

# Expanded Food and Nutrition Education Program (EFNEP)

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## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Expanded Food and Nutrition Education Program (EFNEP)

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
701	Nutrient Composition of Food		20%		
703	Nutrition Education and Behavior		20%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources		20%		
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins		20%		
724	Healthy Lifestyle		20%		
	<b>Total</b>		100%		

## V(C). Planned Program (Inputs)

### 1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	0.3	0.0	0.0
<b>Actual</b>	0.0	0.3	0.0	0.0

### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
	13907	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	8417	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	3365	0	0

**V(D). Planned Program (Activity)****1. Brief description of the Activity**

The Family Nutrition Program utilizes the "Eat Well for Less" curriculum originally developed by Colorado State University. Moreover, food demonstrations are often conducted, which enables recipes and foods to be distributed to participants at nearly every lesson. All recipes include a nutritional analysis (except those from the curriculum) and have been approved by a registered dietitian. In order for an adult participant to be a graduate, s/he must attend and complete a series of 12 lessons over a period of four weeks to 10 months. In addition, they must complete several forms upon entering and exiting the program, such as an enrollment form, 24-hour food recall, and behavior checklist.

**2. Brief description of the target audience**

The target audience is limited resource families with children living at or below 185 percent of the federal poverty line. The median age in Spencer is 41 years of age, and the majority of residents are over the age of 18. This will hopefully create a larger audience base. In 2000, 523 residents had graduated high school, which is 22 percent of the city population. Eleven grandparents were responsible for their grandchildren in 2000, so the majority of participants will be mothers and/or fathers. The percent of unemployed individuals was approximately 18 percent.

**V(E). Planned Program (Outputs)****1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	25	0	0	0
2007	100	200	150	300

**2. Number of Patent Applications Submitted (Standard Research Output)****Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2007:	0

**Patents listed****3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>			
2007	0	0	0

**V(F). State Defined Outputs****Output Target****Output #1****Output Measure**

Participants will have the opportunity to take part in 12 lessons over a three-month period.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	12	0

**Output #2****Output Measure**

Twenty-five families will graduate from the program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	25	0

**V(G). State Defined Outcomes**

<b>O No.</b>	<b>Outcome Name</b>
1	45% of participants will be able to choose foods according to MyPyramid recommendations.
2	50% of participants will increase their physical activity.
3	75% of participants will be able to explain safe food handling practices.
4	65% of participants will be able to demonstrate their ability to make good decisions with regard to budgeting for food purchases.
5	65% of participants will be able to demonstrate their ability to prepare nutritious, affordable meals.

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

Economy

**Brief Explanation**

We did not receive funds in time to deliver programs during the 2007 fiscal year. However, indirect contacts have been made in terms of coordinating and planning with individuals to set up the next fiscal year's programming.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

Before-After (before and after program)

**Evaluation Results**

To date, there have been no programmatic results from EFNEP.

**Key Items of Evaluation**

The EFNEP program will be evaluated using the NEERS 5 database system.