

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: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	5.0	0.0	0.0
Actual Paid	0.0	3.0	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	153798	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	115647	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.

NOTE: for this reporting period the WVSU EFNEP program was in transition hiring a complete new staff of para-professionals. Therefore there will not be any numbers or outcomes to report.

Health Lifestyles Cooking Schools- West Virginia ranks 44th in the Nation for the most Diabetics. In 2014 9.7% of WV population indicated that they had been told by a physician that they had diabetes. Those afflicted with this disease must consistently focus on controlling blood sugar levels and preventing complications. The WVSU Healthy Lifestyles Cooking School teaches meal planning and food preparation skills that reduce calories, control carbohydrates, modify fats and increase fiber of familiar food recipes. This cooking school targets individuals who are at risk for diabetes, heart disease or hypertension.

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

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	0	0	75	0

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

Patent Applications Submitted

Year: 2014
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	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.
Not reporting on this Output for this Annual Report

Output #2

Output Measure

- Number of participants that report an increased knowledge level about managing blood sugars through diabetes education.
Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Number of participants report; they had an opportunity to learn effective meal techniques through healthy lifestyles education programs.
Not reporting on this Output for this Annual Report

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.
Not reporting on this Output for this Annual Report

Output #5

Output Measure

- Young participants will receive one nutritious lunch per day through the Summer Food Service Program.
Not reporting on this Output for this Annual Report

Output #6

Output Measure

- Number of participants graduating from EFNEP programming.
Not reporting on this Output for this Annual Report

Output #7

Output Measure

- After completing the EFNEP program, participants will report having a better understanding of food handling practices.
Not reporting on this Output for this Annual Report

Output #8

Output Measure

- Participants completing the EFNEP program will report an increased knowledge about cooking appropriate times and temperatures.
Not reporting on this Output for this Annual Report

Output #9

Output Measure

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

Year	Actual
2014	75

Output #10

Output Measure

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

Year	Actual
2014	75

Output #11

Output Measure

- Number of youth participants learned safe guidelines to prevent foodborne illness

Year	Actual
2014	75

Output #12

Output Measure

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

Year	Actual
2014	75

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.
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 disseminate information about kitchen safety, especially safe operation of stoves, blenders and cooking appliances, and proper handling of knives
7	Youth will practice and disseminate information to their families about food storage temperatures to prevent spoilage
8	Youth will practice and disseminate information to their families about preventing foodborne illnesses from consumption of uncooked or spoiled food
9	Youth will practice and disseminate 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 temperature times and preparation of meals; the adequate time frame for serving meals and appropriate methods for counting, ordering, and storing meals daily.
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 completing 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.

Not Reporting on this Outcome Measure

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.

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

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

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

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

Not Reporting on this Outcome Measure

Outcome #9

1. Outcome Measures

Youth will practice and disseminate 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.

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.

Not Reporting on this Outcome Measure

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

Due to a decrease in staff , the SFSP and EFNEP programs were inactive throughout the year.

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.