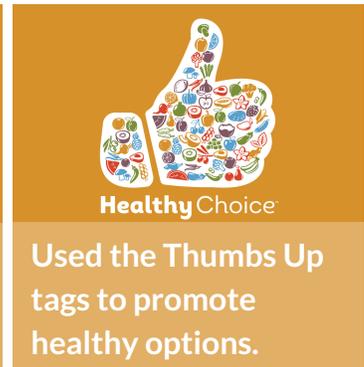
55% INCREASE

in sales of items marked with a Thumbs Up sign at a local grocery store.



THUMBS UP RETAIL

A partnership between SNAP-Ed and the Salt Lake County Health Department resulted in a small corner store that implemented the following changes:



SUCCESS STORIES

When market owner, Gildardo Anaya, describes his experience with making healthy changes in his store he says “**Customers are noticing and commenting on a system-wide signage throughout the store and are asking about it. We tell them it’s for good health.**” People are now picking up the items and looking at the information.

He also says “We have to educate the customers on their choices. There’s a lot of obesity and we have to do something to educate them.”

Mr. Anaya states that have seven stores from Brigham City to Park City and they are implementing it in all of their stores.

“Check stand two is open most of the day and gets the most traffic. I put some dried apples and dried mangos on there and I have to order every week. They used to just sit on the rack and in the store and I would have to order them like once a month and **now it’s something I order every week, and people notice if they are out.** Our staff have to restocks daily for many items. We have other sleeper items that are good healthy items, and you put them on the shelf in front of people and they realize it and it’s an impulse buy at the check stands!”

- Store Owner

POINT OF CONTACT

Casey Coombs, Heidi LeBlanc

HUNGER SOLUTIONS INSTITUTE

The Food \$ense (SNAP-Ed) program, a part of USU Extension received approval in Fall 2018 from the Utah Board of Regents to establish the Utah State University Hunger Solutions Institute (HSI). The HSI currently is not funded but seeking funding and incorporating effective ways to aggregate and disseminate best practices in fighting hunger, facilitate collaboration between existing agencies, and assist in creating an academic program (incorporating various academic disciplines) to help USU students learn about food insecurity and best practices to address it locally, regionally, and internationally.

The HSI is housed in the College of Agriculture and Applied Sciences in the Nutrition, Dietetics, and Food Science department, and is led by a group of USU faculty – including researchers, professors, and Extension educators. The interdisciplinary group of researchers are currently funded by federal, state, and private grants to conduct research on the causes, impacts, and solutions to food insecurity. Educators in Extension and higher education institutions who are involved in the HSI will utilize current research to educate students, the public, and key stakeholders on the best practices to alleviate hunger.

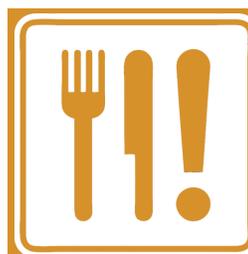
GOALS

- 1 Mobilize students to fight 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 security a priority

INITIATIVES

Supporting Best Practices

- Initiated the start-up of the Utah State University Campus Kitchens Project



THE
CAMPUS KITCHENSM
at UTAH STATE
UNIVERSITY

HUNGER SOLUTIONS INSTITUTE

Research

- Determined the prevalence of food insecurity among Utah State University students
- Shared integral research regarding hunger and food insecurity

Provide Learning Opportunities

- Developed 'Hunger Issues and Solutions' course for Utah State University students
- Created a 'Hunger and Food Security Studies' minor for Utah State University students

Collaborations & Partnerships

- Member of Presidents United to Solve Hunger (PUSH) Initiative
- Member of Universities Fighting World Hunger (UFWH) Initiative



EVIDENCE-BASED

One journal article is being prepared for submission:

Harrison, C., Savoie Roskos, M., LeBlanc, H., Hendrickson, J., Hawes, R., Barney, M., Doxey, J., Lieber, H. (Preparing for Submission). Food Insecurity Among College Students at a Western University. *Journal of Nutrition Education and Behavior*.

POINT OF CONTACT

Heidi LeBlanc, Mateja Savoie Roskos, Casey Coombs



**SOCIAL
MARKETING**

CREATE FAMILY MEALTIME

Create Family Mealtime is a social marketing initiative aimed at increasing awareness of the importance and benefits associated with family mealtimes, physical activity, and healthy food choices among SNAP-Ed eligible families.

- GOALS

The goal of Create Family Mealtime is to promote eating meals together as a family to SNAP-Ed eligible families by creating materials that address barriers to the behavior and encourage families to adopt the behavior.



- EVALUATION

Facebook and Instagram ads were targeted to adults whose accounts are associated with cities in Utah that have at least 50% of individuals who are at or below 185% of the federal poverty level according to census data. Bus ads were directed to routes with high populations of the SNAP-Ed eligible population. Other campaign activities were directed to more broad audiences (like television viewers) throughout the state of Utah. Outcome was measured by reach of the campaign as reported by professional marketing services. Results will be used to guide the 2019 campaign.

- RESULTS



The campaign reached **MORE THAN 60,845 PEOPLE.**

Campaign intervention materials were viewed **1,265,187 TIMES.**

The Create Family Mealtime social marketing campaign is gaining notoriety and has received additional support through in-kind donations. Campaign materials are shared through the Utah Department of Health at local health departments, events and WIC offices. For each radio ad that the program purchased in 2018, the station matched an additional ad for free.

- POINT OF CONTACT

LaCee Jimenez

CREATE AN ACTIVE WINTER

Create an Active Winter was designed to help SNAP-Ed eligible people overcome barriers to being active during the winter months. The campaign reinforced lessons on physical activity taught in the *Create Better Health* adult series.

GOALS

To encourage SNAP-Ed eligible people to be physically active during the winter months.

EVALUATION

Promotional materials were tested through a split test on Facebook that showed the highest rates of post engagement. Six ads were tested during three split tests.

RESULTS

- In 2018, **7,145 people** viewed the Create Better Health social marketing campaign.
- The promotional materials were **seen 19,686 times**.
- People **engaged** with the ads **1,469 times**.
- Facebook indicated that the three ads below were the most cost effective (least amount spent on advertising per post engagement).



- **\$0.49**/per engagement
- Most effective for men (ages 35-54)



- **\$0.49**/per engagement
- Popular amongst men (ages 24-34 and 45-54) and women (ages 34-54).



- **\$0.50**/per engagement
- Equally preferred among men and women (ages 35-44).

Data will be used to guide the 2019 campaign. We will focus on the images that performed well and will use the observational data to better impact specific segments of the target audience.

POINT OF CONTACT

LaCee Jimenez

EAT FARM FRESH

The goal of Eat Farm Fresh is to promote healthy behaviors taught in Create Farm Fresh Food classes and encourage SNAP recipients to use their EBT benefits to buy produce at the farmers' market.

GOALS

To encourage SNAP-Ed eligible people to eat more fruits and vegetables by shopping at local farmers' markets.

EVALUATION

Promotional materials were tested through a split test on Facebook. The purpose of the test was to determine which ads showed the highest rates of post engagement. A total of seven ads were tested during two split tests.

RESULTS

- In 2018, **19,788 people** viewed Eat Farm Fresh ads on Facebook and Instagram.
- The promotional materials were **seen 49,694 times**.
- People **engaged** with the ads **1,924 times**.
- The campaign reached more than **22,752 people**.
- Campaign intervention materials were viewed **229,390 times**.
- Facebook indicated that the three ads below were the most cost effective (least amount spent on advertising per post engagement).



- **\$0.50**/per engagement
- Most effective when viewed by women.



- **\$0.58**/per engagement
- Most effective when viewed by men.



- **\$0.59**/per engagement
- Equally preferred by men and women.

85% of participants in Create Better Health classes in locations where the social marketing campaign was run reported they intended to usually/always “eat a variety of fruits and vegetables daily” **compared to 77% of participants** of classes using the same curriculum in other locations throughout the state.

POINT OF CONTACT

LaCee Jimenez



**INDIRECT
CONTACT/
SOCIAL MEDIA**

SOCIAL MEDIA

The social media program aims to share information and tips from USDA Dietary Guidelines, MyPlate, and the Create Better Health curriculum by promoting SNAP-Ed concepts on mobile devices and websites via blogs, YouTube, Facebook, Twitter, Instagram, and Pinterest.

— GOALS — — EVALUATION —

Social media efforts aim to improve the visibility and appeal of nutritious foods and more physical activity.

During FY 2018, the social media program measured the number of people reached and the volume of messaging generated about SNAP-Ed efforts to influence consumer decisions.

— RESULTS —

 Statewide Social Media Outlets	Number of Messages	Number of Reach (Unique)
 Blogs	265	388,958
 Facebook	1,459	436,767
 Instagram	1,126	9,609
 Pinterest	--	316,389
 Twitter	4,208	179,186
 YouTube	41	2,160
County Social Media Outlets	Number of Messages	Number of Reach (Unique)
 Facebook	--	417,866

— SUCCESS STORIES —

"I had a woman send me a direct message and tell me **thank you for posting quick and easy recipes**. She told me **it helps to take the stress out of cooking** when the recipes are easy and quick to make. It's a bonus that they are healthy, too!" - Food \$ense (SNAP-Ed) Social Media NEA

"**I'm trying**. I've been wearing my fit bit and it motivated me to take more steps during the day. I'm gradually getting my numbers up!" - Posted SNAP-Ed Participant and Follower

"**I got a mention** from Snap Ed Connection this month that is the national headquarters for SNAP Ed with over 8,000 followers!" - Food \$ense (SNAP-Ed) Social Media NEA

— POINT OF CONTACT —

Jocelin Gibson

IGP NEWSLETTER

The Intergenerational Poverty Newsletter (Eat Well Utah) is sent to a list of intergenerational poverty families residing in Utah. This newsletter distributes SNAP-Ed concepts, promotes healthy lifestyle choices, and markets local Food \$ense events to letter recipients.

GOALS

To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with current recommendations.

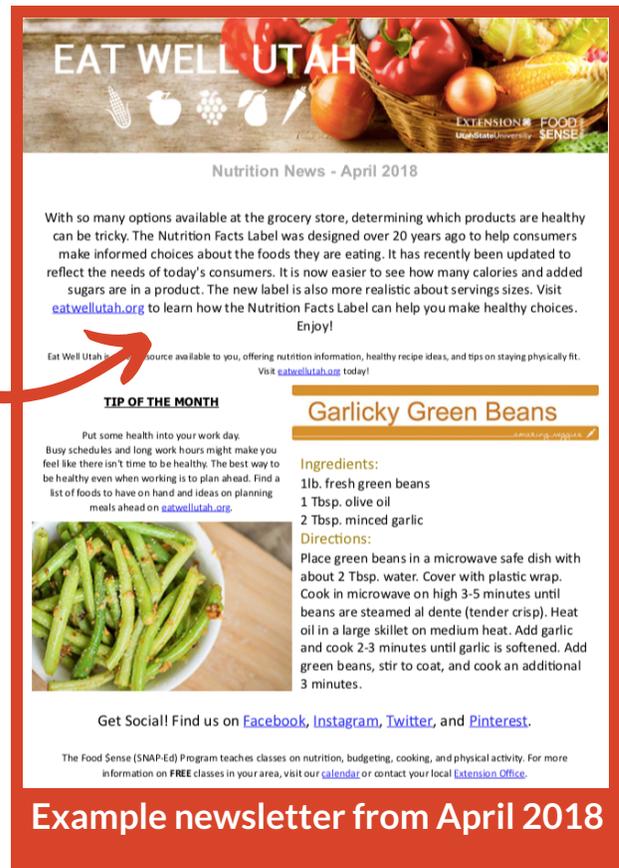
EVALUATION

During FY 2018, the IGP Newsletter program measured the number of people reached and the volume of messaging generated about SNAP-Ed efforts to influence consumer decisions.

RESULTS

There are two sets of newsletter recipients. The IGP list is a collection of names provided to Food \$ense by the Utah Department of Workforce services. This list includes emails for the heads of household for families who meet the definition of intergenerational poverty. The second set of names are gathered by NEAs at live Food \$ense classes and events. An example newsletter is shown here.

Recipient Source	Emails Sent	Email Recipients
IGP List from Department of Workforce Services	11	682,966
Participant List / Eat Well Utah Subscriptions	122	11,065
Total for FY 2018	133	694,031



POINT OF CONTACT

Jocelin Gibson

INDIRECT EDUCATION

Indirect education efforts support all other program areas by recruiting for classes, strengthening partnerships, and disseminating brief educational messages.

GOALS

Increase class participation, develop and maintain partnerships to support PSE interventions, and support educational messages that promote behavior change.

EVALUATION

An estimated value of persons reached by each intervention is used to evaluate these efforts.

RESULTS

Examples of indirect education efforts include educational booths at farmers' markets and community events, distribution of hard copy educational materials, billboards, bus wraps, social media, and radio public service announcements.



5,541,045
TOTAL REACH

SUCCESS STORIES

“For three years in a row we have had a booth at the Ogden Regional Medical Centers Health Fair. This year we highlighted Create a Salad. There was a quiz, know your greens, displays and samples of the Thai Noodle Salad. **One woman came up and said that she was using all the advice that I had given her last year.** Our booth last year highlighted herbs and using them to pump up flavor to reduce sodium and fats in our diets. **I thought it was great that she was using our information a year later!**” -Weber County NEA

POINT OF CONTACT

LaCee Jimenez



**INTERNAL
SUPPORT
AREAS**

COLLABORATIONS & PARTNERSHIPS

USU Food \$ense (SNAP-Ed) seeks to collaborate and partner with agencies and organizations that enhance and expand the efforts of the SNAP-Ed program and mission.

GOALS

To develop and maintain effective partnerships with organizations that promote, enhance, and expand the efforts of the Food \$ense program.



RESULTS

TOP STATEWIDE PARTNERSHIPS

Department of Workforce Services

Utah State University Extension

Utah State University Nutrition, Dietetics and Food Sciences Department

Utah Department of Health

Utah School Board of Education

Child Nutrition Program

TOP LOCAL PARTNERSHIP SITES

Schools (K-12)

Food Pantries

Human Service Organizations

Government Programs/Agencies

Early Care & Education Facilities

TOP STATEWIDE COALITIONS

State Nutrition Action Coalition (SNAC)

Utah Breakfast Expansion Team (UBET)

Utah Produce Initiative Collaborative (UPIC)

Hunger Solutions Institute (HSI)

TOP REGIONAL COALITIONS

Healthy Kane County Coalition

Northern Utah Food Pantry Alliance

Everyone at the Table (EAT)

Davis 4 Health Obesity Workgroup

East Millard Coalition

COLLABORATIONS & PARTNERSHIPS

SNAC HIGHLIGHTS

Utah’s SNAC group continues to work together to improve nutrition access for all Utahns. The group meets quarterly to identify statewide needs, foster partnerships, and share resources. During 2018, SNAC included representatives from:

- SNAP-Ed
- Department of Workforce Services
- EFNEP
- Get Healthy Utah
- Utah State University Extension
- Utah State University Dietetic Internship
- Utah Department of Health
- Utahns Against Hunger
- WIC



RESULTS OF SNAC PARTNERSHIP:

- Utah’s Breakfast Expansion Team (UBET) which works to increase participation in the School Breakfast Program to ensure more students start their day with a healthy breakfast.
- Support and promotion of the Double Up Food Bucks farmers’ market incentive program.
- Healthy retail initiatives making the healthy choice the easy choice in small retail settings.
- Provision of nutrition and food budgeting education to families in a cycle of intergenerational poverty.



2018 MARKETING COMPETITION

SNAC coordinated a Fruit and Vegetable Marketing Competition for students at 3 Utah universities. Students were challenged to create marketing materials promoting the consumption of fruits and vegetables. Using the Utah Health Values Study, teams identified a target audience and created messaging that would appeal to their health values. The winning team’s materials are available for use by any SNAC member and have been used by Utah Department of Health to promote fruit and vegetable consumption during National Nutrition Month.



EVIDENCE-BASED

Starting the Day Right II: UBET 2018 Breakfast Report, State Nutrition Action Coalition.

POINT OF CONTACT

Heidi LeBlanc, Casey Coombs

TRAININGS

Employee trainings are an integral part of SNAP-Ed programming. Trainings include Statewide Staff Meetings, Supervisor Meetings, NEA Regional Trainings, Inservice, and Annual Conference.

GOALS

The goals of these trainings are to provide instruction to NEAs and their Supervisors about policies, changes, and best practices in the SNAP-Ed programming.

EVALUATION

Employee attendance at all meetings and trainings are recorded.



RESULTS

STATEWIDE STAFF MEETINGS

**11 TRAININGS
DURING FY 2018**

**38 ATTENDEES
PER TRAINING**

SUPERVISOR MEETINGS

**5 TRAININGS
DURING FY 2018**

**18 ATTENDEES PER
TRAINING**

INSERVICE

**7 TRAININGS
DURING FY 2018**

**41 ATTENDEES
PER TRAINING**

NEA TRAININGS & ANNUAL CONFERENCE

Counties in Utah were divided into four regions. Trainings were held quarterly in each of these regions. The last of these trainings was included in a 2-day Annual Conference for all Food \$ense staff.

JANUARY

67 ATTENDEES

Focused on:

- Office basics
- Teacher Training
- Target population
- Federal Grants
- Planning
- Networking

APRIL

52 ATTENDEES

Focused on:

- Eligibility
- Teacher Training
- Summer Programming
- Social Media

JULY

51 ATTENDEES

Focused on:

- PSE Training
- Learning Activities
- Recipe Guidelines
- Training Review Activity

ANNUAL CONFERENCE

79 ATTENDEES

Focused on:

- Program Highlights
- Protocol Manual
- Program Curriculum
- Program Activities
- Evaluation Tools
- Managerial Business
- Finding Balance

POINT OF CONTACT

Amanda Chesborough, Jocelin Gibson, Kristi Strongo, Marcia Gertge

STAKEHOLDER LUNCHEON

During the Annual Training Conference, federal delegation staff are invited for a SNAP-Ed update. USU administrators also attend to present the impact of Food \$ense in Utah for the SNAP-Ed population and for the USU.

GOALS

Educate policy makers about program impacts, provide program accountability to Utah's US Senators and Congressional Representatives, and boost staff morale by celebrating their work during the previous year.

RESULTS

ATTENDEE BREAKDOWN

Stakeholders: 5
 Department of Workforce Services: 2
 Utah State University Representatives: 2
 Food \$ense (SNAP-Ed) State Office Staff: 9
 Food \$ense (SNAP-Ed) Supervisors: 20
 Food \$ense (SNAP-Ed) NEAs: 41

79 TOTAL ATTENDEES



SUCCESS STORIES

(Referring to a class that she observed earlier that year) “Not only were really good nutritional habits being touted, but also good parenting was being modeled...I think that all the things that were taught and modeled [in the class] are very good for families and affect children in such a meaningful way...We really do believe in the educational process that’s happening with Food \$ense SNAP-Ed.” - Rhonda Perkes, Congressman Stewart’s Office

“...the most beneficial part of the conference for me was hearing firsthand from NEA staff about their personal experiences and successes working with participants of your various programs. Each NEA staffer who spoke did so with enthusiasm and love for the work they do and the people they serve and they are a testament to the success and value of Food \$ense SNAP-ED.” - Nathan Jackson, Senator Hatch’s Office

POINT OF CONTACT

LaCee Jimenez

NEA TRAINERS

Food \$ense (SNAP-Ed) Program trainers act as a liaison between the Utah SNAP-Ed state office, SNAP-Ed supervisors and NEAs. They plan and hold regional trainings for statewide staff, observe nutrition education assistants annually and assist in the monitoring of policy, systems & environmental strategies statewide.

GOALS

- Ensure program fidelity
- Assist in training of new NEAs
- Help train & support of Supervisors
- Plan and host Regional Trainings
- Observe & evaluate NEA work

EVALUATION

Online surveys were sent to NEAs following the January and April Regional Trainings to evaluate the effectiveness of the topics covered during each training. NEAs were also asked to identify future topics of interest for NEA Trainers to cover.

RESULTS

BENEFICIAL TOPICS COVERED IN TRAINING

- 100%** found the *Teaching/Lesson Demonstration* very/extremely beneficial to their work.
- 81%** found *Federal Grants: Why we do what we do* very/extremely beneficial to their work.
- 78%** found the *Indirect Booth Instruction* very/extremely beneficial to their work.
- 74%** found *Understanding the Target Population* very/extremely beneficial to their work.
- 74%** found the *Networking Discussion* very/extremely beneficial to their work.
- 72%** found the **Overall Training** very/extremely beneficial to their work.

"Kristi and Marcia are so amazing. They are truly helping us in the counties. Thank you for all your hard work and for meeting us on-site."
-Training Attendee

"I love the idea of regional trainings. It's nice to get a chance to meet other people that do the same work and have new ideas and perspective. It also keeps us all on the same page, which is handy."
-Training Attendee

"This training meeting made me really excited for the summer and what Food Sense is involved in."
-Training Attendee

POINT OF CONTACT

Kristi Strongo, Marcia Gertge

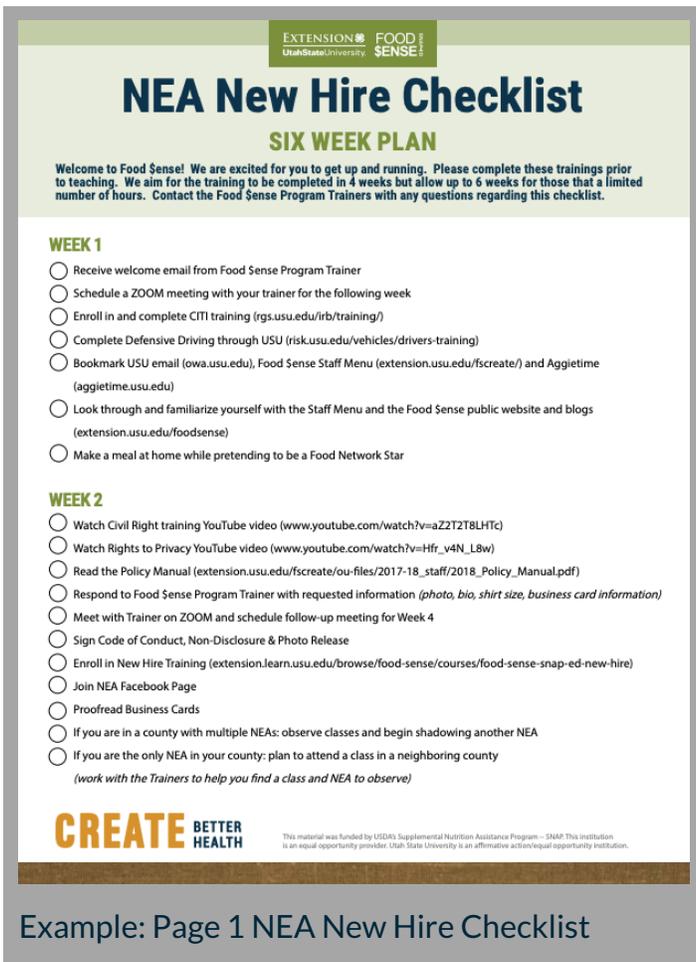
NEW HIRE TRAININGS

A new hire training schedule and checklist were created and implemented toward the end of the fiscal year. This made onboarding occur smoother between the state office, supervisors and NEAs. It outlines a time frame and order for which trainings should be done. It also specifies different roles for the supervisors and program trainers and helps keep certification dates recorded at the state office.

GOALS

Provide comprehensive training to assure a smooth transition for newly hired Food \$ense employees.

RESULTS



Example: Page 1 NEA New Hire Checklist

25

New NEA's were hired during FY 2018.



POINT OF CONTACT

Kristi Strongo, Marcia Gertge

NATIONAL NUTRITION CERTIFICATION PROGRAM (NNCP)

The NNCP program teaches nutrition and physical activity (based on the USDA Dietary Guidelines and MyPlate) to paraprofessionals nationwide. Topics include: basic nutrition, vitamins, minerals, menu planning, food safety, physical activity, chronic diseases, childhood nutrition, and the art of teaching.

— GOALS —

The overall goal of the NNCP program is to increase nutrition knowledge and teaching skills of paraprofessional nutrition educators.

— EVALUATION —

Course participants must pass each end-of-section quiz before moving on to the next lesson. The course ends with a final exam of 100 questions. The course participant must receive 80% or higher in order to earn the NNCP Certificate of Completion.

— RESULTS —

MAJOR AGENCIES TRAINED BY NNCP

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Expanded Food and Nutrition Education Program (EFNEP)

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Head Start

Cooperative Extension

Department of Public Health

Tribal Government Health

Community Health Programs

Food Pantries

Job Corps

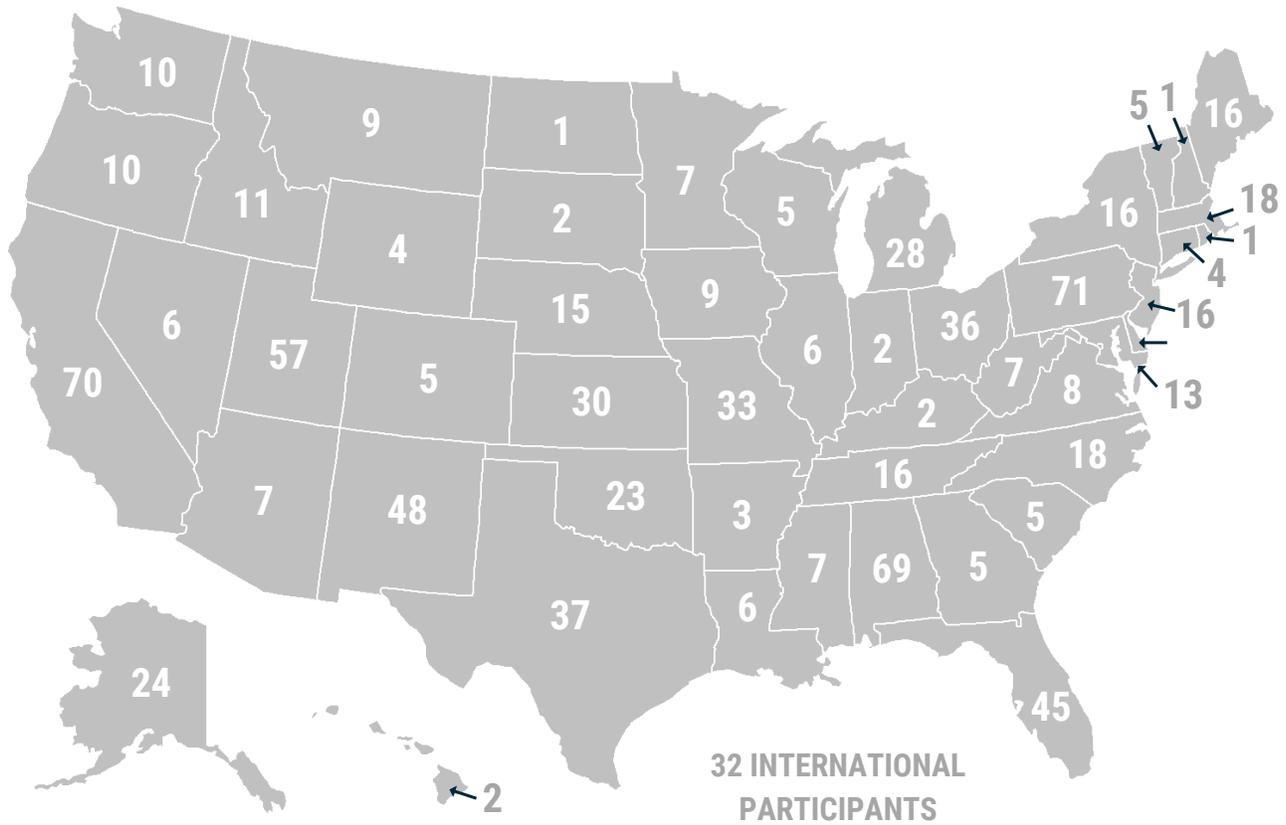
Ameri Corps

Hospitals

Medical Centers

NATIONAL NUTRITION CERTIFICATION PROGRAM (NNCP)

PARTICIPANT TOTALS BY STATE



1,158 students enrolled in the NNCP Program during the 2017-18 grant year.

- EVIDENCE-BASED -

Christofferson, D., Christensen, N. K., LeBlanc, H. R., Bunch, M. (2012). Developing an Online Certification Program for Nutrition Education Assistants. Society of Nutrition Education and Behavior, 44(5), 407-414.

- POINT OF CONTACT -

Jocelin Gibson

JOURNAL ARTICLES

PUBLISHED

Savoie Roskos, M., DeWitt, K., & Coombs, C. (2018, June). Changes in Nutrition Education: A Policy, Systems, and Environmental Approach. *Journal of Nutrition Education and Behavior*, 50(5), 431.

Savoie Roskos, M., LeBlanc, H. R., Coombs, C., Garrity, K., & Jimenez, L. (2018, February). Determining the Effectiveness of the SNAP-Ed Creates Curriculum. *Journal of the National Extension Association of Family and Consumer Sciences*.

Savoie-Roskos, M., Wengreen, H., & Durward, C. (2017). Increasing Fruit and Vegetable Intake Among Children and Youth Through Gardening-Based Interventions: A Systematic Review. *Journal of the Academy of Nutrition and Dietetics*. 117(2), 240-250.
doi.org/10.1016/j.jand.2016.10.014

Savoie Roskos, M., Wengreen, H., Gast, J. A., LeBlanc, H. R., & Durward, C. (2017, November). Understanding the experiences of low-income individuals receiving farmers' market incentives in the United States: A qualitative study. *Health Promotion Practice*, 18(6), 869-878.

SUBMITTED

Coombs, C., Savoie Roskos, M., LeBlanc, H. R., Gast, J. A., & Hendrickson, J. (Submitted). Understanding Food Pantry Users' Perception of Healthy Food Access in Pantries. *Health Promotion Practice*.

Coombs, C., Savoie Roskos, M., LeBlanc, H. R., Gast, J. A., & Hendrickson, J. (Revise and Resubmit). Nudging Urban Food Pantry Users in Utah Toward Healthier Choices. *Journal of Nutrition Education and Behavior*.

Savoie Roskos, M., Coombs, C., Neid-Avila, J., Chipman, J., Nelson, S., Rowley, L., & LeBlanc, H. R. (Revise and Resubmit). Create Better Health: A Practical Approach to Improving Cooking Skills and Food Security Among SNAP-Ed Participants. *Journal of Nutrition Education and Behavior*.

Neid-Avila, J., Bingeman, B., Davis, E., Savoie Roskos, M., Jewkes, M., & LeBlanc, H. R. (Submitted). Urban vs. Rural Influences of Supplemental Nutrition Assistance Program-Education. *Journal of Extension*.

IN-PROGRESS

Durward, C., & Savoie Roskos, M. The Food Stamp Cycle May Impact Supplemental Nutrition Assistance Program Participants Ability to Use Farmers Market Incentives Data From Utah Farmers Markets, 2016. *Journal TBD*.

CONFERENCE PROCEEDINGS

All presentations and posters presented during FY 2018:

PRESENTATIONS

Coombs, C., & Merrill, C. Encouraging Healthy Food Choices at Local Food Pantries. National Extension Association of Family & Consumer Sciences, San Antonio, TX, (September 2018).

Hendrickson, J., Savoie Roskos, M., & Harrison, C. Food Insecurity Among College Students. Higher Education Food Summit, SLC, UT. (September 2018).

Savoie Roskos, M., Durward, C., Garner, J., Jilcott Pitts, S., Freeman, D., Society for Nutrition Education and Behavior Annual Conference, "Farmers Market Programming for Limited-Resource Households," Society for Nutrition Education and Behavior, Minneapolis Minnesota. (July 2018).

POSTERS

Coombs, C., Savoie Roskos, M., LeBlanc, H. (2018). Thumbs Up for Healthy Choices: Making the Healthy Choice, the Easy Choice in Utah's Food Pantries, Society of Nutrition Education and Behavior, SNEB, Minneapolis, MN.

Kirkpatrick, S., Guenther, P., Douglas, D., Subar, A., Zimmerman, T., Kahle, L., Atoloye, A., Marcinow, M., Savoie Roskos, M., Dodd, K., Durward, C. (2018). Accuracy of 24-Hour Recalls Completed by Women with Low Incomes Using the Automated Self-Administered 24-Hour Dietary Assessment Tool (ASA24)", American Society for Nutrition Annual Meeting, American Society for Nutrition, Boston MA.

Chipman, J., Coombs, C., Savoie Roskos, M., LeBlanc, H. (2018). Influencing Nutrition and Shopping Behaviors Through the Create Farm Fresh Food Series. Utah Academy of Nutrition and Dietetics, UAND.

Coombs, C., Savoie Roskos, M., LeBlanc, H. R., Steed, S., Garrity, K. (2017). Creating Healthy Behaviors Among Utah's SNAP-Ed Participants, Society of Nutrition Education and Behavior, SNEB, Washington D.C.

AWARDS

BEST OF STATE COMMUNITY EDUCATION

Food \$ense Nutrition Education Program (SNAP-Ed) is a USU Extension program that provides nutrition education to food stamp (SNAP) recipients. Food \$ense offers a variety of classes to expand participants' knowledge of nutrition, budgeting, cooking, food safety, and physical activity. In 2017, 10,786 adults were taught through direct education programs, 26,537 youth were taught, and more than 1 million people were reached through social media efforts.



NATIONAL EXTENSION ASSOCIATION OF FAMILY CONSUMER SCIENCE AWARD 2018

Utah State University Extension



**SNAP-Ed/EFNEP
Educational
Program**

Thumbs Up for
Healthy Choices

1st Place Western
Region



SNAP-Ed Methods

Social Networking

2nd Place Western
Region



**Innovation in
Programming**

Creaciones en la
Cocina Curriculum

3rd Place Western
Region

SPECIAL THANKS

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

UTAH DEPARTMENT OF WORKFORCE SERVICES

Paul Birkbeck
Teresa Swensen

UTAH STATE UNIVERSITY

President, Dr. Noelle E. Cockett
Dr. Kenneth White
Dr. Charles Carpenter
Janet Anderson
Rachel Hansen
Bryan Arnell

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 Market
Utah Food Bank
Utahns Against Hunger
Food and Nutrition Services, Mountain
Plains Region
PEARS

State Food \$ense Office Staff
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USU Extension
USU Expanded Food and Nutrition Program
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APPLYING MY PLATE ASHLEY SULLIVAN

"My wife and I have started to sit down to make a menu plan. We look at the MyPlate handout to make sure we are getting enough of everything."

Today during the lesson I was asking about how they have been applying these lessons and two of the participants chimed in that they have started looking at the MyPlate handout while they menu plan/make dinner to make sure they are getting food from each category.

OUR FAMILY HAS LEARNED A LOT! LAURIE BATES

After teaching her last Family Meal Time class at a Senior Citizen Cultural Center...

"A young father came up to me and stated, "This class has helped my family and myself to see how important having dinner together is we have enjoyed taking the class and have learned a lot from it. I hope you can keep teaching it to others. Thank you."

THANKS FOR TEACHING US! KATE CHAPPELL

"Thank you for showing me how to eat better so I can be the fun grandma, instead of the tired old grandma."

I ran into one of my students from the Adult CREATES series classes I taught a couple months ago and she was so excited to tell me that she was planning out her meals for the weeks her grandkids were going to live with her this summer and using the creates handouts. She also said that she had completely changed her diet and was using the MyPlate.gov tracker to make sure she was eating right.

TAKING IT TO HEART HIRAM WIGANT

"I challenged the participants to find one way to incorporate more physical activity in their daily lives. The following week, Sam, one of the employees, shared that he had started riding his bike to work (about 3 miles) once a week. He shared how great he feels when he rides with the rest of the participants. The participant expressed that he rides to work nearly every day, and he's been riding his bike to other locations as well, often making long loops. He had already (and just recently) started a resistance physical activity routine he could do for free at home, which he invited the rest of the participants to do. He has also tried nearly every recipe we've had in class. He expressed again how great he feels and how good the recipes are."

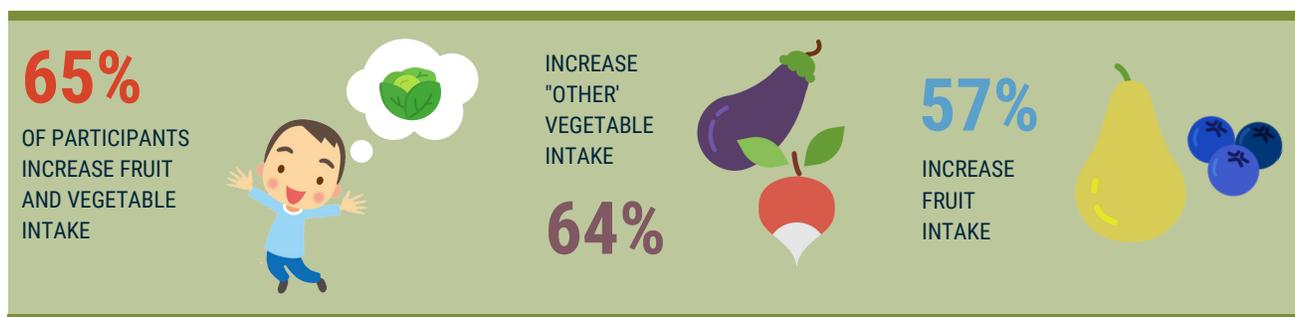
During fiscal year 2018, Utah State University Food \$ense (SNAP-Ed) provided comprehensive programming with rigorous evaluations of the programs. These included retrospective pre/post surveys assessing participants intent to change, as well as 6 month and 1 year follow-up behavior change surveys. These are not yet complete for 2018.

These surveys indicate positive behavior change for low-income families and individuals. Participants report improved nutrition decisions, increased physical activity, and increased food security. The comprehensive programming provided by Utah State University Food \$ense has led to improvements on individual, family, community, and state levels. Supporting the healthy choice through policy, systems, and environmental work, public health interventions (i.e. social media), and direct/indirect nutrition education are beneficial.

SELF-REPORTED INTENT TO CHANGE AFTER PARTICIPATING IN CLASSES



SELF-REPORTED FRUIT AND VEGETABLE INTAKE AFTER PARTICIPATING IN CLASSES



THUMBS UP FOR HEALTHY CHOICES SURVEY

