



**Nutritional Sciences**

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TO: Extension Home Economists

FROM: Susan Nitzke, Nutrition Specialist *Susan Nitzke*  
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RE: Brown County Family Nutrition Program Results, Bayfield County Innovative Youth Project - Red Cliff Reservation, New EFNEP Supplemental Lessons, Evaluation Questionnaire Draft

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M O N T H L Y M A I L I N G

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**Brown County Family Nutrition Program Results (E5f, E4)**

Educational services to help food stamp recipients make better use of their resources did not exist in 1987 in Brown County. Social Service Income Maintenance and Social Workers are not trained in family budgeting or nutrition education, and do not have the time to provide practical strategies to recipients they encounter who need this information.

The Brown County Family Nutrition Program began in early 1988 with a \$8300 matching grant from the Federal Food Stamp Program to target high-risk and ethnic food stamp recipients and applicants with basic nutrition and money management information. Marilyn Herman, Brown County Home Economist, is supervising the county program which was made possible by cooperation between UW-Extension at the county and state level and the Wisconsin Department of Health and Social Services, Bureau of Economic Assistance (the agency that administers the food stamp program).

Ten-minute topics were prepared for continuous demonstration (6 each hour) in the waiting rooms of sites like the Food Stamp Office, Homeless Shelter, Salvation Army, Domestic Violence Center, YMCA, Commodity Food Program, Hmong Community Center and the Community Clinic. LEARN WHILE YOU WAIT! was based on the idea that "it's your money - so make it work for you" by: a) setting up a monthly budget to make every dollar count and b) using lower cost foods that fit into healthy meals. Marilyn and two teaching assistants developed 12 nutrition lessons for the sites, including: serving sizes for health, breakfast, food labeling and snacks; and 12 budgeting lessons including: ways to stretch the food dollar, make your own cleaning products, telephone tips, and supermarket strategies. Copies of Marilyn's project notebooks which include project development materials, lesson plans and participant handouts are available on loan from her at the Brown County Ag and Extension Service Center, 1150 Bellevue Street, Green Bay, WI 54302; phone (414) 497-3216.

The project has been extremely successful, according to client and cooperating agency testimony. The two part-time teaching assistants have provided continuous 10-minute action demonstrations at 12 community sites twice each month and 3 sites once a month since February 15, 1988. Although the original project goal was to reach a total of 450 persons in 12 months, the project is currently reaching 550 food stamp recipients and applicants per month, with an anticipated total audience of over 4000. The audience received almost 60,000 pages of printed information offered for their interest. Fifty percent of persons waiting in project sites observe a 10 minute lesson and take material home to study; and another 5% seek additional information from program staff or home economist.

An expanded Brown County grant proposal has been developed and submitted to USDA for 1988-89; we have received verbal notification of its approval. If other Wisconsin Extension Home Economists are interested in pursuing a similar grant next year (the proposal would be submitted in June 1989 with funding beginning October 1, 1989), please contact Jane Spriggs at (608) 262-2654. JS

#### Bayfield County Innovative Youth Project - Red Cliff Reservation (E4)

In 1987, Carolyn Krueger, Bayfield County Home Economist, received a grant to conduct an innovative EFNEP project with youth on the Red Cliff Reservation. Carolyn and a program assistant designed a very successful project which taught Native American youth, ages 5-15, food and nutrition information in alternative ways such as puppets and plays, producing videotapes, and practicing food demonstrations. The core group of 29 youth were taught after school and during the summer; they were responsible, in turn, for teaching other children and adults in the community.

The program was successful in teaching the children responsibility, communication skills, and food preparation techniques in addition to improving their self-esteem and increasing their knowledge of nutrition. The project has a potential for use with latch-key children.

The Red Cliff Youth EFNEP Project has received funding from a private foundation to continue during 1988. Please contact Carolyn Krueger at (715) 373-2221 or Jane Spriggs for more information about the program. JS

#### New EFNEP Supplemental Lessons Available (E4)

Four supplemental lessons to the EFNEP curriculum have been developed for paraprofessional staff to teach individually or with small groups of limited-income homemakers. The topics of the lessons include: 1) Eating Right for Two/Feeding Your Infant (pregnancy, breast and bottle-feeding); 2) Feeding Baby Solid Foods; 3) Feeding Your Preschool Child; and 4) Eating Right and Light (lower fat and calorie menu choices). The lesson plans and handouts may be helpful to non-EFNEP county home economists for presentations to WIC, Headstart and other groups serving limited-income individuals. To receive a copy of any (or all) of the four lessons, contact Jane Spriggs or Lois Butler at (608) 262-4374. One set of the flip charts mentioned in the lessons is available for loan by calling the same number. JS

#### Newsletter Insert (A4 and A5)

Look for a newsletter insert "Up with Complex Carbohydrates and Fiber" included at the front of this month's mailing. SN