

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Food Safety

Reporting on this Program

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%		20%	
702	Requirements and Function of Nutrients and Other Food Components	10%		10%	
703	Nutrition Education and Behavior	20%		20%	
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources	20%		20%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	20%		20%	
724	Healthy Lifestyle	10%		10%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	3.0	0.0	1.0	0.0
Actual Paid Professional	3.3	0.0	2.5	0.0
Actual Volunteer	0.0	0.0	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
88633	0	122128	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
7524	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

PCC: Six trainings on food safety were conducted to protect consumers from contaminants that may occur during production of food to consumption. Food handlers were trained to avoid food borne illnesses through proper techniques in food preparation and therefore avoid expensive hospitalization expenses.

CMI: Ongoing safety food demonstrations were conducted at 5 different sites in collaboration with the Ministry of Health Services.

COM-FSM: Community trainings about proper food handling and safe meal preparation were provided to women's groups, cooks and kitchen staff. Nutrition agents conducted workshops, trainings, demonstrations and presentations in schools, communities and to interested groups. Eighty-five participants completed the training modules including both genders. Sixteen training workshops conducted throughout ECE programs on Pohnpei with total parental participants of 395. Other trainings/workshops were carried out with new Peace Corps recruits, Pohnpei State Hospital Nurses, COM-FSM Staff Development Day, and COM-FSM Health Fair Day. Nutrition education and food processing programs were conducted and organized in the communities, at schools and for individuals to increase knowledge and skills necessary for families to properly prepare healthy and nutritious meals. Collaboration with inter-agency groups to conduct a Child Find Survey targeting children aged 0-5 years old. Nutrition counseling programs were conducted for parents with children with special needs who qualified to the program as result of Child Find Survey. A school enrichment program to youths was organized; nutrition education programs were conducted to individuals and families. "Let's Go Local Food Campaign" took place and collaboration with Kosrae Department of Health and a booklet was developed on food for the babies to help young mothers better feed their babies with local, fresh and nutritious foods. Work was done with Kosrae Cancer Control Coalition Partnership group and 4 Health Clubs were organized and assisted in developing respective Action Plan and in implementing physical activities in the communities. Caterers' menu for Early Childhood Education program were reviewed and improved.

2. Brief description of the target audience

Target audience include school children , food handlers, chefs, school cooks, housewives, food and grocery establishments in all communities throughout Micronesia and local, state and national governments, the private sectors, and other organizations.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	366	775	200	7500

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

Patent Applications Submitted

Year: 2012
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of community workshops on food safety conducted.

Year	Actual
2012	6

Output #2

Output Measure

- Number of program participants with increased knowledge and practices after completing educational programs.

Year	Actual
2012	712

Output #3

Output Measure

- Number of extension publications on food safety.

Year	Actual
2012	5

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of program participants who increase awareness of food safety issues.
2	Number of program participants adopting recommended practices after completing educational programs.
3	Reduced incidences of food-borne and water-borne illnesses.

Outcome #1

1. Outcome Measures

Number of program participants who increase awareness of food safety issues.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	525

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

PCC: Food handlers are not aware of the proper hygienic procedures in preparing food resulting in food borne illnesses.

CMI: Housewives and homemakers lack the knowledge necessary for handling foods and know if the quality of water is safe and free of water borne diseases.

COM-FSM: Hospital patrons, families, schools and food handlers lack knowledge food poisoning and other food related illnesses.

What has been done

PCC: Six food safety trainings were conducted to 149 participants.

CMI: Extension agent, with the collaborative effort from the Ministry of Health Services conducted trainings to 4 islands and 5 communities.

COM-FSM: Sixteen training workshops were conducted throughout ECE programs on Pohnpei. Other programs were done with new Peace Corps recruits, Pohnpei State Hospital Nurses, COM-FSM Staff Development Day, and COM-FSM Health Fair Day.

Results

PCC: Results showed that key food handling behaviors such as practicing food personal hygiene, cooking foods adequately, avoiding cross-contamination, keeping food at safe temperature, and avoiding food from unsafe source were adequately understood by the

participants.

CMI: Demonstrations conducted on food handling and food safety were well taken and understood and therefore participants gained the necessary knowledge and can be independently handling the food properly without any supervision.

COM-FSM: A total of 588 contacts were assisted through the food safety programs. They improved skills and knowledge of food preparation, selection of nutritious food, and they have been made aware that an active life style resulted in healthy living. Participants have improved knowledge on food safety, proper way of selecting, handling, and storing of foods.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Number of program participants adopting recommended practices after completing educational programs.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	496

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

PCC: Food handlers need to undergo trainings on proper food preparation in order to prepare safe food for consumers.

CMI: People easily get food poisoning during feasts and parties and it's a growing concern.

COM-FSM: Public Health and other partner agencies recognize the necessity of educating food handlers and local store owners about selling expired food items. This is to protect the public from food poisoning and related health complications.

What has been done

PCC: Six trainings on food safety were conducted to 149 participants.

CMI: The representative of the Health Services and our extension agent delivered food preparation and food security lessons to three local communities.

COM-FSM: The inter-agency coalition conducted regular monitoring of local stores and cooperating restaurants for compliance to food safety practices. Agents conducted community and school training on food safety and handling in order to improve social, economic and health of people.

Results

PCC: Participants have adopted behaviors in food safety such as practice of good personal hygiene, cook foods adequately, avoid cross contamination, keep food at safe temperature, and avoid food from unsafe source.

CMI: There were many people attending all 9 trainings and continue to seek assistance from both the Ministry of Health Services and the college.

COM-FSM: More people requested extension of the food safety program in their communities. The inter-agency coalition group engaged the local stores to put expired goods in one corner of their stores for public awareness and health concerns. Cooks of food establishments practiced proper washings of hands and food ingredients prior to cooking. Use of clean cooking utensils, clean kitchens and sanitation was accepted. In Kosrae, a total number of 150 participants attended the nutrition education programs and improved food selection, preparation and food storage techniques.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Reduced incidences of food-borne and water-borne illnesses.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	149

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

PCC: Most food borne illnesses can be prevented by proper food preparation and hygienic practices.

CMI: Food safety is important for the safety of people.

COM-FSM: Individuals and families lack knowledge about proper food handling practices.

What has been done

PCC: Food handlers were trained on proper food handling practices.

CMI: Training and awareness programs have been continued and ongoing in schools and communities.

COM-FSM: Various stakeholders formed coalition and programs addressing the possible causes of NCDS like obesity. They employed public IEC campaigns, cooking demos and physical fitness exercises including gardening.

Results

PCC: Participants have adopted practices such as proper washing of hands before food preparation and have practiced good personal hygiene such as wearing of hair restraints and apron while preparing food. They have understood and put into practice right temperatures of preparing foods that will ensure safety upon consumption. Trained food handlers can prevent food-borne illness through safe food handling practices, thereby saving on hospitalization bills.

CMI: The attitude of the people has changed to be more careful now to follow food safety regulations.

COM-FSM: Multi-sectorial information, education and communications campaigns, training, gardening and cooking demonstrations in outer islands and Truk lagoon improved communities? choices of nutritious foods and preparation of meals using local healthy produce.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
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724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

PCC: Storage and cleaning facilities are not always available in many homes so food spoilage is a common problem. Economy affects the outcomes since storage of food and cleaning facilities are not always available in many homes.

CMI: Continue challenges more on low income families who cannot afford to do away with needed supplies, clean cooking materials to prepare families meals. Often times cooking is done on fire and not enough water to clean the cooking supplies after being used.

COM-FSM: External factors affecting outcomes were heavy rains, limited project budget allotment, inclement weather and conflicting community events, long turn-around time for PO processing and lack of proper equipment and tools in order to carry out the activities of the program. Drought and floods cause unsafe drinking and cooking

water. Lack of funding for water treatment, and lack of enforcement to government regulation, e.g chilled food items are left out of refrigerator. Businesses selling expired and damaged food items.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

PCC: Results of evaluation before and after the program showed that participants have understood and practiced food safety procedures.

CMI: Before and after test results show that the knowledge has been gained.

COM-FSM: Inter-agency coalition was effective in campaigning food safety among local food establishments. Training cooks and kitchen assistants of public food stands and restaurants about food safety resulted to safe eating in these eateries. Increased awareness, skills and knowledge for participating groups and communities in regards to nutrition, health, and management and utilization of meager resources available to them as compared with the non-participating groups or communities. The extension activities have improved skills and knowledge showed on the program, improved knowledge in food preservation techniques by using cloves and careful application on personal hygiene when preparing food. These gardeners were sustainable. And more clients were recruited to the program and more planting materials and seedlings were distributed.

Key Items of Evaluation

PCC: Food safety training facilities such as DVDs on proper food handling should be shown to participants.

CMI: It is highly recommended that more efforts be concentrated on educating the primary and secondary students.

COM-FSM: Food handlers in local restaurants and roadside food stores requested training. Stores and groceries provided healthy display corners for expired foods. Extension activities showed increased number of participants partake in the program. Increased number of people possessed health certificates to qualify them to prepare snacks and refreshments for general public; increased vegetable seedling production and increased number of gardens.