

Success Stories from our FNP Counties

One student said he has been drinking milk at supper instead of pop. And now he has his mother drinking it too! *(Nemaha County)*

.....

One child after the FNP class said, "Dad, I don't want to leave, we're having too much fun! I'm going to make some of this snack for you when we get home!" *(Graham County)*

.....

A mother told the FNP agent her daughter came home after a FNP class and said, "Mom, we need to eat more fruits and vegetables here! At least two fruits and three vegetables everyday!!" *(Ottawa County)*

.....

"These kids are becoming vegetable junkies," the teacher exclaimed after a lesson on the food groups. The high school students were begging for more carrots, broccoli and cheese! *(Wyandotte County)*

.....

A man attending a FNP program told the FNP staff that he was watching his portion sizes and eating more whole grains resulting in his losing weight. *(Franklin County)*

.....

One parent told me that after FNP classes her daughter now rides her bike to and from school. *(Kearny County)*

.....

Two mothers stated they have been singing the "Happy Birthday" song along with their children when washing their hands and they have found that helps them do a better job of washing their hands, too! *(Pottawatomie County)*

.....

Two pregnant teens were talking about how they could save money on food. They realized after attending a FNP class, if they would cut out some pop they would have more money for food and would be healthier! *(Jefferson County)*

.....



For more information, contact Karen Hudson, M.Ed., R.D., L.D., Coordinator, Family Nutrition Program

In accordance with Federal law and US Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

FNP 2006

Family Nutrition Program

FNP Completes 11th Year

The Family Nutrition Program (FNP) offers nutrition education in more than 80 Kansas counties. Its primary audience is individuals and families who are eligible to receive food assistance (commonly known as food stamps). Funding is provided by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) through a contract with Kansas Department of Social and Rehabilitation Services (SRS). It is administered and implemented by Kansas State University Research and Extension. Extension Agents and their Assistants provide nutrition education in their respective counties through partnerships with a variety of community agencies and organizations. Over 700 people are involved in making FNP successful!

Why is FNP needed?

What are our goals and objectives?

Who do we serve?

What are our resources?

How has FNP made a difference?

FNP Success Stories



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Why is Kansas FNP needed?

- One out of ten Kansans is living below the federal poverty level.
- More than 180,000 individuals receive food assistance (food stamps).
- Approximately 18% of Kansans experience varying degrees of food insecurity.
- Twenty-nine percent of public school students qualify for free and reduced priced meals.
- CDC's Behavioral Risk Factor Surveillance System reports obesity among Kansans is increasing.
- Fewer than 30% of low-income Kansans consume five fruits and vegetables a day.



What are our goals and objectives?

Our goal is to improve the likelihood of food stamp eligible individuals making healthy food choices within a limited budget.

Our objectives in meeting this goal are to help participants:

- Increase their overall diet quality by choosing and preparing nutritious foods-including more fruits and vegetables
- Balance the food they eat with physical activity
- Increase their food resource management skills-including budgeting and shopping from a list
- Increase their food security by taking advantage of available food assistance programs.

“The 2005 Dietary Guidelines for Americans and MyPyramid are the foundation of FNP nutrition education.”

“Most education is conducted through group lessons. We also use interactive displays, newsletters and videos as well as mass media nutrition messages.”

How has FNP made a difference?

A data bank of questions has been developed to assess impact of FNP activities. Selected examples of participant responses:

The percentage of adults and teens that intend to change behavior:

Dietary Quality

- 53% intend to consume more servings from the milk group per day.
- 62% intend to consume more servings of grain per day.
- 49% intend to increase their physical activity per week.
- 65% intend to consume more servings of fruit and vegetables per day.

Who do we serve?

180,000 direct contacts

Gender

| | |
|---------|-----|
| Females | 60% |
| Males | 40% |

Age

| | |
|-------------------|-----|
| Less than 5 years | 13% |
| 5-17 years | 49% |
| 18-59 years | 26% |
| 60+ years | 12% |

Ethnicity

| | |
|------------------------|-----|
| White-non-Hispanic | 69% |
| Hispanic-White | 14% |
| Black-African American | 11% |
| American Indian | 3% |
| Asian | 3% |

What are our resources?

The impact of FNP is maximized through its partnerships in education with community agencies and organizations such as:

- Department of Social and Rehabilitation Services
- Schools, libraries and learning centers
- WIC/health departments
- Senior centers and congregate meal sites
- Head Start and childcare centers
- Shelters and crisis centers

Food Resource Management

- 64% intend to compare prices before buying food more often.
- 66% intend to shop for food from a list more often.

Food Safety

- 73% intend to use a thermometer to take the temperature of meat when cooking more often.
- 87% intend to keep meat separate from other foods more often.

The percentage of K-2nd graders who answered correctly:

| | Pre-test | Post-test |
|--|----------|-----------|
| • How many different food groups from MyPyramid are found in the cheeseburger? | 40.8% | 60.2% |
| • How long do I wash my hands? | 57% | 84.8% |

The percentage of 3-6th graders who responded:

| | | |
|---|-------|-------|
| • I drink milk or eat cheese at least 3 times / day, almost always. | 47.8% | 59.6% |
| • Which temperature is safe for keeping food hot? | 35.7% | 86.8% |