Gaining Food $ense

By

Building Healthy, Resilient Communities through Sustainable Partnerships

THE OHIO STATE UNIVERSITY
Meet the team!

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Assistant Professor

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FCS Educator
Associate Professor
Today’s Objectives

- Learn how OSU Extension is fulfilling its’ mission by teaching the *Do YOU Have Food $ense Program*

- Learn how community partnerships can be used to influence and change health behaviors among limited resource audiences

- Identify and create opportunities to incorporate fruit and vegetable production into educational programs through community gardening

- Brainstorm with others to create local health and wellness educational opportunities bonded by partners common missions
College of Food, Agricultural, and Environmental Sciences

We sustain life.

Addressing four grand challenges

Sustainability

One health

Rural-urban interface

Leadership
Ohio State University Extension is...

- An organization that enhances human capital & promotes lifelong learning
- A disseminator of research & technologies to enhance Ohio’s economic base
- A statewide network – with a presence in every county – that links communities, businesses & the general population to the resources of The Ohio State University
Program Areas
Priorities

Health and Wellness
Our lifespan is determined by our genetic makeup, our behaviors, and the environment...

Workforce Development
A commitment to lifelong learning is critical to remaining relevant in one’s chosen field of work.

Thriving Across the Life Span
From infancy to later life, OSU Extension is committed to helping individuals flourish within families and the various social structures in which they live.

Sustainable Food Systems
A sustainable food system benefits producers, protects the environment, and feeds a growing world population...

Engaged Ohioans, Vibrant Communities
Human capital can be described as the knowledge, skills, and experience possessed by a group of individuals. Mobilizing people produce shared benefits is a key to creating vibrant communities.

Environmental Quality
OSU Extension programs help people make informed choices and lead local efforts aimed at maintaining or improving environmental quality for future generations.
What is Family & Consumer Sciences?

**Better Lives. Stronger Communities.**

Healthy People  Healthy Finances  Healthy Relationships
What is the SNAP-Ed Program Goal?

The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity.
SNAP-ED WORKS
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

OHIO SNAP-ED HAS BEEN...

INTRODUCING school kids to new fruits and vegetables through workshops, classes, and school gardens

TEACHING families eligible for SNAP how to buy and prepare healthy foods

HELPING low-income families stretch tight budgets and buy healthy options

IN FY 2018, OHIO SNAP-ED DIRECTLY REACHED...

436,272 adults, teens and youth with our nutrition and physical activity programs.

OHIO SNAP-ED PARTICIPANTS ARE...

DRINKING WATER
84% of adults, 83% of teens and 88% of youth choose water over soda

PREPARING MEALS AT HOME
84% of adults and 71% of teens prepare meals at home

EATING VEGGIES
92% of adults, 84% of teens and 73% of youth are eating vegetables daily

COOKING ON A BUDGET
92% of adults are confident they can cook healthy meals on a budget

EATING FRUIT
88% of adults, 82% of teens and 84% of youth eat fruit every day

BEING ACTIVE
86% of adults, 85% of teens and 91% of youth are regularly active

THE RESULTS
THE OHIO SNAP-ED IMPACT
As a result of SNAP-Ed programming in our county, participants are:

- Using MyPlate to make healthy food choices
  - 67% of adults and/or teens
  - 83% of youth participants

- Drinking water instead of sugar-sweetened drinks
  - 89% of adults and/or teens
  - 83% of youth participants

- Being physically active at least 30 minutes most days of the week
  - 85% of adults and/or teens
  - 89% of youth participants

- Using Nutrition Facts labels to guide food choices
  - 82% of adults and/or teens

- Planning meals ahead of time
  - 73% of adults and/or teens

HERE’S WHAT PARTICIPANTS ARE SAYING ABOUT SNAP-ED

"House of HOPE"
I am reading food labels more & use lower fat options to try to eat healthier & use more plant based proteins in my recipes.

SNAP-ED OUTREACH IN FY2018

- 7,152 participants were reached through direct nutrition education programs
  - 10% Adult participants
  - 8% Teen participants
  - 82% Youth participants

- 554 direct nutrition education programs were delivered, 95% as program series

- 1,900 additional participants were reached through indirect programs such as community events, newsletters and health fairs

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

CPAES provides research- and evidence-based educational programs on a nondiscriminatory basis. For more information, visit go.osu.edu/snap-ed.
THE OHIO SNAP-ED IMPACT
As a result of SNAP-Ed programming in our county, participants are:

- Using MyPlate to make healthy food choices
  - 86% of adults and/or teens
  - 100% of youth participants

- Drinking water instead of sugar-sweetened drinks
  - 90% of adults and/or teens
  - 100% of youth participants

- Being physically active at least 30 minutes most days of the week
  - 93% of adults and/or teens
  - 100% of youth participants

- Using Nutrition Facts labels to guide food choices
  - 90% of adults and/or teens

- Planning meals ahead of time
  - 83% of adults and/or teens

HERE’S WHAT PARTICIPANTS ARE SAYING ABOUT SNAP-ED
"Participant said she is paying more attention to the food she is buying and cooking because or class. She looks at labels and has tried new recipes."

SNAP-ED OUTREACH IN FY2018
- 4,104 participants were reached through direct nutrition education programs
  - 4% Adult participants
  - 0% Teen participants
  - 96% Youth participants

- 273 direct nutrition education programs were delivered, 89% as program series

- 0 additional participants were reached through indirect programs such as community events, newsletters and health fairs

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

OFAC/ES provides research and related educational programs on a nondiscriminatory basis. For more information, visit cfasdiversity.osu.edu
For an accessible format of this publication, visit cfas.osu.edu/accessibility

SNAP-ED WORKS

[Link to OSU SNAP-ED website]
Do You Have Food $ense?

2018 Graduates
Purpose

Clermont County experienced a 12% increase of individuals seeking Supplemental Nutrition Assistance Program (SNAP) between 2013 & 2018.
Fayette County

- Population below 100% FPL: 18.45% (Ohio has 15.77%)
- % of Free & Reduced Lunch – 58.89%
- Ranks 76 out of 88 counties in County Health Rankings.
Sustainable Partnerships are Bonded by Common Missions

- **Strive** to eliminate multiple daily struggles for low income families living in areas where access to affordable and nutritious food is limited
- **Empower** families with education, support and services to make healthier food choices and improve their lives
- **Engage** participants to acquire, practice and implement sustainable food selection and preparation skills
- **Provide** the most effective emergency assistance continuum for low-income individuals and families in need
Do You Have Food $ense
Program Goal…

➢ Motivate participants from Inter Parish Ministries Mobile Food Pantry to change health behaviors:
  • Plan nutritious meals
  • Prepare healthy foods
  • Live a healthier lifestyle
Mobile Pantry Location

- Emmanuel United Methodist Church located in Batavia, Ohio
  - Church meeting room with full kitchen
  - Mobile pantry in parking lot
Do YOU Have Food $ense?
Saving Money while Eating Healthy

Learn how to select and prepare meals, to stretch food dollars and eat for better health. Each class will include food preparation, food tastings, take-home recipes and incentives.

Meet qualifications for current participation in SNAP benefits.

Willing to complete surveys providing information about food attitudes and habits, contribute to discussions and try new foods.

Sign Up and agree to attend all sessions.

Topics covered include:
- Exploring My Plate
- Planning Healthy Meals
- Savvy Shopping to stretch food dollars

Jun. 30, Jul. 28, Aug. 25, Sept. 29, Oct. 27, and Nov. 17
9:00-11:30 AM

Emmanuel United Methodist Church
4312 Amelia-Olive Branch Rd, Batavia, OH 45103

Free Sessions
to sign up please contact:
Mona Glover and Danielle Combs
513-732-7070
Glover.195@osu.edu or
combs.311@osu.edu
Or visit our website

Recruitment Flyer
Teaching Methods

➤ The FCS Educator and SNAP-Ed Program Assistants collaborate to include:
  • Group discussions
  • Participant’s reflection on ways to improve healthy lifestyle choices
  • Practical action steps
Dialogue approach to teaching allows adult learners to make personal meaning and apply the new information and skills to their lives.
N.O.U.R.I.S.H. Curriculum

- Created by OSUE SNAP-Ed Program
- 6 Content Areas
  - Food Shopping
  - Fruits and Vegetables
  - Protein
  - MyPlate
  - Grains
  - Dairy
- Variety of lessons and activities in each Content Area
MyPlate: Power of Planning

Lesson 1

- The Language of Food Labels:
  - Do you find the information on food packaging confusing?
  - Revision to labeling is underway; gaining a better understanding on how the label is intended to improve nutritional spending.

- Meal Planning
- Food prep & sampling included
- Incentive
- Recipes
Fruits and Vegetables

Lesson 2

- Discover how easy it is to can produce from the farmer’s markets & garden
  - Capture the best in nutrition while taking charge of product ingredients

- Food prep & sampling included

- Incentive

- Food Preservation Recipes

Selecting Seasonal Produce & Preserving the Healthy Harvest
205.5 pounds of produce were raised in the 2018 OSU Extension Clermont County Demonstration Garden. The produce was used by the Food $ense program for cooking demonstrations/tastings and distributed to participants to replicate the recipes in their home for their families.
Food Shopping

Lesson 3

- Learn to balance meals using foods low in cost, yet high in nutrients
  - Preparing food at home keeps money in your pocket
  - Ensures better quality & flavor
  - Creating appetizing menus

- Food prep & sampling included
- Incentive
- Recipes

Savvy Shopping
Whole Grains

Lesson 4

- Learn strategies to overcome barriers to adding whole grains to your diet
  - Recognize the health benefits of eating whole grains
  - Identify whole grains
- Food prep & sampling included
- Incentive
- Recipes

Identifying whole grains with ease
Proteins

Lesson 5

➢ Learn the varieties/types of low-cost protein foods available
  • Gain insight into new protein foods
  • Tricks to retain flavor while cutting calories

➢ Food prep & sampling included

➢ Incentive

➢ Recipes

Variety is Key: Benefits with Beans
Dairy

Lesson 6

- Beverage selection impacts health
  - Reality of sugary beverages and flavored milks is surprising
  - Empty calories can add up quickly
  - Explore new ideas for keeping hydrated that will surprise you

- Food prep & sampling included
- Incentive
- Recipes
**State Evaluation Tool**

**SNAP-Ed Behavior Survey – Adults**

Your feedback is important! Please complete the following survey. There are no “right” or “wrong” answers to the survey items. **Please answer each question for yourself only, not your entire family.** Place an “X” in the box to choose the best answer to each item. Choose only **ONE** response for each item.

### BEHAVIOR STATEMENTS

<table>
<thead>
<tr>
<th>1. I use MyPlate to make healthy food choices with a limited budget.</th>
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<th>2. I use food labels to make better choices.</th>
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<th>3. I use a smaller plate at mealtimes to help with portion control.</th>
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<th>4. I drink water instead of sugar-sweetened drinks.</th>
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<th>5. I eat at least one kind of vegetable daily.</th>
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<td>Never</td>
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<tr>
<th>6. I eat at least one kind of fruit daily.</th>
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<td>Never</td>
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<th>7. I eat fruits and vegetables of different colors.</th>
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<th>8. I eat plant-based protein foods like beans, lentils, soy, or nuts.</th>
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<td>Never</td>
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<th>9. When I have dairy products like milk, cheese, yogurt, etc., I choose low fat or fat free options.</th>
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<th>10. When I eat grain products like bread, pasta, rice, cereal, etc., I choose whole grain products.</th>
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<tr>
<th>11. When I eat meat like beef, pork, chicken, or seafood, I choose lean or low fat options.</th>
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<td>Never</td>
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<th>12. I plan meals ahead of time.</th>
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<th>13. I worry that my food might run out before I can buy more.</th>
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<th>14. I make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.</th>
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<th>15. I am physically active for at least 30 minutes most days of the week.</th>
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**List one goal you will set to improve your health and wellness because of this program.**

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**CONFIDENCE QUESTIONS**

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<thead>
<tr>
<th>16. How CONFIDENT are you that you can use basic cooking skills, like cutting fruits and vegetables, measuring out ingredients, or following a recipe?</th>
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<tr>
<th>17. How CONFIDENT are you that you can buy healthy foods for your family on a budget?</th>
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<th>18. How CONFIDENT are you that you can make at last one positive change in your lifestyle as a result of this program?</th>
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<tr>
<th>19. How CONFIDENT are you that you can make at least one positive change in your household as a result of this program?</th>
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<tr>
<td>Never</td>
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**DEMOGRAPHIC QUESTIONS**

<table>
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<tr>
<th>20. What is your gender? Check (✓) 1 answer.</th>
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<tbody>
<tr>
<td>Female</td>
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<th>21. What is your age? Check (✓) 1 answer.</th>
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<td>18-59 years old</td>
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<td>☐ 1</td>
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<td>☐ 2</td>
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<td>☐ 3</td>
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<th>22. What is your race? Check (✓) all that apply.</th>
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<tr>
<td>African American or Black</td>
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<th>23. Are you Latino/Hispanic? Check (✓) 1 answer.</th>
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<tr>
<td>Yes</td>
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<tr>
<th>24. How many people, TOTAL, counting yourself, live in your household? This may include non-relatives who live with you. Check (✓) 1 answer.</th>
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<td>1</td>
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<td>2</td>
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<td>3</td>
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<tr>
<th>25. Have you or any other members of your household used ANY of the following programs in the past year? Check (✓) all that apply.</th>
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<tbody>
<tr>
<td>SNAP (EBT card)</td>
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Local Evaluation Tool

How many people, TOTAL, counting yourself, live in your household? This may include non-relatives who live with you.

91

How many children ages 0-5 live in your household? This may include non-relatives who live with you.

28

How many children ages 6-17 live in your household? This may include non-relatives who live with you.

19

PRE-TEST: What do you hope to achieve from this program regarding making healthier food choices and being physically active?

See summary statements

POST-TEST: How has your motivation to improve your health through healthy eating and physical activity changed through the course of this program?

See summary statements

PRE-TEST: If you were to receive a small kitchen appliance, which would you prefer? (Crock pot, electric skillet, other)

POST-TEST: What changes have you made in your preparation routine?

See summary statements

PRE-TEST: How many individuals (or family members) outside your household do you help provide for? (This may include transportation, meals, shopping, finances, health care, etc.)

91

POST-TEST: How many individuals (or family members) outside your household do you help provide for? (This may include transportation, meals, shopping, finances, health care, etc.)

93

POST-TEST: What recipes and/or materials did you prepare outside of class?

See summary statements
Improvements Year 1

Behavior Changes

- Participants used MyPlate to make healthier food choices
  - Prior to the classes more than 60% never or rarely did
  - At the end of the program more than 75% sometimes, usually or always did

- Participants plan meals ahead of time
  - Prior to the classes around 25% never, rarely did
  - At the end of the program almost 70% sometimes, usually or always did
Improvements Year 2

Behavior Changes

- Participants used MyPlate to make healthier food choices
  - Prior to the classes more than 60% rarely or sometimes did
  - At the end of the program more than 60% usually or always did

- Participants plan meals ahead of time
  - Prior to the classes around 50% never, rarely or sometimes did
  - At the end of the program more than 70% usually or always did
Increased Confidence Year 1 & 2

Behavior Changes

- Participants were more confident…
  - Performing basic cooking skills
  - Preparing healthy foods on a budget
  - Identified one positive change in their lifestyle as a result of this program
  - Identified one positive change in their household as a result of this program
Goals Year 1

- Healthier food choices, smaller portions
- Reading more labels for the ingredients and nutritional levels
- Reducing salt and start eating fresh fruit and vegetables
- Increase physical activity
- Not eat “junk” food that often
- Use recipes given throughout class at home more often
Goals Year 2

➢ Eat more healthier everyday and stay more active
➢ To try and eat better and continue to lose weight
➢ Be more active
➢ Walking more, I’ve lost 10lbs
➢ Make several recipes that we made in class and from the Celebrate My Plate recipe cards
➢ I prepare more fresh veggie dishes
Testimonials

“I love this class we need to have it next year I’m learning so much important information on how to be healthier... This class has taught me things I never would have known.”

“DRINKING WATER W/FRUIT IN IT...INSTEAD OF POP.”

“To lose weight, gain better knowledge of the material handed out to me...smaller portions”

“To be aware of fat & sugar in foods”

“Try to cook at home instead of eating out”

“Make better healthier choices”

“I recently was diagnosed w/diabetes... learning how to eat now... valuable”

“I will try to look at food label more & use lower fat options to try to eat healthier & use more plant-based proteins”

“I really enjoy this class & I have learned a lot.”

I love this class we need to have it next year I’m learning so much important information on how to be healthier... This class has taught me things I never would have known.”
Citations

https://extension.osu.edu/about/mission-vision-values/osu-extension

https://extension.osu.edu/about/vision-mission-values

https://fcs.osu.edu/about

https://snaped.fns.usda.gov/about

http://www.interparish.org/

From Telling to Teaching by Joye Norris
http://www.learningbydialogue.com/tellingtoteaching.html
Questions….Contact Us

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