

## WNEP OUTCOME STATEMENTS AND CONTENT AREAS FOR FISCAL YEAR 2003-2004

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### Outcome 1. (Systems and Environmental Change)

WNEP will work to build and enhance local systems or environments that enable and facilitate the availability of nutritious diets to food stamp households, and build the support for community-based nutrition education programs for the food stamp-eligible population.

- 1a. Program staff will partner with others to raise public awareness of the need for nutrition education for the food stamp eligible population.
  - 1b. Program staff will partner with others in the development and delivery of consistent nutrition education messages for the food stamp-eligible population.
  - 1c. Program staff will train local leaders, volunteers, and agency staff in developing community nutrition education programs for food stamp-eligible populations.
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### Outcome 2. (Dietary Quality)

Participants will make food choices that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid.

- 2a. Participants will choose and prepare nutritious meals and snacks, and balance the food they eat with physical activity.
    - ◆ choosing a healthful diet according to the Food Guide Pyramid
    - ◆ choosing a variety of grains daily, especially whole grains
    - ◆ eating plenty of fruits and vegetables
    - ◆ making healthy food choices from the milk group
    - ◆ making healthy food choices from the meat group
    - ◆ choosing and preparing foods with less fat and added sugar
    - ◆ choosing healthful food when eating away from home
    - ◆ incorporating physical activity into lifestyle
  - 2b. Participants will choose and prepare age-appropriate meals and snacks that are consistent with preferences and needs of family or household members.
    - ◆ food for pregnant or breastfeeding women
    - ◆ feeding infants
    - ◆ feeding toddlers or preschoolers
    - ◆ feeding school age children
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### Outcome 3. (Food Safety)

Participants will use safe food handling, preparation and storage practices.

- 3a. Participants will handle food safely when buying, preparing and serving food.
    - ◆ keeping hands and surfaces clean
    - ◆ avoiding cross contamination
    - ◆ cooking to proper temperatures
    - ◆ refrigerating promptly
  - 3b. Participants will store and /or preserve food properly.
    - ◆ storing food safely
    - ◆ food preservation
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### Outcome 4. (Food Resource Management/Shopping Behavior)

Participants will manage their food resources and use thrifty shopping practices for nutritious foods.

- 4a. Participants will develop spending and savings plans to ensure that adequate money is available for food, thus improving their food security.
    - ◆ determining resources for food
    - ◆ tracking money and making a spending plan
    - ◆ living within a spending plan
  - 4b. Participants will plan, buy and prepare affordable meals and snacks.
    - ◆ planning meals and snacks
    - ◆ shopping for food
    - ◆ preparing food
    - ◆ eating away from home on a budget
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### Outcome 5. (Food Security)

Participants will be able to acquire sufficient food to feed themselves and their families.

- 5a. Participants will use community programs and resources, such as the Food Stamp Program, to improve their food security.
  - 5b. Participants will use vegetables and/or fruits grown in home or community gardens to enhance family food security.
  - 5c. Communities will ensure that all people at all times have physical and economic access to sufficient acceptable food to meet their dietary needs for a productive and healthy life.
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