



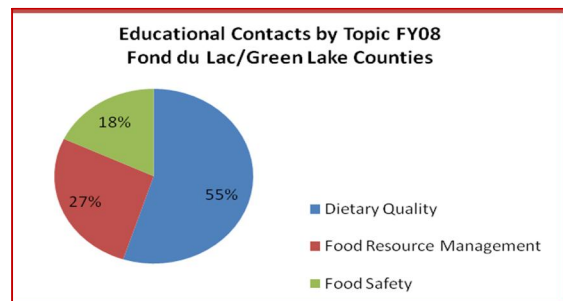
## Wisconsin Nutrition Education Program Fond du Lac/Green Lake Counties Unit

### FY08 Food Stamp Nutrition Education - Year-End Narrative Report October 1, 2007 to September 30, 2008

#### Overview of Food Stamp Nutrition Education efforts in Fond du Lac/Green Lake Counties

In fiscal year 2008, 2,457 learners attended one or more WNEP educational events.

- ◆ Almost half (48%) of the participants represented were youth ages 4 to 17, (34%) were parents of infants/children, 17% were adults without children. The audience focus changed this year with more youth reached than families with children.
- ◆ The majority of the participants were female (59%); male participation in the program was again at 41%.
- ◆ Participants were 76% white, 7% African American, 3% Asian American, 1% Native Hawaiian/other Pacific Islander and 15% Hispanic or Latino. The program saw an increase in Black/African American and Asian/Asian American participants in 2008. Fifty-nine percent (1,196) of the learners attended a multi-session group, 29% (716) attended one-time group sessions and 22% (535) attended a learn-while-you-wait session. Learn-while-you-wait sessions saw a change from 6% to 22% in 2008.
- ◆ Fifty-five percent (1,346) of learners attended a teaching event that addressed a dietary quality outcome; 27% (675) of the learners attended a teaching event addressing a food resource management outcome; 436 (18%) received information on food safety.



In 2008, the WNEP Fond du Lac/Green Lake Counties Unit continued to emphasize more contacts with potential WNEP learners in both counties.

#### In **Green Lake County**:

- ◆ The Job Center classes for W-2 clients were continued, but due to changes in the W-2 program were discontinued in the spring.
- ◆ Commodity Cooking Classes were eliminated due to low attendance.
- ◆ More classes were added to Fox River Industries to accommodate a growing need there for classes.
- ◆ Nutrition sessions at Senior Meal Sites in Green Lake and Markesan were initiated.
- ◆ Support continued for the Green Lake County Food Providers food security group.

#### In **Fond du Lac County**:

- ◆ Family Resource Center - Sisters in Health Group which is made up of Hispanic families became a year-long event.

- ◆ PAT (Parents As Teachers) family events held at the Family Resource Center were continued and additional sessions were added to WNEP programming.
- ◆ A second class was added each month at Friendship Corner - a transitional learning center for individuals associated with Berry House
- ◆ Boys and Girls Club - added a second site each month.
- ◆ Fond du Lac Job Center - continued the second monthly food resource management class.
- ◆ Salvation Army Commodities - Our program's on-going collaboration with Salvation Army was strengthened by partnering with them for an Aurora Health Grant emphasizing the use of locally grown vegetables. The twice weekly walk-by featured a "vegetable of the week". WNEP reached 14 to 19 new individuals with nutrition information each week and strengthened our partnership. The sessions will continue on into 2009.
- ◆ 16,891 families with children were reached through newsletters or lessons by mail.

**Outcomes and Impacts:**

**After-School/Summer School:** Educational programming for school-age youth (6 to 11 years) at after-school or summer programs.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 898 educational contacts with students at after-school and summer school programs during the year.
- ◆ First through 6<sup>th</sup> grade students in Fond du Lac County were taught about eating a variety of foods, food safety, and matching foods to the appropriate food group on MyPyramid. The educational classes took place at the Boys & Girls Club After-School Clubhouse sites and the UW-Extension Office. The sessions at Boys & Girls Club ran in block sessions of either 3, 4 or 5 weeks in length. The sessions at the UW-Extension Office were held monthly for Food Group. Impact highlights from some of these lessons are: 1) Seventy-eight youth from Boys & Girls Club were taught about proper hand washing. Following instruction on proper hand washing, 55% of 64 learners who filled out the post-evaluation were able to describe proper hand washing; 2) Twenty-one youth from the Food Group were taught the food guidance system. Before the lesson 43% identified foods from the Grain Group; 71% from the Vegetable Group; 86% from the Fruit Group; 50% from the Milk Group; and 29% from the Meat Group. After the lesson, 100% of the 14 youth who responded knew the correct response to selecting the food in each row that corresponded with the food group they were asked to identify.

**Preschoolers:** Educational programming for preschool children at Head Start or similar locations.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 305 educational contacts with preschool children during the year.

**Parents:** Educational programming for parents at Head Start parent meetings, family resource centers or similar locations.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 440 educational contacts with parents at various locations during the year.

**Job Centers, etc:** Educational programming for adults at W-2, Job Centers, Food Stamp Offices or similar locations.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 78 educational contacts with adults at Job Centers during the year.
- ◆ In 2008, the Berlin Job Center site was functional for 6 months and then the site was closed. This had an effect on our data. The data that follows is a compilation of the data from both the Berlin and Fond du Lac Job Centers.

Lessons 1, 2b, 2c, 3, and 6 of the Money for Food Curriculum were taught.

For lesson 1, participants were asked the question, "Do you think this plan for the amount of cash you calculated, plus the other sources of food, will work to help you feed your family?" 70% of the participants responded that the plan would help them feed their family. In addition, 77% of the participants were asked the following question: "Can you write down two directives that will help you plan?" Ten out of 13 respondents (77%) answered, "Yes".

In Lesson 2b, nine participants were asked: "Do you plan on keeping track of your money that comes in and out for your family?" Nine (100%) said, "Yes".

Lesson 2c focused on whether participants had a spending plan and if they learned a way to save money. Nine participants attended this session and answered "yes" to all the questions. When asked, "If you have not been using a spending plan, are you going to try to use one, 67% said they were going to use one.

**WIC:** Educational programming for pregnant women or mothers of young children at WIC clinics.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 204 educational contacts with participants at WIC during the year.

**Senior Dining Sites:** Educational programming for older adults at senior dining sites/congregate meal sites

- ◆ In Green Lake County, nutrition educators made 18 contacts with adults at Senior Dining Sites.

**Food Pantries, etc:** Educational programming for persons at emergency food pantries and free meal sites.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 146 educational contacts with food providers who work with families who visit the food pantry.

**Other Adult Programs:** Educational programming for adults participating in ESL (English as a Second Language), ADVOCAP Even Start, treatment programs, half-way houses or GED classes.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 250 educational contacts with adults at various locations during the year.

**Disabled Adults:** Educational programming for disabled adults at day treatment centers or group homes.

- ◆ Fond du Lac/Green Lake Counties nutrition educators made 71 educational contacts with disabled adults during the year. Additional evaluation was completed with job coaches in relation to the skills taught and observed by their job coaches.

**Home Visits:** Educational programming for families or individuals in their homes.

Fond du Lac and Green Lake Counties nutrition educators made 28 home visits during the year.

**Gardens:** Educational programming in collaboration with community gardens.

- ◆ Fond du Lac & Green Lake Counties nutrition educators made 22 educational contacts with participants at community gardens during the year.
- ◆ 22 youth (ages 9 to 15) participated in a series of 8 nutrition education lessons at the Garden of Eat'en here at UW-Extension in the summer of 2008. Youth were from 2 previously separate sites that were combined this year - Boys & Girls Club and the Garden of Eat'en Base Group (made up of WNEP Food Group and 4-H participants).
- ◆ The focus for the 2008 growing season was on vegetables that were not so common to the youth and one vegetable associated with the Hispanic culture was tried.
- ◆ Youth were exposed to 7 different vegetables - 3 were grown in the garden. This year's growing season was plagued by Mother Nature and some of the planted vegetables succumbed to excess water and those that made it were a bit behind! Youth were surveyed before and after the lessons about their willingness to eat these vegetables. Overall, youth reported an increase in their willingness to eat 6 out of the 7 vegetables they were exposed to. The chart below shows the results.

**Veggie Election Results - 2008**

Vegetables used in elections	Votes received at beginning of season	% of youth voting for vegetable - (18 youth voted)	Votes received at end of season	% of youth voting for vegetable (19 youth voted)	Change in % of youth voting for this vegetable
Mushrooms	10	56%	13	68%	13%
Brussels Sprouts	10	56%	13	68%	13%
Tomatillos	5	28%	13	68%	41%
Swiss Chard	9	50%	11	58%	8%
Beans	15	83%	12	63%	-20%
Eggplant	8	44%	12	63%	19%
Zucchini	9	50%	15	79%	29%
<b>AVERAGE</b>	<b>9</b>	<b>50%</b>	<b>13</b>	<b>68%</b>	<b>18%</b>

**Success Story**

**Situation:** Fresh fruits and vegetables are one of the key requirements to maintain good health. According to the Centers for Disease Control, a diet high in fruits and vegetables is associated with a decreased risk for chronic diseases. The CDC's Healthy People 2010 health objectives include increasing to 75% the percentage of persons who eat at least two daily servings of fruit and increasing to 50% the proportion of persons who eat at least three

servings of vegetables. In addition, the Fond du Lac County Community Health Survey 2005 listed increasing vegetable consumption as a priority issue for Fond du Lac County. Respondents who indicated that they consumed two or fewer servings of vegetables were listed as 73%. The Fond du Lac Salvation Army has the good health of Fond du Lac at heart and through their food pantry program low-income residents of Fond du Lac have the ability to receive fresh vegetables. Salvation Army partnered with a local community-supported agriculture (CSA) farm to apply for a grant through Aurora Health Care for funding to make more fresh vegetables available to low-income families. WNEP was contacted to partner with Salvation Army in the effort to educate/demonstrate the use of the fresh vegetables should the grant be received.

### **Program Response:**

The Aurora Foundation awarded the Salvation Army a grant to promote healthy eating habits and nutrition education as part of its Summer Food Pantry Program. To accomplish this, the Salvation Army partnered with Fond du Lac/Green Lake Counties WNEP and a CSA farm to provide home grown, farm fresh vegetables for Fond du Lac's largest food pantry, along with lessons and demonstrations about how to keep and prepare fresh vegetables. WNEP, twice weekly for 5 months, provided the "vegetable of the week" educational walk-by, featuring a different fresh vegetable food demonstration which encompassed food safety, food storage and sampling of a food product that featured the vegetable. The UW-Extension resource, "How Does Your Garden Grow? Your Guide to Using and Enjoying Wisconsin Produce" was distributed throughout the 5 months - 150 copies were distributed to food pantry patrons. This resource booklet served as the main educational piece to provided vegetable information on many of the vegetables that were grown and shared with food pantry patrons throughout the length of the grant.

The work at the food pantry was a successful effort in reaching out to low-income families. The number of families that were reached each Tuesday and Thursday from Noon to 1:00 p.m. was on average 14 - 17 each week. Many were new families each week, so few repeat users were noticed. This observation was made from the comments of individuals who received the booklet, as they self-reported if they had received the book before or not. In addition, this effort afforded this WNEP Unit the opportunity to work with the Salvation Army again, as this had been a partner that had been more involved in the earlier years of this unit's existence, but in the past 4 years had not been as involved. As a result of the summer vegetable program's success, this WNEP Unit will continue walk-by education at the Salvation Army throughout the year with emphasis being on commodity foods at the pantry. A formal evaluation of the summer food program has not been done, as it just finished the 2<sup>nd</sup> week of October. A written evaluation with the Salvation Army coordinator and CSA farmer will be done for additional findings of the impact the vegetable education afforded the low-income families.

### **Looking Forward**

**Most Rewarding/Successful:** The Sisters in Health sessions held at the Family Resource Center continue to be a shining spot for our unit; in addition to the work that has been done this summer and fall with the Salvation Army. It was great to do something different and see the appreciation of the participants we have been working with. Both of these efforts will

certainly be continued at the Family Resource Center and Salvation Army. As our efforts with Salvation Army continue, we are hoping that the contacts we meet there will become familiar with and make use of other WNEP programming available.

The additional sessions for the Fox River Industries participants has proven to be a good move, as the participants have the chance to use the skills taught on a more frequent basis. In addition, the evaluation done with them shows an interest and ability to try to replicate the skills and is making a difference.

**Least Rewarding/ Successful.** The programming that is done with the ADVOCAP Fresh Start Program has been challenging, as the youth in the program are not steady in attendance and there has been a total change of staff almost two times over in the past year. Continuity has been an issue.

In addition, the work in Green Lake County continues to be a struggle to find programming that is cost-effective and reaches out to the clientele. We were doing well with the Money for Food program until the program was discontinued by DHSS, as they had the program discontinued on their end. We were reaching an audience that had need for the information.

**New programming:** I would anticipate that this program unit will need to expand into the school day to continue to meet budget. Work with Fond du Lac High School is being investigated and may be a new audience that would allow for cost-share. Cost-share continues to be a new element for this programming unit and resources that can support the coordinator would be appreciated. As far as Green Lake County, work with the Senior Meal Sites has been initiated and the ability to teach at the meal sites allows our program to reach out to an audience that this unit has not worked with before. Resources for work with the seniors would be appreciated as well as cost-share information/help.