



Center for Nutrition,
Diet and Health



Food Stamp Nutrition Education

(Renamed Supplemental Nutrition Assistance Program-Education [SNAP-Ed] in 2008)

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ABSTRACT

Food Stamp Nutrition Education Program (FSNEP), also known as the UDC Family Nutrition Program, provides nutrition education activities intended to improve the quality of life of food stamp and food stamp eligible participants. FSNE operates with great diversity, which allows states and localities to tailor programs to local interests and needs (Townsend, 2006). Over 50 agencies were able to benefit from the District of Columbia Food Stamp Nutrition Education Program within fiscal years 2005 and 2006. There were also over 100,000 participants in the program from the District Government's early childcare centers, Head Start centers and faith-based childhood development centers. The University of the District of Columbia FSNE Program used a 48-lesson curriculum that amalgamated current early childhood education curricula.

Background

White and Maloney (1990) conducted an extensive market study of nutrition education interventions and identified the following components as necessary to successful nutrition education for community based audiences: 1) involvement of families; 2) developmentally appropriate learning strategies; 3) culturally appropriate learning strategies; 4) behaviorally focused approaches; and 5) activity-based teaching strategies. In addition to these components, research findings also suggest that incorporating the following health and nutrition messages enhance the rate of successful intervention: 1) Specific information about how the risk of chronic diseases can be reduced, if people have a family history that puts

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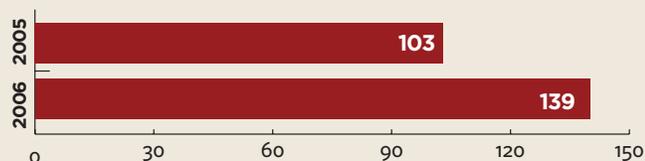
LESSONS FOR UDC FOOD STAMP NUTRITION EDUCATION FAMILY NUTRITION PROGRAM

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| 1. Basic Sanitation | 15. African Style Slush Punch | 27. Identifying Advertised Foods in Magazines & Newspapers | 39. Apples and Pears |
| 2. Safe Kitchen Practices | 16. Foods that are Red | 28. Vegetable Salad | 40. Taste Test Different Breads |
| 3. Hand Washing | 17. Foods that are Green | 29. Meat Salad | 41. Snack Foods |
| 4. On Old MacDonald's Farm | 18. Foods that are Orange | 30. Fruit Salad | 42. Foods from Trees (Apples, Peaches, Pears) |
| 5. Place Setting/Food Groups | 19. Foods that are White | 31. Grilled Food (Meat Groups) | 43. Identifying Berries (taste, touch, see and name) |
| 6. Utensils/Health Safety | 20. Foods that are Yellow | 32. Grilled Food (Vegetables) | 44. Circular Foods |
| 7. Popcorn Popping | 21. Vegetable and Alphabet Soup | 33. Baked Beans | 45. Playing with Toy Foods in the Kitchen |
| 8. Taste Testing Party | 22. Chicken Noodle Soup | 34. Picnic Foods (Stuffed Celery "Ants on a Log") | 46. Story Time |
| 9. Pumpkin Characteristics | 23. Types of Beans and What They Look Like | 35. Deviled Eggs | 47. Food Groups with My Pyramid |
| 10. Milk & Milk Products | 24. Bean Soup | 36. Fruit Cups | 48. Clean and Healthy Smiles |
| 11. Cereals & Breads (Food in the Bread Group) | 25. Trip to the Local Supermarket | 37. Fruit Cups with Yogurt | |
| 12. Fruits and Our Senses | 26. Identifying Favorite Foods | 38. The Carrot | |
| 13. Vegetables and Our Senses | | | |
| 14. Shape Sandwiches | | | |

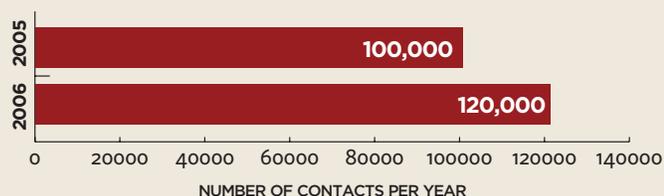


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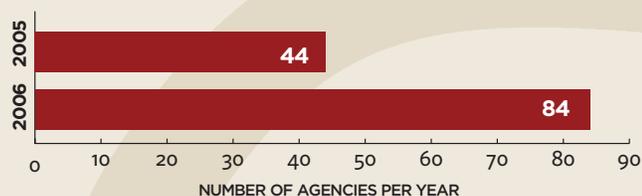
NUMBER OF FSNE TEACHERS



NUMBER OF FSNE INDIVIDUAL PARTICIPANTS



NUMBER OF FSNE AGENCIES



them at high risk; 2) presentation of information about what ought to be eaten, rather than what ought to be avoided, as this approach has much greater appeal to people; and 3) personalized supportive and skill-based programming. Marilyn Townsend (2006) recommended that evaluation programs should meet generally accepted standards for validity, reliability, sensitivity, internal consistency, easy administration, and should be sufficiently brief and understandable to the Food Stamp Program participants.

Purpose

The mission of this program is to address the educational needs of the community in the areas of dietary quality and food safety. The program educates individuals receiving food stamps and food stamp eligible individuals to adopt healthier lifestyles in accordance with the "Dietary Guidelines for Americans" and "MyPyramid-Steps to a Healthier You." The program also gives the 139 DC teachers the skills necessary to teach nutrition and food safety, improving each child's ability to select healthy foods, to safely handle food, and to properly prepare and store food. Along with educating children, parents are encouraged to learn food safety and maintain dietary quality for their families. Community outreach is a major focus of the program. The program currently has partnerships with 84 community organizations and agencies in the District of Columbia, providing children with nutrition education in a manner that supports American agriculture and inspires public confidence.

Goals and Objectives

1. To address two of the four education domains: Dietary Quality and Food Safety.
2. To help Food Stamp participants adopt diet and physical activity practices consistent with the Dietary Guidelines for Americans and My Pyramid-Steps to a Healthier You.
3. To improve Food Stamp household safe food handling, preparation, and storage of food.

Methods and Procedures

1. A child development center partner letter was given upon initial meeting with agency directors and pertinent planning staff (health educators, program managers, etc.) on

the content of the program. Following review of the letter the agency was then asked to schedule training to begin program implementation.

2. The agency then received a University of the District of Columbia Cooperative Extension Service compliance statement for open membership.
3. A registration form was then completed by each Food Stamp Nutrition Education Program training participant.
4. Each food stamp nutrition education program training participant printed and signed their name and site contact information on the District of Columbia Food Stamp Nutrition Education (DC FSNE) participant sign in sheet.
5. Each participant who was trained to utilize a Food Stamp Nutrition Education lesson received a CNDH Certificate for professional development hours.
6. Each teacher or teacher's aide was asked to document the content, activities of the lessons used, and the number of class sessions for each of the program activities on the DC FSNE Documentation Forms.
7. Each teacher was asked to document the names of those children who were a part of the Food Stamp Nutrition Education lesson. If a roster sign in sheet was not available then a printed list of the first and last names of the participating children in the classroom at the time the lesson was taught was accepted.
8. A pre and post-test evaluation instrument was created to collect yes and no responses of children taught in each classroom, and to identify the key messages of each program lesson.

Educational Materials Used

1. Families First Nutrition Education and Wellness System Curriculums
2. Team Nutrition program materials
3. 5-A-Day for Better Health Program Materials
4. Fight BAC handouts, posters, and stickers
5. USDA's Color Me Healthy Curriculum

Some materials were modified to make them more age and culturally appropriate.

Conclusion

In comparing fiscal year 2005 and 2006, there was an increase in the number of teachers (+36), the number of sites (+16), and the number of participants ((+20,000). A considerable amount of the increase was due to collaboration with the District of Columbia Parks and Recreation Before and After School Program during the second year.

Acknowledgements

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DC Supplemental Nutrition Assistance Program-Education. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more contact the Income Maintenance Administration at 202-724-5506 to help identify how to get services.

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