

USU EXTENSION IMPACTS: FOOD \$ENSE

*Striving to make a difference
one meal at a time.*

EXTENSION 
UtahStateUniversity
FOOD\$ENSE

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EXTENSION.USU.EDU/FOODSENSE



A NOTE FROM UTAH'S FOOD \$ENSE DIRECTOR

Dear Friends,

The Utah State University Food \$ense program, known nationally as the Supplemental Nutrition Assistance Program - Education (SNAP-Ed) assists thousands of Utah families each year in making healthy food choices on a limited budget. Group classes for adults and youth are the core of the Food \$ense program. These classes address the specific needs of our participants and provide nutrition education as outlined in the current USDA Dietary Guidelines and MyPlate.

- Heidi LeBlanc

WHAT IS FOOD \$ENSE?



Food \$ense serves individuals who are either food insecure or at risk of food insecurity. In the 2014-2015 federal year, the Food \$ense program directly educated 12,142 adults and 32,019 youth in Utah and was present in all 29 counties across the state. The program indirectly reached over 1.2 million people.

Although Food \$ense reached a large number of people, there is still much work to be done. Food \$ense continues its effort to grow and expand its education to low-income families in Utah and partners with Department of Workforce Services, Women Infants and Children, Utah Department of Health, Utahns Against Hunger, Utah public schools and other state and local agencies. Through these collaborative efforts, Food \$ense can help provide low-income families with nutrition resources that will help them make healthier choices for themselves and their families.



FARMERS MARKET INITIATIVE

The Food \$ense nutrition education booths provide market patrons education about available produce including distribution of free samples, recipe cards and other pertinent information.

80% reported they were likely/extremely likely to buy produce as a result of tasting a sample at the Food \$ense booth.

NATIONAL NUTRITION CERTIFICATION PROGRAM

This online training course was developed to increase the nutrition knowledge and teaching skills of nutrition educators. It is a free service provided by the Utah Food \$ense (SNAP-Ed) program.

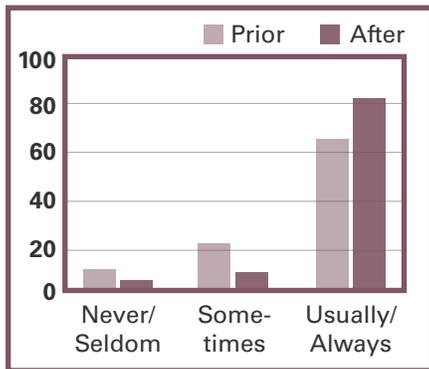
| | |
|-----------------------------------|----------------------------------|
| 106 registrants in Utah | 1,023 participants |
| 42 states adopted training | 88% passing rate (median) |

IMPACTS

Food Sense class surveys show that groups who are at higher risk of food insecurity, such as Hispanics and intergenerational poverty (IGP) families, report especially high impacts in their ability to stretch their food dollars.

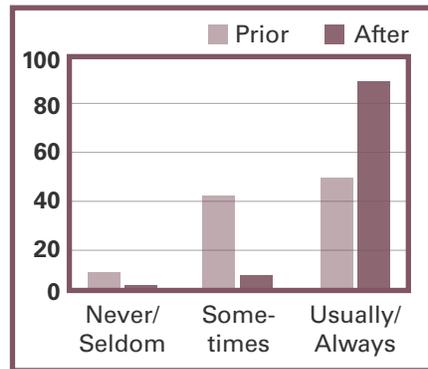
ADULT ENGLISH SURVEYS

| Will you stretch your food dollars so there is food to last through the entire month? | | |
|---|--------|--------|
| | Prior | After |
| Never/Seldom | 12.46% | 4.89% |
| Sometimes | 22.44% | 11.76% |
| Usually/Always | 65.10% | 83.35% |



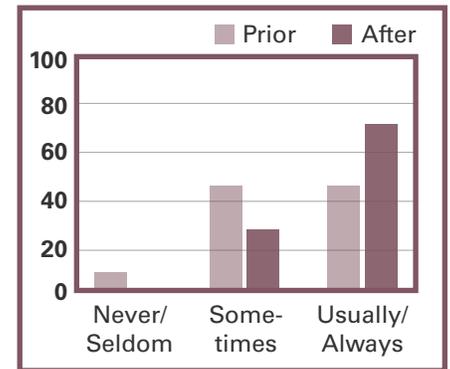
ADULT SPANISH SURVEYS

| Will you stretch your food dollars so there is food to last through the entire month? | | |
|---|--------|--------|
| | Prior | After |
| Never/Seldom | 8.26% | 1.08% |
| Sometimes | 41.28% | 7.52% |
| Usually/Always | 50.46% | 91.40% |



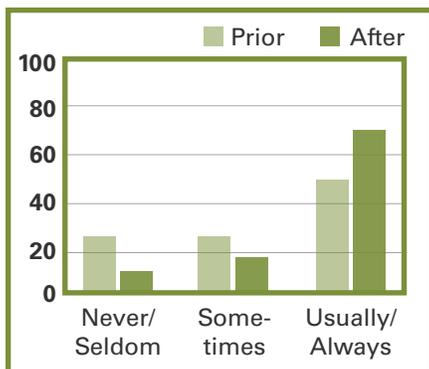
ADULT IGP SURVEYS

| Will you stretch your food dollars so there is food to last through the entire month? | | |
|---|--------|--------|
| | Prior | After |
| Never/Seldom | 7.69% | 0% |
| Sometimes | 46.15% | 28.57% |
| Usually/Always | 46.16% | 71.43% |

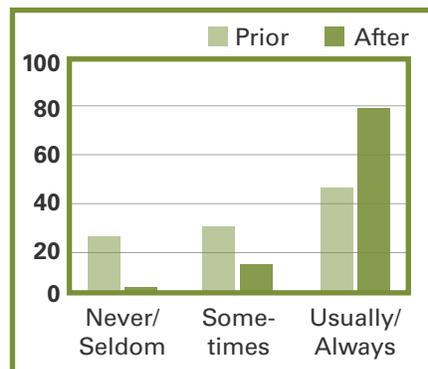


ADULTS

| Will you choose to be physically active for at least 30 minutes, 5 days a week? | | |
|---|--------|--------|
| | Prior | After |
| Never/Seldom | 24.09% | 10.88% |
| Sometimes | 24.23% | 18.51% |
| Usually/Always | 51.68% | 70.61% |



| Will you choose whole foods based on MyPlate recommendations? | | |
|---|--------|--------|
| | Prior | After |
| Never/Seldom | 25.50% | 6.05% |
| Sometimes | 29.88% | 14.67% |
| Usually/Always | 44.62% | 79.28% |



YOUTH

69% of parents reported youth participants demonstrated some/ significant increase in intake of fruits and vegetables.

90% of parents reported youth participants demonstrated some/significant increase in knowledge of fruits and vegetables.

72% of parents reported youth participants demonstrated some/ significant increase in requests for fruits and vegetables for meals and snacks.

FOR MORE INFORMATION:



extension.usu.edu/foodsense



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