

Plan for Food Stamp Nutrition Education in Sheboygan County during fiscal year 2008

Overview of Food Stamp Nutrition Education in Sheboygan County

The Sheboygan County Wisconsin Nutrition Education Program (WNEP) originated in November 1993. The county department of Social Services and Health acknowledged there were many residents that had limited resources and incomes. They lacked knowledge to provide adequate nutrition to themselves and their families. The county identified they did not have sufficient knowledge or staff to teach nutrition education. They supported UW-Extension WNEP programming to do so. WNEP works to build and enhance food share participant family environment that enable them to prepare nutritious diets. Community based nutrition programs build support for the food share population.

Characteristics of the low income residents in Sheboygan County

Demographics of Sheboygan County

The estimated population of Sheboygan County in 2005 was 114,610. Since 2000, there has been an increase of 1.7% in the county's population. 23% are persons under the age of 18 years, 13.8% are persons over the age of 65. 5.6% of the county's population is under the age of 5 years old. The gross income in rent percentages are as follows: 3,451 residents pay over 35% of their gross income on rent. There are 533 residents that pay 30-34.9% of rent. It was estimated in 2005 there were 45,000 households consisting of 56% married couples, 28% people living alone, 10% other families and 5% non-family households. The average household size is 2.5 people and 66% of the households above were families. 6% of low income residents do not have a car and there is limited public transportation except in the city of Sheboygan, Sheboygan Falls and Kohler (with limited times the buses run-during the day). A higher amount of low income residents work second or third shift as food manufacturing, retail and hospitality jobs are the most available.

Food Insecurity in Sheboygan County

In 2005, 5% of residents reported to be in poverty. 8% were children under the age of 18 years old. 3% were reported to be senior adults. Since last year, there has been a 200% increase in food share participation reported in Sheboygan County. The food bank and pantries have seen more than 3 times increase in the past 2 years. Many individuals are working but they are working for temporary services or in the Hospitality or retail areas for low wages without benefits. The unemployment rate shows to be lower than the state average. Many low income residents are subsidizing their income by utilizing community resources. Many manufacturing plants have been outsourced to countries outside the United States to cut down on costs. Many companies are opting benefits to newly hired employees offering part time and often temporary positions to save funds.

Nutrition and nutrition education needs of Food Stamp Program recipients and other low-income residents of Sheboygan County

In Sheboygan County there is a wide range of low-income residents that are in need of nutrition education. Among adults there has been an increase since 2006 in overweight numbers. Among adults there is 65% reported as being overweight or obese compared to 63% two years ago. The prevalence of obesity tends to be higher among adults with the least education and incomes. The WNEP program plans to continue to work with various age levels of participants and help low

income/food share participants with better dietary practices and increase physical activity to help maintain healthy weights. Target audiences will be women with children, children and youth, single adults and elderly. Cross-programming and collaborations will continue.

Educational Projects planned for FY08

In School: The WNEP program plans to work with Sheboygan Area School District Alternative Education programs with at-risk-youth, pregnant teens and runaway youth programs will consist of nutrition education activities, Hands on cooking sessions (from scratch and using commodities creatively), Money for food, healthy meal times and food sharing and physical fitness.

After School/Summer School: The Nutrition Education program and the agricultural program staff will work collaboratively teaching youth at various food share eligible sites. The Agriculture educator and 4H agent will teach youth how to plan and work in a community gardening project. The Nutrition Education Coordinator will work with youth teaching nutrition and cooking techniques saving money and eating fresh vegetables. Sites include Hmong Cultural Center and the Sheboygan Boys and Girls Club.

The WNEP program will work with staff planning cooking classes, nutrition and Fitness activities at the Boys and Girls Club of Sheboygan. Programs will be planned for at least 2 times a month and including the nutrition/gardening project during the growing season and possibly the Summer school lunch program if offered at the Sheboygan site.

Parents: The WNEP program plans to work with families and youth at Head Start with a series of sessions. Participants will learn how to prepare low cost meals and healthy snacks for children getting their children involved. Sisters in Health will be used as well as The Healthy Kitchen-La Cocina Saudable. WNEP will work in youth classes incorporating healthy eating habits/food safety and increasing fruit and vegetable intake.

WIC: The WNEP program will work with WIC- non-English speaking clients one time a month (Hmong and Hispanic) and at least 2 times a month with WIC clients for coupon pickup through Learn while you wait education displays and activities. Topics will include food safety, nutrition, food security and resource management tips and physical fitness.

Senior Dining: The WNEP program will work at two senior meal sites in Sheboygan and Sheboygan Falls. Also the WNEP program is planning to work at the senior low income housing site in Sheboygan. Topics will include nutrition education, food safety activities, food resource management, how to use commodity foods creatively and importance of physical fitness.

Other Adult Groups: Cooking and nutrition sessions will be planned and carried out for 2 meeting sessions in a month-24 sessions per year. Topics will include Money for Food sessions, cooking with commodities, food safety and nutrition activities and physical fitness activities. Teaching will take place at Health and Human Service-Mental Health (Open Door).

The WNEP program will work at the homeless shelter with adults and families with children working with Money for Food, menu planning and cooking activities. Other activities for food

share participants could include cooking on a shoestring, healthy holiday eating using commodities and cooking from scratch to save food dollars.

Food Security Programming Efforts Planned

The WNEP Coordinator and the Family Living Agent will continue to plan, and carryout poverty simulations as needed in the county for various agencies. Agencies could include Health and Human Services, private agencies and local school district employees.

Methods planned to compile data and assess status of food security

WNEP will use the UWEX Hunger web page using county and state statistics to address needs on food security issues. WNEP and the family living agent will continue to work on various committees to increase collaborative efforts in the county such as the Child Obesity Coalition and Healthy 2010. Evaluations will be used from the WNEP website and verbal evaluations will be used as well.

Plans to increase involvement of community groups in efforts to address food insecurity

WNEP staff will continue to work at the food bank and pantries. The Coordinator is working on increasing free cooking sessions at the Salvation Army kitchen for a bi- monthly activity.

Various agency staff working with food share participants will work with WNEP for participants. The WNEP Coordinator will work with specialists on campus developing methods on how to develop a Summer Lunch Program within Sheboygan County again and how to best address food security issues within the county.