

Sample Narrative Plan with Impact Statements - #1

Brief description of the local county/project Nutrition Education Program

Yellow County WNEP has been offering nutrition education programming to low income residents of the County since 2002.

Characteristics of the low income residents of the county(s)

The population of Yellow County is 18,000 persons, 98% are White. There were 589 persons enrolled in the Food Stamp Program during 2003.

Nutrition and nutrition education needs of the low income residents of the county(s)

Primary nutrition/nutrition education needs of County residents are lack of physical activity (12% of Yellow County adults engaged in regular and vigorous exercise 3 or more times per week) and the high prevalence of overweight and obesity (37% of DHFS Western region adults were overweight and 37% were obese in 2000-01, and 10% of Yellow County's low-income children ages 2 to 4 enrolled in WIC are overweight).

Educational Program Plans for selected audiences

Yellow County WNEP will focus on the following audiences and topics for FY05:

- Youth ages 5 – 11: Hand washing and Food Guide Pyramid
- Youth ages 12 – 17 at group home: Food Guide Pyramid
- Families with children: Choosing snacks, Planning meals, Shopping for food
- Adults without children at half-way house: Safe food handling

Impact Statement

Yellow County Educators taught hand-washing at Brown Elementary. After the lesson, 29 of 32 children correctly identified 20 seconds as the length of time needed for proper hand-washing. Teachers commented about how valuable the lesson was. One teacher said, "The children really had fun looking at the glo-germs on their hands. This will definitely help decrease the spread of germs in our school."

Impact Statement

132 adults participated in a lesson about planning meals. Of the 124 participants completing an evaluation, 91 said that they were able to plan a one-dish meal during the lesson that they would actually consider preparing for their family. Participants made the following comments after the lesson, "I can't wait to try this recipe at home – it tastes good and it was actually easy to make!" "Thank you for giving me ideas to help me cook at home. I know it's cheaper to eat at home, but I never had easy recipes like this to try."

Sample Narrative Plan with Impact Statements - #2

Brief description of the local county/project Nutrition Education Program

Clinton County WNEP has been in existence for 8 years. Primary agency partners in the County have been the public schools, WIC and the 3 food pantries...

Characteristics of the low income residents of the county(s)

The Clinton County population is 360,000 persons; 20,000 regularly participate in the food stamp program and 12,000 are enrolled in WIC. Six of the 10 elementary schools report that over 50% of their students qualify for free/reduced price school meals. Of the residents in poverty, 65% are minorities—either Black or Asian. During 2003, Clinton County Extension conducted a county-wide needs assessment. The results of that effort revealed that use of community food pantries is increasing and more residents are at risk of food insecurity due to high unemployment.

Nutrition and nutrition education needs of the low income residents of the county(s)

In the absence of specific local data about the residents of Clinton County, information about the nutrition, food safety and food resource management education needs of low income Wisconsinites and Americans will help guide programming decisions. National surveys show that Americans generally eat too few servings of fruit each day, eat more than the recommended amount of fat and consume great quantities of calories in the form of soft drinks.

Educational Program Plans for selected audiences

Clinton County WNEP will focus on the following audiences and topics for FY05:

- Youth ages 5 – 11 at qualifying elementary schools: Food Guide Pyramid
- Senior citizens at Senior Dining Sites: Food safety, Eating more fruits/vegetables, Eating whole grains
- Families with children at WIC: Increasing physical activity, Eating more fruits/vegetables.

Impact Statement

35 adults with children at Head Start, 103 adults with children at WIC, and 50 adults with children at a community garden site participated in lessons about eating plenty of fruits and vegetables. Before the lessons, 124 participants said that they sometimes or often eat 2 or more servings of vegetables at their main meal. After the lessons, 83 participants at WIC said this.

Impact Statement

Clinton County WNEP established a relationship with the Jobs Center and the Family Resource Center to provide monthly lessons at each site on the following topics: determining resources for food, tracking money and making a spending plan, and living within a spending plan. During a period of 6 months, educators reached 45 adults, 39 of whom had children. 9 of 11 learners participating in the lesson about planning for food money said that the plan they worked out in class would help them feed their family; 15 of 20 learners participating in the lesson about managing food money said that they learned something that would help them manage their food stamp dollars; and 12 of 18 learners participating in a lesson about food needs vs. food wants could name at least one food that is a “want” (not a “need”) that they would try to buy less of.