

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
703	Nutrition Education and Behavior		25%		0%
724	Healthy Lifestyle		25%		0%
802	Human Development and Family Well-Being		25%		0%
806	Youth Development		25%		0%
	Total		100%		0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	5.0	0.0	0.0
Actual Paid Professional	0.0	1.2	0.0	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
0	69601	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	58781	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

Expanded Food and Nutrition Education Program (EFNEP) -EFNEP is a federally funded educational program designed to assist limited resource children and families with children in improving the total

family's nutritional well-being and health through a series of practical lessons on basic nutrition and healthy lifestyles, resource management, and food safety.

Health Lifestyles Cooking Schools- Diabetes is a chronic health condition that affected 12.3% of West Virginians in 2009. Those afflicted with this disease must consistently focus on controlling blood sugar levels and preventing complications. The WVSU Diabetes Cooking School teaches meal planning and food preparation skills that reduce calories, control carbohydrates, modify fats and increase fiber of familiar food recipes.

Food Preservation-is the process of treating and handling food to stop or slow down Food spoilage, loss of quality, edibility or nutritional value and thus allow for longer food storage. Preservation usually involves preventing the growth of bacteria, fungi(such as yeasts), and other micro-organisms(although some methods work by introducing benign bacteria, or fungi to the food), as well as retarding the oxidation of fats which cause rancidity.

Use the Germ City tunnel to physically show participants the importance of proper and frequent hand washing. Teaching the public through Extension programs the importance of following proper safe food handling practices - cleaning, washing hands; separating foods to avoid cross-contamination; cooking foods to proper internal temperatures to kill bacteria; and store leftovers quickly and properly.

2. Brief description of the target audience

The target audience for the first part of the year was the city of Charleston where there is a higher minority population (11% v. 4% for the state), food deserts, high crime rates, extreme poverty and high rates of childhood obesity. During the second part of the year, WVSU expanded their service location to offer programs in the western region portion of the state in Huntington, WV. There, the EFNEP program provided services to middle school youth and a new staff member was hired to conduct programming targeting adults from young to late adulthood.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	102	249	2101	13245

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

Patent Applications Submitted

Year: 2013
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- After completing the healthy lifestyles education workshop, participants will be able to prepare, cook, and store food safely.

Year	Actual
2013	0

Output #2

Output Measure

- Number of participants that report an increased knowledge level about managing blood sugars through diabetes education.

Year	Actual
2013	0

Output #3

Output Measure

- Number of participants report; they had an opportunity to learn effective meal techniques through healthy lifestyles education programs.

Year	Actual
2013	0

Output #4

Output Measure

- Number of individuals will be provided with more tools for making better decisions about the dietary choices through the healthy lifestyles education programs.

Year	Actual
2013	0

Output #5

Output Measure

- Participants 18 years and under or 21 years of age with a disability, will receive one nutritious lunch per day through the Summer Food Service Program. Federal food guidelines will be followed in meal preparation. Appropriate temperature time and preparing of meals will be ensured prior to delivery. Meals will be served in an adequate time frame following delivery. Site staff will ensure that appropriate meal counts are received and ordered daily. Program administrators will conduct site and process training for site supervisors.

Year	Actual
2013	0

Output #6

Output Measure

- Number of participants graduating from EFNEP programming.

Year	Actual
2013	633

Output #7

Output Measure

- After completing the EFNEP program, participants will report having a better understanding of food handling practices.

Year	Actual
2013	633

Output #8

Output Measure

- Participants completing the EFNEP program, will report an increased knowledge about cooking appropriate times and temperatures.

Year	Actual
2013	633

Output #9

Output Measure

- Number of youth participants learned kitchen safety techniques, including using cooking appliances and knives

Year	Actual
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2013 633

Output #10

Output Measure

- Number of youth participants learned safe practices to prevent food spoilage

Year	Actual
2013	633

Output #11

Output Measure

- Number of youth participants learned safe guidelines to prevent food bourne illness

Year	Actual
2013	633

Output #12

Output Measure

- Number of youth participants learned practices to prevent cross contamination of raw and fresh foods

Year	Actual
2013	633

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	After completing the healthy lifestyles education workshop, participants will be able to prepare, cook, and store food safely.
2	Individual's participating in diabetes education workshops, will monitor and record blood sugars regularly. This will be indicated through Pre/Post test, to determine that they are keeping adequate account of blood sugar levels.
3	As a result of the healthy lifestyles program; participants will report incorporating at least one effective meal planning technique in their daily lives.
4	After completing the healthy lifestyles programs; participants will report adopting of one or more tools for making better decisions about making dietary choices.
5	Participants engaging in healthy lifestyles programs will report using between one to two new food handling practices.
6	Youth will practice and decimate information about kitchen safety, especially safe operation of stoves, blenders and cooking appliances, and proper handling of knives
7	Youth will practice and decimate information to their families about food storage temperatures to prevent spoilage
8	Youth will practice and decimate information to their families about preventing food bourne illnesses from consumption of uncooked or spoiled food
9	Youth will practice and decimate information to their families about the prevention of cross contamination between raw and fresh food in cooking and during preparation.
10	Youth participating in the SFSP will receive one balanced, nutritionally correct meal per day that is prepared and held at safe temperatures.
11	Site supervisors operating the SFSP; will report having a complete understanding about, appropriate temperture times and prepartion of meals; the adequate time frame for serving meals and appropriate methods for counting, ordering, and storing meals daily. This information will be monitored by Pre/Post testing at the conclusion of the site supervisor training.
12	By attending the EFNEP, participants will be able to choose adequate portion sizes of foods, according to the MyPlate recommendations.
13	By completing EFNEP, participants will be able to explain safe food handling practices.
14	After completeing the EFNEP program, participants will demonstrate their ability to prepare safe, nutritious, and affordable meals.

Outcome #1

1. Outcome Measures

After completing the healthy lifestyles education workshop, participants will be able to prepare, cook, and store food safely.

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Individual's participating in diabetes education workshops, will monitor and record blood sugars regularly. This will be indicated through Pre/Post test, to determine that they are keeping adequate account of blood sugar levels.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	18

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Centers for Disease Control (2014) healthy eating and regular physical activity can prevent injury, disability, and early death from many chronic conditions, including obesity, heart disease, stroke, some cancers, diabetes, depression, and osteoporosis. They also can help people maintain healthy weight. Unfortunately, few Americans make healthy food choices on a regular basis, and many do not get enough physical activity to receive health benefits

The "Healthy Lifestyles Cooking School" programs are designed to educate individuals with diabetes, those who have been diagnosed cardiac health issues, and those with chronic hypertension along with their family members learn about the fundamentals of nutrition; how to prepare foods by reducing carbohydrates, sugar, and salts; and how to be more aware of proper serving sizes.

What has been done

A three week cooking School was held.

A six month follow up to the cooking school was held to conduct another posttest which

determined how the participants had adopted the skills obtain during the cooking school. Demonstrations were conducted to show the methods of food preparation. These demo?s illustrated how to lower or eliminate fats, sodium and carbohydrates from the diet. Conversation and interaction between the participants was encouraged.

Results

Eighteen (18) participants observed each demonstration. All participants sampled each recipe. Each session they were encourage to replicate the recipes for their families. Ninety percent of the participants did replicate indicating that their families enjoyed the healthy recipes.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #3

1. Outcome Measures

As a result of the healthy lifestyles program; participants will report incorporating at least one effective meal planning technique in their daily lives.

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

After completing the healthy lifestyles programs; participants will report adopting of one or more tools for making better decisions about making dietary choices.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Participants engaging in healthy lifestyles programs will report using between one to two new food handling practices.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	8

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

There has been an increase in community, box and backyard gardening. With that has come an excess of fruits and vegetables. This has caused a greater demand for families to learn how to preserve their fruits and vegetables. Food Preservation: Canning can be a safe and economical way to preserve quality food at home. Disregarding the value of your labor, canning homegrown food may save you half the cost of buying commercially canned food. Canning favorite and special products to be enjoyed by family and friends is a fulfilling experience and a source of pride for many people. It is important for the novel home canner to know the proper canning procedures, time and temperature control, to ensure quality products that will be safe for human consumption

What has been done

Eight (8) participants completed the Food Preservation program "I Can". Each participant received an incentive bag with a variety of small canning equipment which would enable them to return home and replicated the preservations methods they had learned. They had increased their knowledge about the safe method for preserving a variety of foods. Participants were hands on during the demonstration.

Results

Following a lecture and demonstration participants prepared apples and tomatoes for canning. They prepared the canning jars, rings and lids by washing and sanitizing the items. The fruit and vegetable were properly canned in a pressure canner for the appropriate time and pressure.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #6

1. Outcome Measures

Youth will practice and decimate information about kitchen safety, especially safe operation of stoves, blenders and cooking appliances, and proper handling of knives

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	633

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Many youth and their families are not aware of proper food handling recommendations, the prevalence of cross contamination and how to prevent it. They are also unaware of the guidelines they should use to prevent food borne illnesses. Lack of knowledge in this area could lead to increased hospital visits and even death.

What has been done

The youth were introduced to different types of kitchen appliances, utensils, and equipment and given proper and safe instruction on how to use such kitchen items. During the Fast Track program, you were also given lessons on food safety and how to prevent food borne illnesses and the spread of germs though accurate food temperature readings and as well as hand washing.

Results

As a result of the information that was given to the Fast Track youth, 100% percent of the students are now aware of the proper and safe use of at home kitchen appliances, utensils, and equipment. These outcomes will enable the Fast Track youth to be more confident in safe food preparation for themselves and their families.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being
806	Youth Development

Outcome #7

1. Outcome Measures

Youth will practice and decimate information to their families about food storage temperatures to prevent spoilage

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Youth will practice and decimate information to their families about preventing food borne illnesses from consumption of uncooked or spoiled food

Not Reporting on this Outcome Measure

Outcome #9

1. Outcome Measures

Youth will practice and decimate information to their families about the prevention of cross contamination between raw and fresh food in cooking and during preparation.

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Youth participating in the SFSP will receive one balanced, nutritionally correct meal per day that is prepared and held at safe temperatures.

Not Reporting on this Outcome Measure

Outcome #11

1. Outcome Measures

Site supervisors operating the SFSP; will report having a complete understanding about, appropriate temperature times and preparation of meals; the adequate time frame for serving meals and appropriate methods for counting, ordering, and storing meals daily. This information will be monitored by Pre/Post testing at the conclusion of the site supervisor training.

Not Reporting on this Outcome Measure

Outcome #12

1. Outcome Measures

By attending the EFNEP, participants will be able to choose adequate portion sizes of foods, according to the MyPlate recommendations.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	633

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Expanded Food and Nutrition Education Program (EFNEP) is a health education program designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets; to contribute to personal development; and to improve the total family diet and nutritional well-being. Limited resource audiences most often face many challenges with having access or financial resources to obtain nutrient-rich foods. In the state of West Virginia, there is a fast growing need for these unhealthy behaviors to change. Considering the child and adult obesity rates are high, especially in WV where the obesity rates have gradually increased and made the state one of the most obese states in the United States, it is necessary to reverse this course and alter the way that people view this obesity epidemic. EFNEP provides youth with useful and valuable information about the importance of eating healthy and physical activity, while also hoping that the youth will share the information with their family and friends.

What has been done

The students are introduced to "My Plate" and the importance of having half of your plate vegetables and fruit during your meals. My Plate recommendations ask youth to also include grains, which you should make half of your grains whole grains, and protein along with dairy. Youth are encouraged to stay away from sugary drinks. During the lesson, the youth have the opportunity to construct their own plates with the aid of various food models. They are able to visualize actual serving sizes, which amazed most of the youth participants because they were so "small." The participants were able to see this on a "Portion Plate," which is a color coded plate that separates the plate into half vegetables and fruits and ¼ meats and proteins with the other ¼ grains. Along with this information, they learned the vitamins and minerals that each food group provides. Additionally, the participants learned the importance of calcium, iron and folic acid and why it needed to be incorporated into their diets especially during this time in their development.

Results

During the EFNEP Program at the Stonewall Jackson Middle School, the participants learned to make sure that their plates always contained at least half vegetables and fruit. The "Portion Plate" is an excellent way for the kids to see how their plates should look when they sit down to eat their meals because kids can identify with seeing food on their plates. The plate is also a good visual tool for the youth participants to see what an actual serving size. They were amazed that 3-4 ounces of chicken is a serving size compared to two legs, a thigh and breast from KFC. They also learned the multiple benefits of physical activity and why it is important to engage in some type of physical activity at least 60 minutes daily as opposed to sitting inside and playing video games.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #13

1. Outcome Measures

By completing EFNEP, participants will be able to explain safe food handling practices.

Not Reporting on this Outcome Measure

Outcome #14

1. Outcome Measures

After completing the EFNEP program, participants will demonstrate their ability to prepare safe, nutritious, and affordable meals.

Not Reporting on this Outcome Measure

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

Cooking school participants were conditioned to cook the way they had been taught by the generation that had preceded them. Breaking traditional cooking methods is very difficult. The participants may not have the adequate equipment in their kitchens to measure and cook with. They may also have limited incomes that have a significant impact on the foods they purchase.

School and other site location schedules, weather conditions, changes in economy, appropriations changes all affected the program implementation. It was difficult to keep a consistent schedule due to changes in site location schedules, and funding cuts caused us to change some of the program deliverables.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

On a national level; WVSUES is a growing contributor in the small school sector; since the incorporation of 1890 EFNEP funding in 2007. In the 2012 Tier Data report, published by USDA's National Institute of Food and Agriculture (NIFA); there were a total of 633 youth that graduated through the university's EFNEP efforts. Total representation of 10% uprising middle school students, 90% middle school students served; 33% of the participants resided in suburban communities, 13% resided in rural communities; while the other 55% consisted of the urban population.

Youth participants from Enslow Middle School, located in Huntington, W.V. had the opportunity to visit Huntington Kitchen, which was showcased during the infamous Jamie Oliver broadcast on national television about the obesity epidemic in Huntington. The participants were privy to try different fruits such as star fruit, kiwis, etc. These are fruit that the youth may not have the opportunity to try on a regular basis. The youth were astonished at how good fruits can be. This is important because they are encouraged to grab a piece of fruit rather than candy or bag of chips when they want to snack.

100% of the cooking school Participants learned how to:

- Prepare food using less fat, sodium, and sugar.
- Flavor foods with spice and herbs that would not add the fat, sodium or sugar to their diets.
- Store food safely according to the USDA standards.
- Prepare foods safely without the fear of cross contamination.

Key Items of Evaluation

Evaluation is key and EFNEP continually illustrates a positive impact on the youths it serves. After participating in the EFNEP program with WVSU Extension Service, results have indicated:

- 75 percent increase in fruit consumption
- 20 percent increase in overall knowledge about healthy food choices and physical activity
- 50 percent decrease in television viewing
- 85 percent increase in food label reading (up from 45 percent in pre-test results)

The Fast Track project evaluations results show an upward trend of the students being more informed and empowered with a confidence that will help them prepare food for themselves. They also show students making healthier eating and snacking choices that they may not have made before taking part in the Fast track program.