



UW-Extension  
Nutrition  
Education  
Program

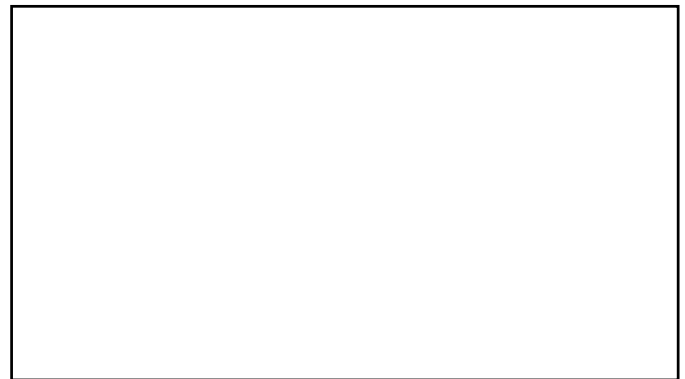
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Extension Committee Report  
Jackie Gehin - Administrator



Healthy choices, healthy lives.






## Who we are

Formally known as the WNEP & is now FoodWise










Federally funded by SNAP-Ed and EFNEP


Serve Dane County residents with limited incomes

FoodWise has a SNAP-Ed presence in 66 of the 72 Wisconsin Counties, 7 of those are both SNAP and EFNEP, as is Dane County.



These are the faces of Dane County FoodWise:

				
Aracely Portillo Nutrition Educator 12 years	Holly Simon Teaching Coordinator 3 years	Kazoua Moua Nutrition Educator 16 years	Zulema Cruz-Hinds Nutrition Educator 3 years	Sri Venkata Karri Nutrition Educator 9 years
				
Claire Mance Healthy Communities Coordinator 2 years	John Bedigian Office Operations Associate 8 years	Lytonia Floyd Nutrition Educator 8 years	Udai Olivares Nutrition Educator 3 years	



## What we do


Employ evidence-based educational strategies with environmental supports to facilitate the voluntary adoption of healthy food choices and active lifestyles.

We strive to make the healthy choice the easy choice.


We meet people where they work, live, play and shop.

Achieved through:

- Direct Education = Hands on Learning
- Indirect Education = Handouts, Articles, Social Media
- Policy, Systems and Environmental change efforts
- Social Marketing



## Educators at Work



note from the teacher...






## How we engage learners

### SNAP-Ed

Mini lessons at WIC clinics

Food safety classes using crock pots at Middleton Outreach Ministries (MOM) food pantry

Food preparation for parents and children through the Play & Learn program (6 sites)

Taste testing with students K-5 (in school and afterschool) 11-13 Schools

### EFNEP

Eating Smart, Being Active (ESBA)



## Educators at Work



Play & Learn at Allied Drive



Teaching from the garden



In the classroom

## Where we teach

WIC Clinics

Food pantries

In School Classrooms & After School Programs

Community Organizations

Early Care and Education Sites

Community Centers

Senior Centers

Community Housing Sites



## Educators at Work



Homemade Pizzas. Crust from scratch



Using the slow cooker to make homemade meals



Fruit infused water rather than sugary drinks

## FY2018 Reach in Dane County

### SNAP-Ed

Reached 4,426 Dane County learners

### EFNEP

112 graduates of the ESBA Program  
(Eating Smart/Being Active)



## What's the impact?

Let's start with the youth.

What might youth gain from our program?

What kind of impact do we show for our work?



## Educators at Work

Here is a short example of what In-School (classroom) learning might look like.

Youth learn about the 5 Food Groups



Who is missing??

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That's correct! Reggie Veggie!

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## What's the impact?

Youth become familiar with healthy choices in a fun and playful way. Parents report that their children are insisting they buy certain fruits and veggies at the store.

With the use of the Table Tents teachers are reporting that youth are making healthier choices in the lunchroom.

As Nutrition Educators visit the lunchrooms, youth are proud to show them that they are eating healthy items on the menu.

Teachers hear the youth proclaiming what their snack has in it. For example, in one classroom a young boy announced that his NutriGrain Bar is mostly from Jane Grain but has some Farrah Fruit in it too.

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Let's play a quick game!

Look at the food Jackie is holding up and shout out the Food Group it belongs to.

It's OK to look at the posters for help.

You did great!

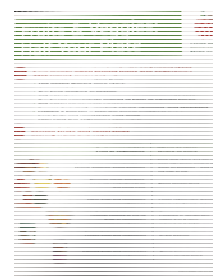
## What about adults?

What do adults gain from our program?

What kind of impact do we show for our work?

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Here are two samples of handouts used in teaching ESBA.



Topics adults learn about:

- Food Safety
- Plan, Shop, Save
- Fruits & Veggies
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Get Moving!

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What's the  
impact?

Here is one  
example.

In one ESBA (Eating Smart Being Active) class in Dane County during the second class we talked about the importance of exercising and drinking water. One of the participants asked, "What will happen if I do not drink enough water?" She explained that she likes to drink coffee or tea, but not water. She also shared about her sister passing away due to kidney failure, it all started because of dehydration. I talked about the benefits and importance of drinking water. We also brainstormed ideas of how to increase her water intake gradually. By the next class she shared that she had started drinking at least a sip several times a day until she finished half of a bottle. Each week she shared that she was drinking water more often. At the fifth class she shared that her water intake is 2 bottles per day. I am happy to report that she now carries a water bottle with her wherever she goes.

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Questions?

Thank you for your continued support!!



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