



# Family Nutrition Program

UNIVERSITY OF MISSOURI  
 Extension  
an equal opportunity/ADA institution  
Funded by USDA SNAP

Annual Report

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## Family Nutrition Program Final Report 2013

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FY13-15

## Year one of three complete

*The University of Missouri Family Nutrition Program's (SNAP-Ed) mission is to assist in ending hunger, reducing obesity and promoting lifelong health. We will have the opportunity to carry on with this mission for the next three fiscal years. We received approval from FNS that our program will be funded for FY13 through FY15.*

**Missouri's Family Nutrition Program will continue to:**

- Focus on providing nutrition education in accordance with the USDA Food Guidance System
- Stress balancing caloric intake with physical activity
- Strengthen collaboration with the suite of USDA Food Assistance Programs
- Expand collaborations with the anti-hunger community
- Continue to use the social ecological model (SEM) as the underpinning of all programming to address both the individual and the environment
- Use the learner centered teaching approach
- Partner with agencies to provide education related to growing vegetables
- Use evidence based curricula
- Provide consistent messages related to food and activity through the Missouri Nutrition Network

### Budget

## Impact of Mid-Year Cut



The first quarter of FY2013 began as most other years. Educational programming was occurring statewide and materials were reaching over 120,000 families statewide through collaborations with food pantries. On Dec. 31, 2012, the passage of the American Taxpayer Relief Act (ATRA) created a 28 percent mid-year cut. For Missouri, that was a \$2.9M reduction in available funding for the remainder of the year.

Over the remaining nine months we realized the following impacts:

- More than 80,300 fewer SNAP recipients and eligibles received classroom-based nutrition education. This is a 26 percent reduction from FY12. Each of these persons would have received an average of six lessons.
- Even though direct education was dramatically cut, this did not mean there was a correlating decrease in program demand. Almost 315,000 more people received educational materials through emergency food distribution sites, food pantries, backpack programs and through food assistance programs. This is a 60 percent increase over FY12.
- Regardless of instructional type, the percent of participants making positive behavior changes remained unchanged.
- Although no employee was placed in layoff status, more than 50 positions partially or fully funded by the program remain vacant. Staff were also allowed to voluntarily reduce their effort to .8 FTE from June-September to avoid placing individuals in layoff status.

# University of Missouri Family Nutrition Program



University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program recipients and eligibles. Using the socioecological model to evoke behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

Whether reaching out to youth through classroom education or adults in community settings, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. MU Extension also coordinates the Missouri Nutrition Network activities through the Missouri Council of Activity and Nutrition (MoCAN). In addition, MU Extension collaborates with Operation Frontline to provide direct and indirect education to the St. Louis area.

The Family Nutrition Program is funded through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the Supplemental Nutrition Assistance Program (SNAP). This report features highlights from the fiscal year 2013 program, evaluation data and fiscal summary.



# Nutrition Line, Buddy Pack and Pantry Programming

According to the Missouri Food Bank Association, one in eight Missourians receive emergency food assistance each year. In the past two years, food banks have increased their statewide distribution by 20 percent. As a result of the increase in need, our statewide backpack program has nearly doubled in a year, from reaching 9,800 kids in October 2012, to reaching 19,200 in September 2013. In the past four years, this program has expanded dramatically to include children from 372 schools and 92 counties throughout the state. Students and teachers alike find that our

educational materials complement the food banks ready-to-eat food in the backpacks. Each month students receive a seasonal fruit and vegetable activity sheet, a kid friendly recipe card, a "Did You Know" fun fruit and vegetable fact card, and a reinforcement item.

Along with our extremely successful backpack program, we also send food pantries educational postcards with nutritional information that includes two seasonal recipes and a physical activity tip. Since this campaign started in July 2007, this program has expanded to include all 114 counties

in Missouri and has reached 136,300 adults in food pantries across the state each month. Our campaign this year focused on the increased cost of food and developed a new series of flyers called the, "Can Do," recipes. Each installment contains five family friendly recipes that have one main canned ingredient and all of which contain no more than five other ingredients plus spices. In the month of February we highlighted the many uses of canned chicken, from chicken vegetable soup to grandma's chicken pot pie.

Our materials encourage SNAP recipients to reach out through social media, Facebook, Twitter as well as our toll-free Show Me Nutrition line.

The toll-free line allows individuals to ask nutrition and physical activity questions and discover where programming is available in their local area.

In FY13 the Show Me Nutrition Line received more than 153 requests via telephone, email and postal mail. Requests came from 44 counties in Missouri. The top three reasons that were noted for calling the nutrition line were related to food safety, dietary quality, and physical activity. Inquiries made regarding food safety consisted of preservation techniques, proper cooking temperatures and storage methods.



## Success Stories

### Community Pitches In

We have had so much local support of our program. Recently, budgets have been tight and programming slow, and that's when you really see the effects of what you do in your community! I have had citizens call and donate funds



for our new Eating From the Garden curriculum. Our Extension council has paid mileage

and pitched in for food to get summer school classes done. It feels great knowing that others want your program to succeed as much as the staff involved with FNEP! With the community helping as much as they have and having a great council to back me, I am confident that we will make it through this fiscal year without having missed much!

7/10/13  
Heather, Montgomery

Core nutrition education messages are sent home each week in the Buddy Pack program. Food pantries receive educational postcards with nutritional information including two seasonal recipes and a physical activity tip.



Success Stories

## Nutrition Line, Buddy Pack and Pantry Programming

C heryl, a client at Hand Extended Food Pantry, commented to me that she is so excited each time she comes to the food pantry. She cannot wait to see what the new recipe is. She reported to me that she was not much of a cook but since she has been trying the samples and getting the recipe she has been preparing most of her family's meals from scratch.

3/8/13

Martha Wood, Greene

I was talking with clients at the food pantry about protein

foods and handing out "Cheesy Chicken/Turkey Broccoli Casserole" recipes and one of the clients smiled and said to me, "You know I want one of those. I try every recipe I get from you, and almost all of them I really love!" Many of our clients each month now look for, or ask for, a recipe if I'm not already putting one in their hand!

2/1/13

Myrna Stark, Douglas

An Ellington Food Pantry client was excited I was there. She loves the Show Me Simple and

Healthy Recipes. They help her to save money and the family enjoys the taste. She enjoys knowing they are eating healthier with just a few different ideas she had never tried before.

9/19/13

Nancy Burns, Reynolds

I taught the kids how to make parfaits using canned fruit. One of my students said she made one at home using a can of fruit that she had brought home in her buddy pack.

4/25/13

Kellie Rich, Marion



Success Stories

## Going Bananas

A scheduled afternoon of sampling and providing nutrition information to patrons of Share the Harvest Food Pantry quickly turned into a "think on your feet" moment for NPAs from Camden County. Upon arrival, the director of the pantry said they had 2 pallets of bananas that were perfectly ripe.

While bananas are known for high levels of potassium, they are also loaded with Vitamin C, Vitamin B-6 and fiber. Although relatively sweet, bananas contain natural sugar that is used by the body to provide a quick energy boost.

Larry Roberts and Amy Bartels,

Nutrition Program Associates with the University of Missouri, decided to chop the bananas and warm them in an electric skillet that had been sprayed with a bit of cooking spray. Caramelizing bananas brings all of their natural sugars to the surface and forms a delicious, sweet crust.

Adding some granola to the top created an instant dessert with no added sugar or fat.

Try topping this dish with a spoonful of nonfat vanilla yogurt and a sprinkle of cinnamon. The addition of walnuts or pecans would add protein making this an excellent choice for breakfast on the go!

Caramelized bananas and granola. Just add a spoonful of nonfat vanilla yogurt and a sprinkle of cinnamon to make an easy dessert.



An unexpected shipment of bananas has Camden county NPAs thinking fast.



Caramelizing bananas brings all of their natural sugars to the surface and forms a delicious, sweet crust.



# Partnering With the Suite of FNS Food Assistance Programs

USDA Undersecretary Kevin Con-cannon told SNAP-Ed Implementing Agencies at the 2012 ASNNA Annual Meeting that they should be engaged with the "suite of FNS Food Assistance Programs." The University of Missouri SNAP-Ed program took that message to heart. That message has resulted in Memorandums of Understanding (MOUs) with state partners who deliver FNS Food Assistance Programs to expand the reach of SNAP-Ed.

## Department of Health and Senior Services (DHSS)

### WIC and Nutrition Services

Women, Infants and Children (WIC) is a supplemental nutrition program that provides services to pregnant women, new mothers, infants and children up to age 5 based on nutritional risk and income eligibility. The primary services provided are health screening, risk assessment, nutrition education and counseling, breast feeding promotion and health care referrals. Supplemental food is provided at no cost to participants.

Local WIC providers in Missouri frequently partner with the Family Nutrition Education Programs from University of Missouri Extension to provide nutrition education for WIC participants. Nutrition educators teach Eating Smart Being Active and Loving Your Family, Feeding Their Future lessons in group settings.



*Research shows that pregnant women who participate in the WIC Program have fewer low birth weight babies, see the doctor earlier in pregnancy and eat healthier.*

In addition to teaching WIC participants directly, Show Me Nutrition Education displays and handouts are used in local WIC agencies, both where educators teach and in WIC agencies that do not provide FNEP group classes. WIC participants view the displays and handouts that are set up in the WIC agencies. These materials reinforce WIC nutrition messages and messages from the curricula taught by nutrition educators.

More information is available at: <http://health.mo.gov/living/families/wic/wiclwp/fnep.php>.

### Community Food and Nutrition Assistance

#### *Child and Adult Care Food Program (CACFP)*

CACFP assures that nutritious meals and snacks are served to

children and eligible adults enrolled in child care centers, family child care homes, after school programs, emergency shelters, and adult day care programs by providing reimbursement for meals that meet minimum nutritional standards.

CACFP requires that well-balanced meals are served and good eating habits are taught. The CACFP also provides training and technical assistance on nutrition, food service operations, program management, nutrition education and record-keeping. CACFP providers in Missouri partner with University of Missouri Extension SNAP-Ed educators to provide nutrition education for children under their care.

#### *Summer Food Service Program (SFSP)*

SFSP helps assure that eligible populations have access to nutritious meals during the summer months. When school is not in session, SFSP provides reimbursement to community agencies offering the required continuum of meals. Eligible participants include: children through age 18 whose family incomes are less than or equal to 185 percent of the Federal Poverty Guidelines and to income-eligible adults over age 18 who have been determined by a state educational agency to have a disability and who participate in a school-based program for the disabled during the school year. SFSP contracts



*WISEWOMAN services include annual screenings that measure blood pressure, total cholesterol, HDL, blood glucose, and height and weight for body mass index (BMI). Health assessments identify lifestyle habits that increase the risk of heart disease and stroke including low intake of fruits and vegetables, low physical activity, and smoking. Risk counseling interprets each woman's screening results and explains her risk for heart disease and stroke. WISEWOMAN education helps each woman make changes she is ready to make, helps her set realistic goals, and provides resources and tools to help her make these changes.*

with schools and other community-based organizations to sponsor the local programs and provide meals that meet established guidelines. The program improves the quality of the summer programs offered in areas of economic need. Local SFSP providers in Missouri frequently partner with SNAP-Ed nutrition educators to provide nutrition education for their attendees.

### Chronic Disease Prevention and Nutrition Services

Although not an FNS Food Assistance Program, WISEWOMAN has been a strategic partner with SNAP-Ed. Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)

provides heart disease and stroke prevention health screenings and education to clients of the Show Me Healthy Women (SMHW) program, Missouri's National Early Breast and Cervical Cancer Control Project.

To be eligible for WISEWOMAN services, women must be participants in the Show Me Healthy Women breast and cervical cancer control project and meet the program's age (35-64 years) and income guidelines.

WISEWOMAN partnered with MU Family Nutrition Program to provide telephonic nutrition education by two designated nutrition educators. WISEWOMAN provides financial support for this program.

## Department of Elementary and Secondary Education (DESE)

### Office of College and Career Readiness, Curriculum Services

College and career readiness means that a high school graduate has the necessary English and mathematics knowledge and skills, including, but not limited to, reading, writing, communications, teamwork, critical thinking and problem solving, either to qualify for and succeed in entry-level, credit-bearing two- or four-year college courses without the need for remedial coursework, or in workforce training programs for his/her chosen career that offer competitive, livable salaries above the poverty line, offer opportunities for career advancement, and are in a growing or sustainable industry.

The Office of College and Career Readiness curriculum services section provides services related to the development and implementation of improved curricula in the schools of the state. The unit engages in a broad range of activities including: the preparation and dissemination of curricular materials; in-service training for professional staff members in curriculum development and in specific subject areas; consultative assistance in solving instructional problems. Consultants provide services upon request in the areas of citizenship education, health and physical education, fine arts, reading, writing, math, social studies, science and library/media. Emphasis is placed on assisting schools in aligning curriculum

with the Show-Me Standards and the development of written curriculum guides required by the Missouri School Improvement Program and the Outstanding Schools Act.

Local educational agencies in Missouri frequently partner with nutrition educators with the Family Nutrition Education Programs from University of Missouri Extension to provide nutrition education for children attending their schools. DESE supports this local partnering by encouraging eligible schools to participate.

### School Food Services (SFS)

Missouri participates in the national school meal programs [National School Lunch Program (CFR Part 210), After School Snack Program, Seamless Summer Option, School Breakfast Program (CFR Part 220), Special Milk Program (CFR Part 215), Fresh Fruit and Vegetable Program and the Donated Foods Program (CFR Part 250)]. One of the requirements is

to provide free meals to children who are or whose family is participating in the Supplemental Nutrition Assistance Program (SNAP), formerly known nationally and still known as Food Stamps in Missouri. USDA allows families to complete a paper application, yet USDA is encouraging state education agencies to coordinate with their social services agencies to determine eligibility for children automatically through electronic means. Making the eligibility in this manner is referred to as "directly certified."

In FY'11, SNAP-Ed program staff collaborated with SFS to write and submit a planning grant for Missouri to review its current process, how other states are directly certifying their eligible children, how Missouri could change the current process to be more user-friendly and result in more children being directly certified to reduce the paperwork burden on their families, and write a grant to implement the new process determined during the planning

year. SFS entered into a contract with the SNAP-Ed program for staff to coordinate the work of the planning grant. During the planning year, the project team that included members from the Missouri Department of Social Services, Information Technology specialists, DESE and Local Education Agencies (LEAs) conceived an implementation grant application, which was submitted and approved for funding by USDA.

Once again, SFS chose to contract with the SNAP-Ed program for staff to coordinate the implementation of the new process envisioned by the project team. Currently, the new process has been implemented in the public schools after piloting the process. During the next year, the new process will be "rolled out" to the non-public LEAS, again using a pilot process.

The SNAP-Ed program continues to seek out additional ways to partner with the Suite of FNS Food Assistance Programs through periodic meetings and planning sessions.



## FNEP Partnerships Promote Consistent Messages

MoCAN is a long-standing coalition that unites many members to improve the nutritional intake and increase physical activity levels of Missouri residents, especially low-income individuals. Fifty-one organizations have signed a formal member profile. In addition, there are more than 280 individuals on the overall MoCAN list serve.

The mission of MoCAN is to provide consistent written and spoken messages by all member agencies. In Missouri, many residents find it difficult to eat healthily or be physically active because the environment in which they live, work, learn, play or pray is not supportive.

MoCAN was founded as a nu-

trition network for SNAP-Ed, and has a successful track record of leveraging non-SNAP-Ed funding to support its efforts. Currently MoCAN members are working in three initiatives. First, "Farm to School" continues to provide technical assistance to local schools to bring local, fresh food to their students, thus increasing

their intake of fruits and vegetables.

"Farm to School" is currently funded through the Healthcare Foundation of Greater Kansas City. Second, the "Livable Streets" (often called "Complete Streets") provides web resources to assist communities in providing modes of transportation for all of their residents - those who drive vehicles, those who ride bicycles and those who walk. During this last year, the advisory council has continued to meet and discuss ways of assisting communities. During the coming year, additional work will be accomplished through funding from the Centers for Disease Control and Prevention (CDC) through a contract

with the Missouri Department of Health and Senior Services (DHSS). Finally, "Eat Smart in Parks" is the newest initiative focused on assisting park food vendors to provide healthier food options. This initiative has continued to receive funds from the Missouri Foundation for Health (MFH). Additional parks have been trained to use the nutritional guidelines for foods served in parks for park staff. While the project has not yet been evaluated, the number of parks that are incorporating healthier food options in their parks has increased based upon partner organization, Missouri Park and Recreation Association (MPRA), remarks. This initiative will continue through funding

from CDC through a contract with the DHSS. In addition, two state of the plate conferences will be supported with funding from DHSS.

MoCAN steering committee desires to recognize key contributors and supporters of MoCAN initiatives. The MoCAN Healthcare Work Group developed criteria to recognize a health care provider or student instrumental in changing policies or environments to improve dietary intake or increase physical activity. The first awardee was Ed Kraemer, M.D., family physician from Lee Summit, Missouri; a video of the presentation given can be found at <http://www.youtube.com/watch?v=psy6Ur8upVE&feature=youtu.be>.



### Success Stories

## Partnering With Other Programs

In a partnership effort with the Hickory Co. Health Department, Jan Gerstlauer, Nutrition Program Associate with the University of Missouri Extension's Family Nutrition Education Program (FNEP), began offering nutrition classes in August 2013 to the Health Department's WIC (Women, Children and Infants) participants. As part of the effort, the Health Department purchased food for weekly food demonstrations, highlighting and incorporating WIC-approved foods where possible. In September, the nutrition lesson focused on the importance of calcium in building strong bones, and the recipe chosen for the month was "Fruit and Yogurt

Breakfast Waffle Pizza," an FNEP-approved recipe. Several days after receiving the lesson, a young mother of two boys returned to the Health Department to share with the WIC coordinator that all her boys could talk about was the delicious snack they tasted during the nutrition lesson. The boys enjoyed the food so much that mom had to start making it for them. The mother was thrilled she had another snack/breakfast option for her kids and more importantly, she was happy knowing it wasn't going to take a monumental effort to provide foods her kids would like that were also nutritional. She also noted in passing that she had learned more about food safety



*Fruit and Yogurt Breakfast Waffle Pizzas*

and had never thought to wash fruits such as bananas because the peels were never eaten. She is now washing all her fruits and vegetables.

9/12/13  
*Jan Gerstlauer, Hickory*



# Working With Seniors



This past June I started programming at the Warsaw Food Pantry at least once a month around the first and then sometimes around the 20th of the month when Senior boxes come in. I work with Jeannie Arnold, assistant manager, to coordinate what food they get in with a Nutrition topic MyPlate subject. As they are waiting between the sign-up and when their food is ready, they sample or talk and share information about the subject on my display board. Recently, I was asked if we had any recipes for use of hard boiled eggs, since they give them out fairly often. I brought our egg salad recipe and some of our other recipes that called for eggs. One of the clients was in before lunch and received her food and had picked up the recipes. That afternoon she brought a neighbor back to pick up her food and came in to tell

me she made the egg salad for lunch and it was really good, and a nice change.

10/9/12  
*Tammy Culpepper, Benton*

Mr. C was a homeless man staying at several shelters. He came to my class at a Senior Center. He was very quiet and so polite as he listened to the lessons and the conversations of the other participants. He was always grateful for the food tasting and the nutrition education reinforcements, but the day he received his certificate, he was just beaming. The man who runs the center told me he was walking around showing his certificate to everyone who would look. You see, Mr. C. never completed high school, so completing our course was a big accomplishment for him.

6/14/13  
*Peggy Milford, St. Louis*

I was teaching a class at one of my senior housing sites, and I was talking to the group about making sure that half of their grains be whole. I was explaining to them the difference in whole-wheat flour and white flour and how the entire seed is used for whole-wheat flour and that only the endosperm is used for white flour. I didn't really think that I made an impact on the group until the end when I asked if they picked up anything new from my teaching. Three-fourths of the group said, yes, we had no idea that whole wheat was the entire seed. They found the difference of whole wheat and white grain products interesting.

5/10/13  
*Nicole Cravens, Bates*

In March 2013, I had my second visit to the senior center. The first visit included a display about phytonutrients and a sample of snap peas. On the second visit, one of the men that had sampled the baked snap peas came up to me and said that when his wife goes shopping, instead of buying potato chips, she buys the snap peas. That's what they now snack on. He says they both feel better, and it's truly guilt-free snacking.

3/31/13  
*Monica Spittler, Stone*

I have been teaching at a Senior Living facility in St. Louis County. One of the women was very interested in nutrition and seemed

to be well-informed already. She was diabetic, and had taken and paid for a class through a local hospital. While she was already doing a lot of things in her routine to control her diabetes, she always commented how much she liked our curriculum. She enjoyed the recipes that were cost-conscious, delicious, and easy to prepare.

She encouraged the other women in the class who didn't cook too often to try the recipes. She was surprised to learn about the rapid growth of bacteria and definitely altered her habits to put things back in the refrigerator sooner. Most of all, she loved the physical activity. She already participated in an exercise class at the facility,

but liked the different stretches and the camaraderie of exercising with her peers. She commented that our FREE class was much better than the class she paid for at the hospital. For my first class experience, this was wonderful feedback.

3/18/13  
*Peggy Milford, St. Louis*

## Reaching Our Audience in New Ways: **Pinterest**

*MU Family Nutrition Education Programs are an important part of University of Missouri Extension, bringing nutrition information to low-income Missourians.*

### Our Boards include:

- Autumn Favorites
- Soups, Soups and More Soups
- Kid Friendly Recipes
- Oodles of Noodles
- Healthy lifestyle tips
- Game Day Treats
- Food Safety
- BBQ Time
- Mother's Day
- Breakfast
- Meals on the Go
- Gardening
- Cinco de Mayo
- Veggies
- Get Fit!
- Father's Day
- Crockpot Recipes
- Nutrition
- Emergency Kits
- Pinching Pennies
- Family Fitness
- Kids in the Kitchen
- Weight of the Nation

### Our numbers:

- 48 boards and growing
- More than 1,678 pins
- Boards are updated daily with timely, pertinent information to boost awareness of MU FNEP and family health and wellness

[pinterest.com/mufnp/boards/](http://pinterest.com/mufnp/boards/)



According to a national survey by the Kaiser Family Foundation, the amount of time young people spend with entertainment media has risen dramatically, especially among minority youth. "The study found that 8- to 18-year-olds devote an average of 7 hours and 38 minutes (7:38) to using entertainment media across a typical day (more than 53 hours a week). And because they spend so much of that time 'media multitasking' (using more than one medium at a time), they actually manage to pack a total of 10 hours and 45 minutes (10:45) worth of media content into those 7 1/2 hours."

Source: <http://kff.org/other/event/generation-m2-media-in-the-lives-of/>



## Success Stories Expanding Education Through Social Media and Online Efforts

This spring I was doing the *Live It!* curriculum with three groups of health students at Mansfield School. In one of the groups there were four girls who were really impressed with the *My Tracker* Web page. They loved the feature where they can keep track of their food amounts and nutrients. This was not because of their interest in restricting their calories, but to make sure that they were eating enough from each group to get their nutrients and monitoring their exercise levels. They were all athletes, who want to be at their best physically.

5/16/13  
E. Ingrid Ragsdale, Wright

Below is what a King City, third-grader's mother said on Facebook: "OK, my daughter is dancing, doing sit-ups and push-ups this evening. She is logging them and timing them. So my question is Stephanie Stewart Weddle, what did you teach her today? And could you convince her to clean her room

instead of dance for activity?" And a comment on this post from a King City, second grader's mother: "I agree! Kylie had the healthy kick tonight too. She lectured me at dinner time while she ate her boiled chicken."

2/8/13  
Stephanie Weddle, Gentry

One week I decided to have the girls look up the website *Choosemyplate.gov*. We went to the section on having a healthy baby. They were able to enter what they ate for the day. It calculated the calories, fat intake and all the other nutritional value. Pricilla said she was shocked to see how many fat calories she had absorbed in a day and not nutrition. We also looked at the effects on the baby not eating healthy. The pictures, the lessons and the website amazed her and gave her a better understanding on what she needs to do to have a healthy baby.

10/26/12  
Teri Tillman, Jackson

## MU Nutrition for Families

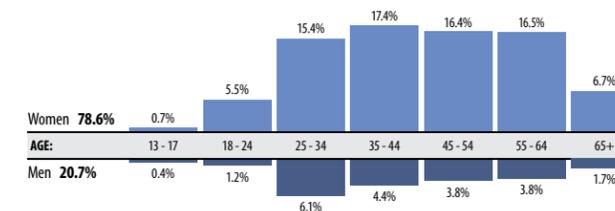


Launched: March 17, 2013

MU Nutrition for Families is supported through the MU Extension Family Nutrition Program (FNEP). MU Nutrition for Families is a great source for recipes, fitness tips and ideas, and more.

**7,204** reached the week of Aug. 3, 2013 - Aug. 9, 2013

The graph below shows the gender and ages of our 284 followers



### Top 5 Most Viewed Posts

1. Grilled green beans recipe
2. Looking for a creative, low-carb sandwich? Try using a cucumber as your "bread."
3. From our friends at 1234 Fit-Tastic: "You say elevator. I say stairs."
4. Are you going to the Missouri State Fair this year? COMMENT with your home county and look for the MU Family Nutrition Education booth in Mizzou Central at this year's state fair.
5. When you're feeling snacky, reach for something OTHER than a snack cake (*Weight of the Nation* article about smart snacking).

- Rethink Your Drink from the CDC
- MU Nutrition Myth Busters Blog
- Numerous links to content from *ChooseMyPlate.gov* as well as *GirlsHealth.gov*, *HealthyChildren.org* and *FoodSafety.gov*
- Super Tracker from USDA (food and exercise tracking website)
- Fruits & Veggies — More Matters
- Features from MU Extension Regional Nutrition Program
- MissouriFamilies.org

## Live It! with MU

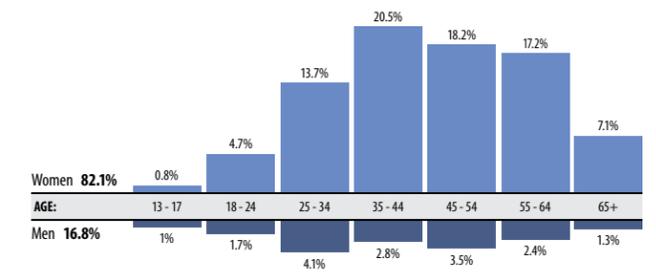


Launched: March 17, 2013

Live it! with MU is a source for teens involved in the University of Missouri Extension nutrition education programs as well as for teens everywhere who want to learn more about healthier living.

**759** reached the week of Aug. 3, 2013 - Aug. 9, 2013

The graph below shows the gender and ages of our 150 followers.



### Top 5 Most Viewed Posts

1. When you're feeling snacky, reach for something OTHER than a snack cake (*Weight of the Nation* article about smart snacking).
2. Peanut butter, banana and spinach smoothie!
3. Thirsty? Drink some water! A recent study found that drinking a few cups of water improved brain response time.
4. Americans drink about 400 calories every day (that's A LOT of calories in a cup, can or bottle).
5. Headed to the Missouri State Fair this week? We hope you'll stop by Mizzou Central for a little education and a little fun, like the MU Extension photo booth.

In addition to consistent and relevant updates, we distribute promotional cards to raise awareness and generate interest in our pages. Cards are available to everyone in FNEP for distribution to Missourians we serve. Contact Becky Roberts at [bjrc55@mail.missouri.edu](mailto:bjrc55@mail.missouri.edu) for details on obtaining cards.





# Long Term Behavior Changes

Last week, while visiting with the Upward Bound students, one of the program participants from last summer (now a summer helper) came up to talk to me. She was telling me about her future plans now that she's graduated from high school when she asked if I remembered her from last summer. She then started to talk about the Live It lessons that we'd done and she said: "Remember that peanut butter and banana tortilla that we made? That was so good! It's still my favorite snack, and I tell everyone about it. It's so easy and good! I've been making them for a whole year now, and I'll be doing it in college." She

went on to tell me about how she thinks more about what she eats and enjoys label reading. A whole year after she had the program and still showing behavior change! That was pretty exciting to hear!

6/17/13  
Judy Colligan, St. Francois

In July 2013, I ran into Connie and John, who were in my May 2013 ESBA (*Eating Smart, Being Active*) class in Galena, at a local coffee shop. Connie shared that the class on "Fruits and Veggies" had changed their lives. They said that the taste-test really helped them with healthy fruit juice choices. The one change

that they have both made is that they only drink V-8 Fusion Juice or "no sugar added" juice. They also read labels to make sure that sugar is not the first or second or third ingredient in their foods.

8/13/13  
Monica Spittler, Stone

On June 7th and 8th, 2013, the Stone and Taney County "Relay for Life" happened. My colleague and I from Taney County (Barb Beck) attended and set up a display. In the middle of the event (around midnight), one of the students from Reeds Spring Middle School came running up to us and gave me a big hug.

I taught the 7th and 8th grade girls at Reeds Spring back in January 2013, but I could hardly recognize her. I asked her how she was doing. "Maria" had lost close to twenty pounds and was proud to share that she was now "happy in her own skin." She said that since I had taught the body image lesson in the middle school curriculum, she has changed. She now takes care of herself by eating healthy, exercising, and doesn't wear all that heavy make-up. She takes up every opportunity to be physically active. She was truly glowing that night and you could just feel that her self-esteem was strong and healthy.

6/14/13  
Monica Spittler, Stone

little English. Through our *Lets Read and Kids in the Kitchen* programs these students enjoyed learning about the importance of hand-washing and food safety. Each day the students learned new "healthy words" and enjoyed tasting new foods. The excitement, smiles and hugs I received each day was evident in how much they all enjoyed the lessons.

7/15/13  
Pat Carner, Jackson

## Success Stories International Students Explore Food Education

This year the New American Students Summer School comprised of 115 children, Kindergarten through 6th grade whose families immigrated from countries that included, Burma, Africa, Thailand, Somalia, Nipo, Djibouti, South Africa, Cambodia, China, Pakistan, El Salvador, Guatemala, Mexico, Cuba, Congo and Iraq. These students have been in America anywhere from 1 month to 1 year, some speaking none or very



# Trying New Foods

At a local food pantry site we have been offering individuals and families healthy and quick recipe information to enhance lessons for "Eating Smart, Being Active" adult curriculum materials. Several people have been encouraged by our materials and that "healthy food can be tasty, too!" and have taken our recipes home to try them out with their families. Recently, one client mentioned that after tasting our Smoothie recipe, she saw how simple and delicious it was and decided to try it at home. She explained it was such a hit, that for two weeks they were experimenting with all sorts of combinations, adding different flavors of yogurt and different fruit varieties, sometimes milk, occasionally even vegetables! (During our discussion we'd mentioned you can use all sorts of healthy ingredients you might have around or be able

to access easily). She said they were having so much fun as a family being creative with the healthy foods they had on hand and making the quick smoothies, and they really enjoyed the experience. Prior to our program, she had never tasted a smoothie before and didn't realize simple, healthy and easy could also be so delicious! While sharing the story with me, I think she also encouraged some other clients around her to also give it a try at home. Healthy living and positive changes resulting in so much excitement can certainly be contagious!

9/4/13  
Julie Williams, Clay

This past August at my Lincoln R-2 School, the fourth-graders and the Pre-k class worked all summer with the *Eating from the Garden* curriculum. At the August school board meeting the



preschoolers did a program for the board members to show off their gardens. One of the items we planted was rainbow swiss chard. The preschoolers tried it several different ways and really liked it. The students demonstrated preparing a roll-up using the swiss chard, a piece of ham and string cheese, then served them to the members. One of the school board members asked the preschooler what it tasted like because he had never had it before. The preschooler responded by saying "you just have to try it and you will like it." A lesson learned, the board member said. The preschoolers have had so much fun trying all the different vegetables they are growing in their gardens. More than one parent has responded to the preschool teacher that their child is trying way more foods than they ever would in the past. Growing it themselves seems to be a positive experience in what they are willing to now try.

9/23/13  
Tammy Culpepper, Benton





## Welcome Londa Nwadike

We welcome Londa Nwadike our new Food Safety Specialist. Londa's position is a joint effort between K-State Extension and MU Extension. Londa has an office in Olathe, KS and in Blue Springs, MO. She has hit the ground running producing a variety of articles and fact sheets related to current trends and unexpected events. This work includes a monthly Food Safety

newsletter, a fact sheet on Food Safety in pregnancy and a recent interview on the effect of Government shutdown on food safety.

Her work can be found on [www.ksre.ksu.edu/FoodSafety](http://www.ksre.ksu.edu/FoodSafety). The recent interview will air on a variety of radio stations and is also posted at: [www.harvestpublicmedia.org/content/government-shutdown-crimps-some-food-inspectons](http://www.harvestpublicmedia.org/content/government-shutdown-crimps-some-food-inspectons).

## Success Stories Food Safety



After teaching Eating Smart, Being Active, the "Go Lean with Protein" lesson, to a group of Ozark Area Community Action Corporation clients, a young woman came up to me following the class. She said that she is a food server at a restaurant in Branson. Looking at the agenda prior to class, she hesitated coming to the class because she felt that the food safety portion of the class would not be anything valuable for her, since she had already participated in multiple trainings in proper food handling for work. She stated that she learned so much more about food safety during our class and that she would be going out to buy a thermometer to check her fridge and freezer temperatures

at home. She also stated that she will be changing her dinners twice a week from beef to a fish. Finally, she said that she would change her daily lunches from egg salad to tuna salad, at least three times a week.

12/17/12

Monica Spittler, Stone

November 8, 2012, I was teaching 4th grade at Phelps County R-III about food safety and we were talking about the temperature of the inside of a refrigerator and the teacher said, "I have always wondered about that and now I know." I thought that was pretty wonderful for her to admit she was learning right along with her class.

11/9/12

Karen Clancy, Phelps

I teach during PE classes at Noyes Elementary in St. Joseph (Buchanan County). John Wachtel, PE teacher at Noyes, had asked his fourth-grade students about their Thanksgiving break. One student reported that it was fine except the turkey was "rotten." On this day, the fourth grade students were learning about food safety from the *Choosing Foods for Me* curriculum. We began our investigation on how we thought the turkey became "rotten." During the course of class, the student replied that the family defrosted the turkey using hot water in the sink, and his brother in sixth grade ended up with a foodborne illness. The following week, the student came to me before

class. He told me how he took all the information home and shared it with his family. He said, "My mom is not going to defrost turkey like that anymore! She's going to do it in the

refrigerator." It amazes me at times how our curriculum will meet the immediate situations of the students.

12/18/12

Sue Robison, Buchanan

## Success Stories Obesity Prevention

The battle of the bulge: A young man that I knew came to me and asked if I had any advice on losing weight. The best advice that I had for him was to change his eating habits. I informed him that promoting healthy eating by following MyPlate, watching your portion sizes and eating the right kinds of foods should assist you in reaching your goal. Through walking and following MyPlate this young man lost 150 pounds and dropped five pant sizes. He learned that he had to change his lifestyle rather than dieting and that dieting alone does not promote healthy eating.

7/2/13

Dorothy Blissett, Scott

Last week as I was shopping, a student remembered me from a school that has since shut down. He introduced me to his mom who told me that she wanted to meet me ever since her son would come home with the recipes for her to make. Not only did her son change his eating habits but slowly other family members started to eat healthier also. This young man went from being a chubby third-grader to a slim, muscular tenth-

grader. While I was grateful for them giving me the credit for his weight loss, it was really this student's determination to make better choices that changed his outlook. This just goes to show how much of an impact these programs have on students. It is truly a lifelong lesson.

3/31/13

Gloria Davis, Jackson

While I was changing classes a student approached me who I used to teach last year. She indicated that she has been exercising and had changed the way she was eating. She incorporated more vegetables into her diet and joined the track team. She lost a noticeable amount of weight. She thanked me and thanked the program.



1/25/13

Donnell Roberts, Jackson



## Healthy Snacks

While teaching a 2nd grade class, I sent home the "Make room for snacks - they're good for you!" brochure in addition to the regular newsletter during a lesson. I asked all the kids to take that to their parents or guardians and share. I really love this handout, it has so many great ideas and information. Two days later, I received an email at our county office asking me to come to another school and share that same information. One of my students took that paper home, the parent is an exercise instructor and works with another school district. I was invited to do a program for their students because of how much one student had taken home to her mom! Way to go kids! They really do tell their families what we teach.

4/22/13

Sarah Sims, Callaway

# EATING FROM THE GARDEN

Presented by:  
 Jo Britt-Rankin MS, Ph.D.;  
 Candance Gabel MS, RD, LD;  
 Larry Roberts and Rebecca Mott



## Program Description

The Eating From the Garden program provides evidence-based information to youth in schools and community programs. The program hopes to increase consumption of fruits and vegetables by youths through nutrition and gardening activities.

Childhood obesity has reached an epidemic level in this country. Approximately 15 percent of children in the U.S. are overweight and up to an additional 15 percent are obese. One of the main issues facing many children and families is access to safe, healthy, affordable food. This program helps kids improve their diet and food choices by providing them the skills to grow, harvest and prepare healthy food options. With help from area partners and volunteers, the program promotes healthier food choices, gardening skills and physical activity.

## Why Gardening?

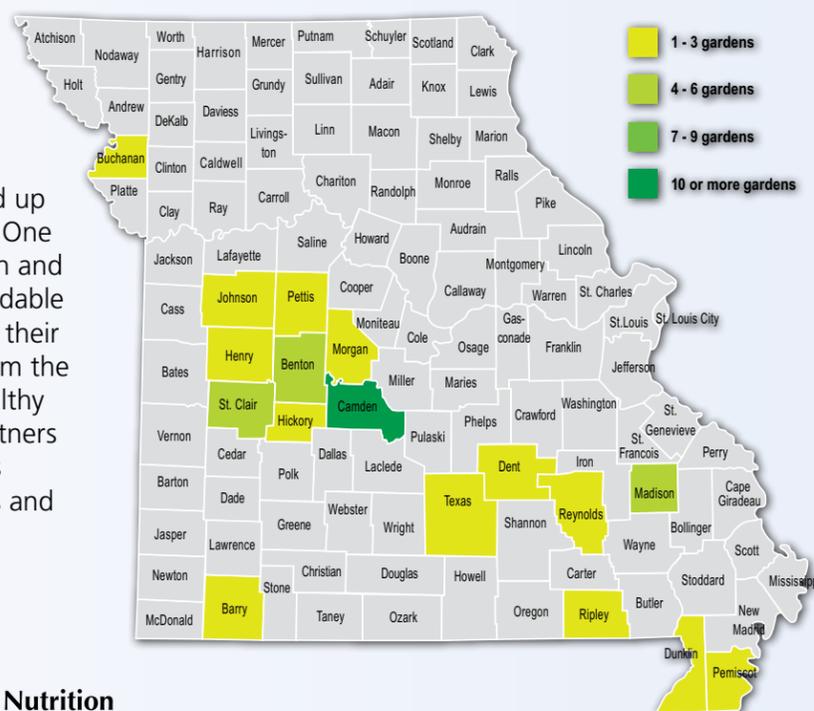
Gardening is a popular pastime for people of all ages. Children and their families can often enjoy this creative and fun activity in their own backyard. Growing fruits and vegetables in a home or a school garden provides an environment where nutrition and plant science skills can be taught. The Eating From the Garden curriculum provides hands-on activities to reinforce these lessons and skills.

School and community gardens have been expanding nationwide, which provides those who participate the opportunity to taste and prepare the foods that they have grown. When participants experience these foods, they are more likely to incorporate them into their daily food choices. This is important because most individuals do not consume the recommended servings of fruits and vegetables.

## Program Objectives

- Increase gardening skills
- Increase consumption of fruits and vegetables
- Increase food preparation skills
- Increase participants financial understanding of gardening

## Garden Sites



## Results

Gardening allows both youth and adults to take great pride in their efforts and to give back to the community. Participants at each garden site determined how the excess produce would be distributed following the food tastings and demonstrations. Some sites chose to send the produce home with the children or families so that they could replicate the recipes tried during the program. Other sites donated the produce to food pantries within the community. One school, incorporated the produce into their school lunch program. Each day the produce was served, *Eating From the Garden* signs were placed on the salad bars so children would know they had produced some of the foods being served.

The data below reflects the produce harvested from 20 sites from which we collected data. These data reflect only produce harvested from the spring plantings. Many of these gardens will be replanted for fall crops.



Produce	Input Cost	Yield (lbs.)	Retail value (organic produce)	Cost Savings
tomatoes	\$39.54	348 lbs.	\$947.76	\$908.22
zucchini	\$5.96	67 lbs.	\$333.76	\$327.80
peppers	\$26.12	75 lbs.	\$256.85	\$230.73
okra	\$0.01	40 lbs.	\$203.66	\$203.65
radishes	\$4.01	32 lbs.	\$155.00	\$150.99
carrots	\$5.19	33 lbs.	\$131.34	\$126.15
lettuce	\$9.05	23 lbs.	\$120.06	\$111.01
squash	\$0.00	53 lbs.	\$105.47	\$105.47
turnips	\$6.63	26 lbs.	\$64.48	\$57.85
spinach	\$6.30	12 lbs.	\$64.27	\$57.97
cantelope	\$0.00	21 lbs.	\$63.00	\$63.00
cucumbers	\$0.99	58 lbs.	\$48.45	\$47.46
turnip greens	\$1.59	10 lbs.	\$43.60	\$42.01
mustard greens	\$0.59	10 lbs.	\$43.60	\$43.01
cabbage	\$0.00	32 lbs.	\$40.00	\$40.00
sugar snap peas	\$5.68	6 lbs.	\$35.88	\$30.20
onions	\$5.32	16 lbs.	\$34.88	\$29.56
garbanzo beans	\$0.00	5 lbs.	\$27.50	\$27.50
eggplant	\$0.00	11 lbs.	\$19.92	\$19.92
watermelon	\$0.00	10 lbs.	\$15.00	\$15.00
pumpkins	\$0.00	10 lbs.	\$15.00	\$15.00
edamame	\$0.00	8 lbs.	\$16.72	\$16.72
strawberries	\$4.48	6 lbs.	\$11.99	\$7.51
broccoli	\$0.00	2 lbs.	\$9.84	\$5.36
swiss chard	\$0.00	1 lb.	\$5.36	\$5.36
basil	\$0.00	1 lb.	\$4.36	\$4.36
green beans	\$0.00	1 lb.	\$4.00	\$4.00
cilantro	\$0.00	1 lb.	\$2.26	\$2.26
watermelon	\$0.00	10 lbs.	\$15.00	\$15.00
pumpkin	\$0.00	10 lbs.	\$15.00	\$15.00

**Total yield:**  
**921 lbs.**

**Total input costs:**  
**\$121.46**

**Total retail value:**  
**\$3,248.87**

**Total cost savings:**  
**\$3,126.61**

For more information about Eating From the Garden, go online to [missourifamilies.org/eatfromgarden](http://missourifamilies.org/eatfromgarden).

Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to: [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).

## Core Nutrition Messages

# Maximizing Messaging



The Dietary Guidelines encourage Americans to balance calories, to eat more whole grains, vegetables, fruits, fat-free or low-fat milk products, and seafood and to eat less added sugars, solid fats, refined grains, sodium, and sugary drinks.

Core nutrition education messages from USDA Food and Nutrition Service reflect the goals and guiding principles of nutrition education delivered through Federal nutrition assistance programs. Designed specifically for populations served by these programs, the messages help nutrition educators deliver consistent messages that resonate with mothers and children and motivate them to adopt healthier eating habits.

These consumer-tested messages are designed to help low-income mothers and children meet key aspects of the Dietary Guidelines for Americans. The messages focus on increasing consumption of fruits, vegetables, whole grains, and lower-fat milk products and encourage mothers to engage in child-feeding practices that promote the development of healthy eating habits.

The messages and their supporting content are tools that can enhance theory-based interventions that address key behavioral outcomes, use motivators and reinforcements

that are personally relevant to the target audience, utilize multiple modes of communication, actively engage participants and provide multiple exposures to the messages.

Family Nutrition Education Programs use these core messages and content to develop effective nutrition education resources and activities. These tools allow for the delivery of consistent key nutrition messages through a variety of channels to move the target audience to take action and create behavior change. Nutrition educators use these tools to support and enhance nutrition education targeting low-income mothers and children to help them take small steps to put the *Dietary Guidelines* and *MyPlate* into action.

Messages are incorporated into **lessons** in both youth and adult curricula, and delivered in group settings in classrooms and agencies. **Food demonstrations and tastings** give program participants the opportunity to try new fruits, vegetables, whole grains, and low-fat dairy products, as well as receive healthy recipes focusing on these foods. **Take-home newsletters** reinforce the messages taught in the youth curricula and provide an avenue to reinforce these messages with parents and caregivers.

**Displays** highlight the core messages in schools, food pantries, farmers markets, and

other community agencies. These reinforce the messages from classes which may also be taught in these venues.

### Performance-based programming.

**Food Power Young Adventure** uses puppetry and music to teach the messages of healthy eating, food safety, and physical activity.

**The Power Panther** mascot makes appearances around the state, with his **Eat Smart. Play Hard** messages. These messages remind audiences to eat breakfast, have healthy snacks and drinks, eat more fruits and vegetables, and be physically active.

### Activity-based programming.

**Food Power Adventure** adds unique activity-based experiences to Family Nutrition Education Programs. This interactive exhibit experience takes children to the farm to learn where food comes from, and into the human body to learn how it gives them energy to grow and play.

Messages are found in **food pantries**, where **displays** showcase key messages and nutrition educators provide classes, food demonstrations, tastings and recipes. **Food pantry mailings** also provide food pantries with cards that contain seasonal recipes and physical

activity tips.

In the **Friday Backpack Program**, fruit and vegetable activity cards and child-friendly recipes are distributed to food banks that supply children with ready-to-eat food in backpacks on Fridays. These materials reinforce the fruit and vegetable messages.

Many **educational materials are translated into other languages**, allowing the messages to be shared with non-English-speaking audiences. **Bilingual educators** provide nutrition education programming.

### Multi-Media

Beyond the classroom and agency settings, **billboards** spread the message of eating fresh fruits and vegetables. Nutrition education messages are also delivered through social media sites, such as **Facebook, Twitter, and Pinterest**.

The likelihood of nutrition education messages successfully changing behaviors is increased when key messages are delivered consistently and repeatedly through multiple channels. From the classroom, to the community, to social media sites, the Family Nutrition Education Programs integrate the core nutrition education messages in a variety of program delivery approaches, with the end goal being to move the target audience to behavior change through multiple and varied exposures to the same consistent messages.

The Missouri Family Nutrition Education Program integrates core nutrition education messages in a variety of program delivery approaches:



Television

Newsletters

Puppetry

Recipes

Interactive Exhibits

Social Media

and more...

# State Nutrition Education Final Report Summary

**FY 2013**

**Section A. Final Report Summary for Projects and Social Marketing**

Project name	Delivery locations		Audience			Methods	Content		Evaluation
	Geographic area	Delivery sites	Targeted audience	Total number of participants		Frequency, duration and type of educational methods	Key messages	Key measures	Type and status
1. Youth	Statewide	648 Schools 162 Other Youth Education Sites 43 Health Department Offices** 23 Public Libraries** 48 Emergency food assistance sites** 34 Churches** 19 Public Housing** 26 Community Action Agencies**	Youth (Pre-K through 12th grade)	210,303		Average of 4.4, 30-minute group classes	Follow MyPlate.  Clean, separate, cook, chill.  Be physically active.	Average of 25 participants per class	Outcome, Impact completed 9/30/2013
2. Adults	Statewide	13 Shelters 3 Adult Rehabilitation Centers 43 Health Department Offices** 23 Public Libraries** 48 Emergency food assistance sites** 34 Churches** 19 Public Housing** 26 Community Action Agencies**	Adults	23,129		Average of 4.4, 30-minute group classes	Follow MyPlate.  Clean, separate, cook, chill.  Plan meals ahead/make shopping lists.  Be physically active.	Average of 18 participants per class	Outcome; completed 9/30/2013

In the Youth project, the outcome evaluation indicated that youth FSNE participants made improvements in each of the program objectives (dietary quality and physical activity; food safety). Their teachers also reported improvements in their own behaviors regarding these objectives, and the majority of teachers (>68% on each indicator) modeled or talked about their own improved behaviors in front of students.

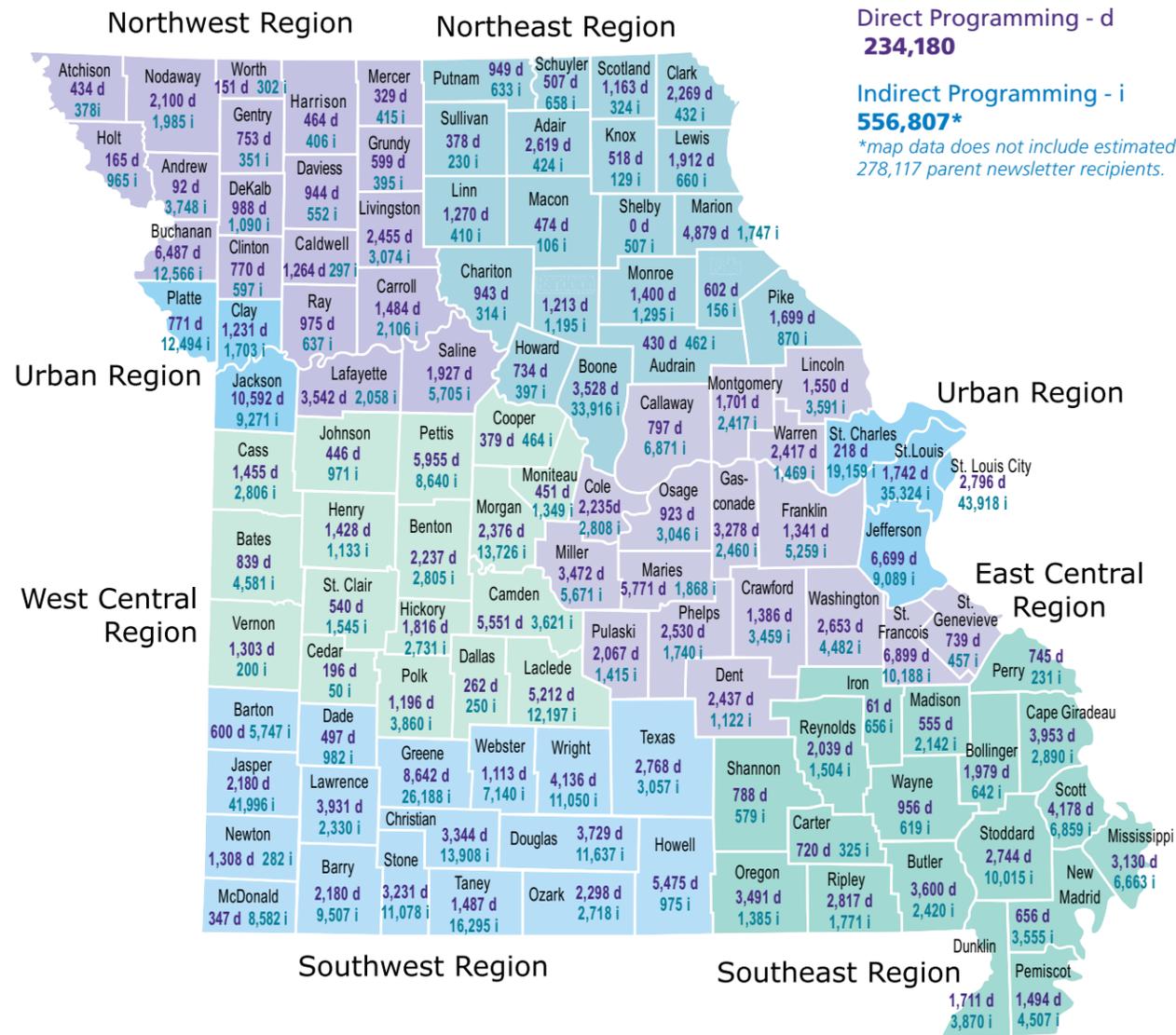
In the Adult project, the outcome evaluation yielded statistically significant findings on each of the three program objectives for this audience (dietary quality and physical activity; food safety; food resource management).

\*For evaluation type, indicate Formative, Process, Impact, Outcome or None.

\*\* These delivery sites are counted under both projects. They served both youth and adult audiences.

# Participant Data

Participants per county FNP Fiscal Year 2013



Direct Programming - d  
**234,180**  
Indirect Programming - i  
**556,807\***  
*\*map data does not include estimated 278,117 parent newsletter recipients.*

**Total Participants: 1,069,104**

Total Direct programming: **234,180**

Total Indirect programming: **834,924**

Shaded areas on the map show the MU Extension regions

## Evaluation: Youth Project

Three thousand, one hundred ninety-nine (3,199) teachers gave us feedback.

- 50 percent have participated in FNP for three or more years.
- 99 percent (3,158 teachers) reported one or more changes in students after FNP.

*Youth participants improve dietary quality, food safety skills and physical activity.*



### Related State Objectives:

In FY 2013:

*... 75% or more youth evaluated will improve their knowledge skills, or behaviors related to dietary quality and/or physical activity.*

*... 70% or more of parents and/or teachers reporting will indicate improved food safety behavior(s) of the youth served.*

Student changes (reported by teachers)		
Student changes	Percent of teachers who observed each type of student change	Percent of teachers whose students talked about this change
More aware of nutrition	91%	91%
Make healthier meal and/or snack choices	68%	81%
Eat breakfast more often	49%	56%
More willing to try new foods	82%	80%
Improved hand washing	82%	79%
Improved food safety other than hand washing	37%	43%
Increased physical activity	65%	70%

**Related State Objectives:**

**Evaluation\***

- In FY 2013, 70% or more of teachers reporting will indicate improved food safety behavior(s).

Teachers' changes (self-reported)			
Behavioral change	Percent of teachers who made each type of change	Percent of teachers already practicing the behavior	Percent of teachers who model or talk about the behavior in front of students
More aware of nutrition	51%	48%	95%
Make healthier meal and/or snack choices	51%	45%	94%
Eat breakfast more often	35%	54%	81%
More willing to try new foods	43%	49%	90%
Improved hand washing	31%	67%	94%
Improved food safety other than hand washing	35%	61%	79%
Increased physical activity	40%	46%	88%
Make/offer healthier food choices for students	52%	38%	NA

\*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through grade 12.

Teachers report behavioral changes.



**Evaluation: Adult Project**

A total of five thousand seven hundred twenty-one (5,721) Adult Survey cards were completed. The adults made significant improvements in each area addressed.

**Related State Objectives:**

In FY 2013...

...75% or more adult participants evaluated will improve their knowledge skills, or behaviors related to dietary quality and/or physical activity.

...30% of adult participants surveyed will implement one or more food safety behaviors to ensure a healthy food supply.

...60% of adult participants surveyed will implement one or more food resource management practices to effectively utilize their food dollars.

Dietary Quality and Physical Activity	
Indicator	Percent of respondents reporting improvement
Think about healthy food choices when deciding what to feed your family	58%
Use the Nutrition Facts label to make food choices	70%
Consume something within two hours of waking	46%
Consume the equivalent of 3 cups of milk, yogurt and cheese each day	59%
Eat more than one kind of vegetable each day	56%
Eat more than one kind of fruit each day	61%
Exercise for a total of 30 minutes each day	51%

Food Safety	
Indicator	Percent of respondents reporting improvement
Do not let meat and dairy foods sit out for more than two hours	41%
Do not thaw frozen foods at room temperature	60%

Food Resource Management	
Indicator	Percent of respondents reporting improvement
Plan meals ahead of time	65%
Compare prices before buying food	55%
Shop with a grocery list	60%





## FNP Budget Fiscal Year 2013

Item	Budget STATE	Revised STATE	Actuals* STATE
<b>Personnel</b>			
Salaries and wages	6,275,336.00	3,906,303.00	4,364,908.31
Benefits	1,761,487.00	1,0644,68.00	1,296,972.89
<b>Supplies</b>			
Postage	49,400.00	49,400.00	44,102.27
Office supplies	176,975.00	176,975.00	102,951.60
Telephones	20,050.00	20,050.00	21,381.19
Advertising	56,500.00	56,500.00	4,093.72
<b>Nutrition Ed. materials with copying</b>	807,536.00	741,635.00	356,818.43
<b>Travel</b>			
In-state	511,500.00	441,500.00	354,584.50
Out-of-state	15,000.00	15,000.00	5,165.80
<b>Administrative expenses</b>			
Building lease/rental	244,252.00	275,000.00	255,522.02
Maintenance	-	64,000.00	16,063.175
Other	26,000.00	13,000.00	1,266.00
<b>Contract/grants</b>	90,000.00	64,800.00	64,800.00
<b>Total operating</b>	1,997,213.00	1,917,860.00	1,226,748.70
Direct costs	10,034,036.00	6,888,631.00	6,888,629.90
Total indirect*	1,114,781.00	765,327.00	765,328.10
<b>Total federal costs</b>	<b>11,148,817.00</b>	<b>7,653,958.00</b>	<b>7,653,958.00</b>
<b>TOTAL COST</b>	<b>11,148,817.00</b>	<b>7,653,958.00</b>	<b>7,653,958.00</b>

\* Indirect costs are calculated at the 10 percent of the total awarded amount. 11/06/13



## Running out of money for food?

Contact your local food stamp office or go online to

**[dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp)**

For more information on nutrition and physical activities you can do with your family, call **MU Extension's Show Me Nutrition** line at

**1-888-515-0016**



# University of Missouri Family Nutrition Program

Bringing Classroom Learning Home

Bringing Nutrition Education to Communities  
where Missourians Live, Work and Play

UNIVERSITY OF MISSOURI  
 Extension  
an equal opportunity/ADA institution