

# Gaining Food \$ense

*By*

Building Healthy, Resilient Communities  
through Sustainable Partnerships



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCES

# Meet the team!



**Margaret Jenkins**  
FCS Educator  
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





# 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

THE OHIO SNAP •

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

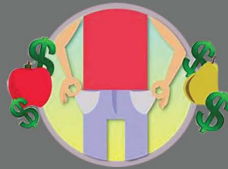
ED REACH



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



**20** percent of Ohio's **CHILDREN** live in poverty



**16** percent of **ADULTS** & **22** percent of **CHILDREN** in Ohio are food-insecure



**20** percent of **ADULTS** & **27** percent of **TEENS** meet recommended physical activity guidelines

THE CHALLENGE

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

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

OHIO SNAP-ED PARTICIPANTS ARE...

THE RESULTS



**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

# CLERMONT COUNTY

## SUMMARY



### 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



### 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

OHIO SNAP-ED WORKS  
**FAYETTE COUNTY**

SUMMARY



### 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



### 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

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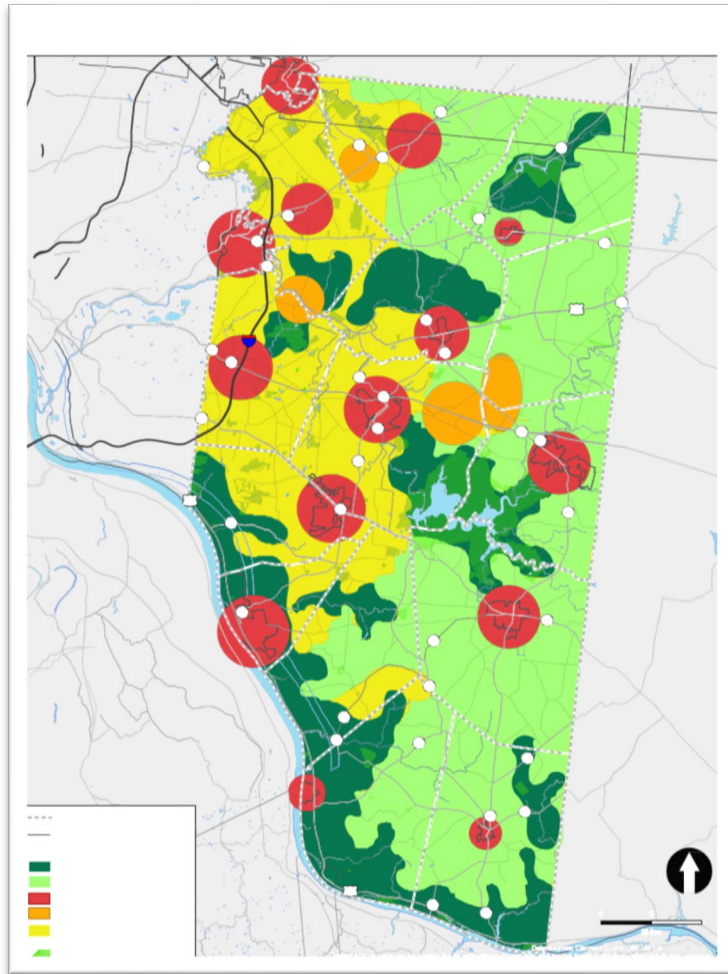


# Do You Have Food \$ense?



## 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.



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# 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

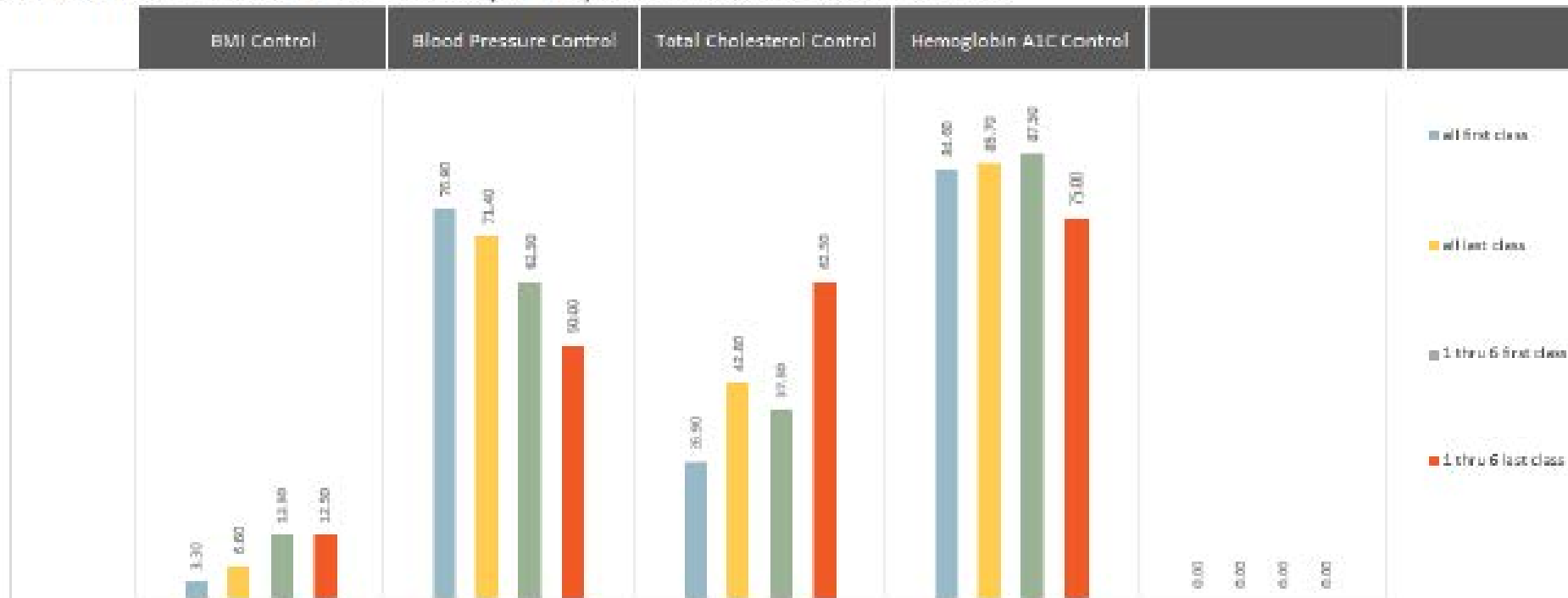


# Mobile Pantry Location

- Emmanuel United Methodist Church located in Batavia, Ohio
  - Church meeting room with full kitchen
  - Mobile pantry in parking lot



## Biometrics - HealthSource/IPM/OSU extension 2018



Classes	BMI control	Blood Pressure contr	Total Cholesterol Conf	Hemoglobin A1C conf	attendance
all first class	3.30	76.90	26.90	84.60	divided by 26
all last class	6.60	71.40	42.80	85.70	divided by 14
1 thru 6 first class	12.50	62.50	37.50	87.50	divided by 8
1 thru 6 last class	12.50	50.00	62.50	75.00	divided by 8
controls	under 24.9	under 140/90	under 200	under 9.0	





# Recruitment Flyer

**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.

Willingness 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](mailto:Glover.195@osu.edu) or  
[combs.311@osu.edu](mailto:combs.311@osu.edu)  
Or visit our website

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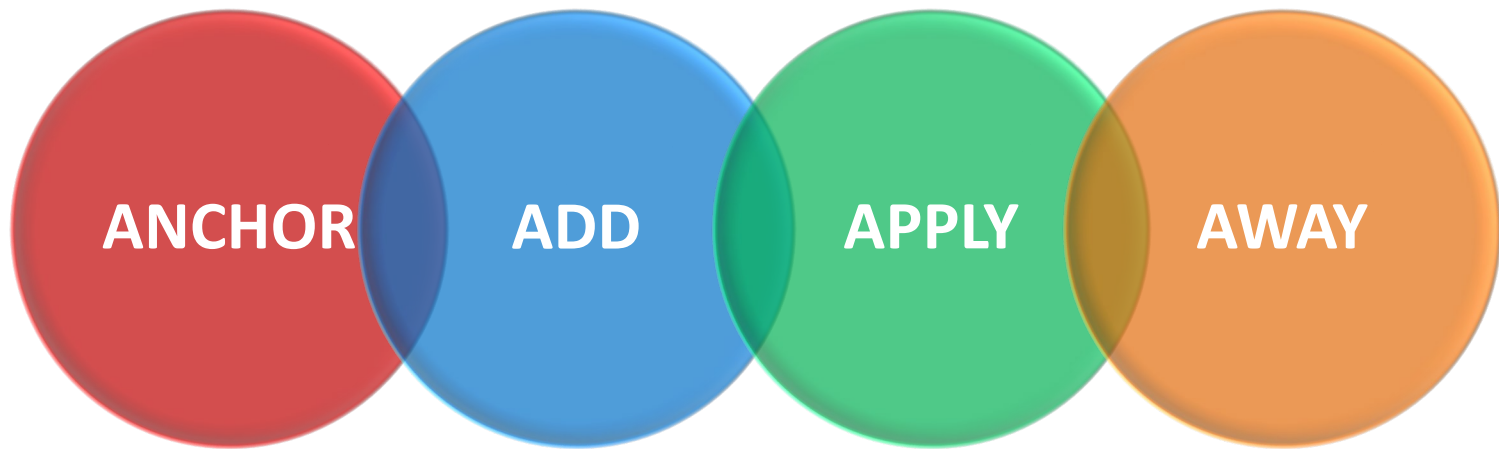
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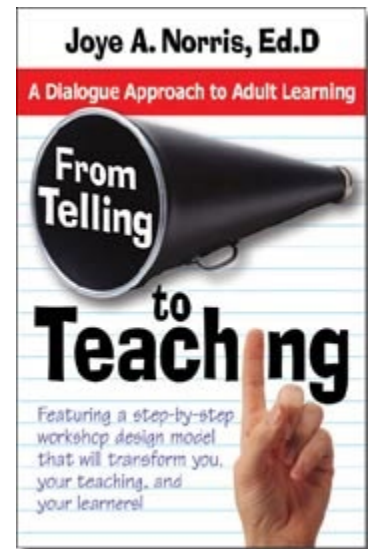
# Teaching Methods

- 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



<b>Nutrition Facts</b>	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	Sugars 1g
	Added Sugars 0g
	<b>Protein</b> 3g
10%	<b>Vitamin D</b> 2mcg
20%	<b>Calcium</b> 260mg
45%	<b>Iron</b> 8mg
5%	<b>Potassium</b> 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

*Language of Food Labels*



# Fruits and Vegetables



*Selecting Seasonal Produce & Preserving the Healthy Harvest*

## 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





## OSUE Demonstration Garden

*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



*Think Before You Drink*

# State Evaluation Tool

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## SNAP-Ed Behavior Survey – Adults

OFFICE USE ONLY-FY18

PO INUM \_\_\_\_\_

\_\_\_\_ Pre-test \_\_\_\_ Post-test

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

List **one goal you will set** to improve your health and wellness because of this program.

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### CONFIDENCE QUESTIONS

	Not at all confident	Not very confident	Neutral	Somewhat confident	Very confident
16. How CONFIDENT are you that you can use <b>basic cooking skills</b> , like cutting fruits and vegetables, measuring out ingredients, or following a recipe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. How CONFIDENT are you that you can buy healthy foods for your family <b>on a budget</b> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. How CONFIDENT are you that you can make at least one positive change in <b>your lifestyle</b> as a result of this program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. How CONFIDENT are you that you can make at least one positive change in <b>your household</b> as a result of this program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### DEMOGRAPHIC QUESTIONS

20. What is your **gender**? Check (✓) 1 answer.  
 Female  Male

21. What is your **age**? Check (✓) 1 answer.  
 18-59 years old  60 years or older

22. What is your **race**? Check (✓) all that apply.  
 African-American or Black  
 American Indian or Alaska Native  
 White  
 Native Hawaiian or Pacific Islander  
 Asian  
 Other

23. Are you **Latino/Hispanic**? Check (✓) 1 answer.  
 Yes  No

24. How many people, **TOTAL**, counting **yourself**, live in your household? This may include non-relatives who live with you. Check (✓) 1 answer.  
 1  5  9  
 2  6  10 or more  
 3  7  
 4  8

25. Have **you** or any **other members of your household** used **ANY** of the following programs in the past year? Check (✓) all that apply.  
 SNAP (EBT card)  Food pantry/bank  
 WIC  Soup kitchen or  
 School breakfast free meal site  
 School lunch  Senior meal site  
 Free summer meals  Do not participate  
 Head Start  in any of these



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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 live with 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 really enjoy this class & I have learned a lot."**

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



# 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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## ➤ Patricia Brinkman

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