Food & Nutrition Education: Opportunities to Connect Colorado Communities to their Food System

Food Systems Toolbox Webinar Series
Thursday May 9, 2013
1-2p.m.
WELCOME!

Lisa Walvoord

lisawalvoord@livewellcolorado.org
Objectives

- Become more familiar with efforts to educate youth, families, and adults about their food, where it comes from, and how to prepare it!
- Hear about existing and potential efforts to grow partnerships with youth, schools, and families
- Learn about key state and local partners to help you do this
- Discuss action steps to initiate and grow these programs in your community
Agenda

🌟 Welcome!

🌟 Presentations:

- *Food for Thought: A High School Curriculum Program*

- *Integrated Nutrition Education Program & Family Engagement*

- *Cooking Matters in the Community*

🌟 Closing Thoughts

🌟 Open Q&A
Today’s Presenters

Lisa Walvoord
LiveWell Colorado: VP of Policy

Cathy Schmelter, R.D.
An Ounce of Nutrition: President

Julie Atwood
Integrated Nutrition Education Program: Program Manager

Luette Frost
Integrated Nutrition Education Program: San Luis Valley Project Coordinator

Andrea Rougé, RD
Cooking Matters Colorado: Director
An Ounce of Nutrition
Cathy Schmelter

“Food for Thought”
High School Curriculum Program

An Ounce of Nutrition
Is Worth A Pound Of Cure

Sponsored by:
LiveWell
COLORADO
There’s no such thing as too much caffeine!
Dear Mayor,

This country’s surplus of fatty, unhealthy, food and lack of healthy food is a problem that can’t be ignored, as it will have awful results in a few decades. This problem affects us very directly. We’re already seeing obesity in adults and children at outrageous, frighteningly high levels.

Our city should be a pioneer for the rest of Colorado in offering more healthy restaurants, healthy grocery stores, and healthy fast food places.

One of the best contributions to making our city healthier that I’ve seen over the last few years is health-food stores, sprouting up all over the city. I urge you to put these in smaller, less privileged neighborhoods. Those families deserve access to fruits and vegetables even more so than upper-class residents.
* Food Glorious Food
* How Does Your Garden Grow?
  * Processed Kids
  * Fossil Foods
* The Art and Science of Junk-Food Marketing
  * Nutrition 101
* The Golden Rules of School Food
  * Supermarket Savant
  * Lightning-Speed Foods
* Food Inequality
Salida High School
Food and Mood

http://www.youtube.com/watch?v=U7y6kXwMo_M&NR=1&feature=endscreen
The Other Teen Drinking Problem
In the words of Dr. Seuss, "Unless someone like you cares a whole awful lot, nothing is going to get better, it's not." We feel like this curriculum is helping more people care.  

Laura Ulmer and Mandy Maestas  
Mountain View High School

I cannot explain how fortunate I feel to be able to teach the Food for Thought curriculum. It came at just the right time for me, for our program and for our school. It can be tailored to fit a school’s needs and could play an important role in shifting a school culture to one of wellness and health!  
Sara Gunderson, Manual High School
“I learned that certain ingredients can be bad for my health and contribute to obesity, heart disease or even raise your cholesterol. Foods that are good for you have the opposite effect, they give you the nutrients you need and give you more energy.”

“This class was a life changer! My family has a history of diabetes and I learned lots of ways to change the way we eat.”

“If I become healthy, then I would influence the people around me, like my friends and my family to become healthy as well. If I can make my family healthy than I already made a group of people change for the better. The cycle will continue to spread and eventually that small group turns into a large scale community effort, making changes on a global scale. A large thing can come from a single person trying to make a change.”
“This class has taught me that in order to reach my goal of being a healthy 93 year old, I need to start taking good care of my body now.” Manual High School student
The Integrated Nutrition Education Program (INEP)

Learning Comes Alive through Classroom Cooking

Luette Frost and Julie Atwood
Who We Are

- Elementary school program.
- Multi-year (K-5th), 12 lessons per year.
- Hands-on nutrition education program.
- Utilize classroom teachers to increase student reach and health impact.
- Promote connections between classroom, lunchroom and home to improve health messaging.
In the Classroom

- Experiential, hands on, food prep and tasting.
- Exposure to wide variety of fruits and vegetables.
- Integrated into Science and Literacy standards.
- Updated to include Colorado Core Curriculum Standards
- Bilingual recipes and activity sheets.
Our Mission

Provide an evidence based nutrition education curriculum that targets positive eating behavior. Instill life-long nutrition behaviors to prevent obesity, type 2 diabetes, cancer, and heart disease for children and their families.
Outcome Objectives

- Increase fruit/vegetable intake in the school lunchroom.
- Improve self-efficacy regarding food preparation and fruit/vegetable intake.
- Increase exposure to new foods and improve preferences for fruits/vegetables.
- Increase nutrition knowledge.

- Link Fruit/Vegetable Consumption in Classroom to Lunchroom and Home.
Hands on Nutrition lessons change eating behaviors and enhance learning.
Provide opportunity to try new foods.
Try new foods in a non-threatening environment
Capitalize on Positive Peer Pressure
Teach food preparation skills.
Encourage teamwork in small groups.
From the Classroom to the Family

- Newsletters to families with nutrition tips and recipes 3 times a year.
- Take home recipes connected to lessons.
- Book Bags for 2nd graders.
- Parent Nights at INEP Schools
Current Participation and Funding

2012-2013 School Year:

• Primarily funded through USDA Farm Bill; SNAP-Ed (Supplemental Nutrition Education Program).
• Primary target audience; SNAP eligible families through low-income elementary schools.
• Schools; San Luis Valley, Mesa/Grand Junction, and Greeley/Weld (next year also in Denver and Aurora)
• Over 5,000 students and their families.
Evaluation and Reporting

Youth – pre/post surveys, classroom tasting parties, plate waste in the past.

Adult – parent surveys, focus groups, interviews.

What is reported – food preferences, behavior and knowledge, use of recipes and nutrition info in the home.
Program Highlights

Partnership with CSU-Extension parent class series and Cooking Matters Colorado parent class series.

Parent feedback; college aged kids and their families still using INEP recipes, parents requesting our program through their wellness teams.

Using children as agents of change in the home very successful. Adults more receptive to change and encouraged by child enthusiasm.
Manassa Family Nutrition Night

- Integrated Nutrition Education Program
  - Manassa Elementary School
- Cooking Matters- Elaine Patarini
- San Luis Valley Local Foods Coalition- Julie Gallegos and Liza Marron
  - SLV WIC- Katy Baer
- Alamosa Community Gardens Victoria Brunner and Claudia
- Food Bank Network- Mary-Ellen Huss
Family Nutrition Night

Manassa Nutrition Night
Thursday
April 18, 6-8pm
Manassa Elementary School

FREE LOCAL FOOD DINNER

Fun Nutrition Activities and Games with door prizes

Come and bring the whole Family!

Brought to you by The Integrated Nutrition Education Program
In Partnership with North Conejos School District, SLV Local Foods Coalition, Cooking Matters, Alamosa Community Gardens, SLV WIC and the Food Bank Network of the SLV

For more information please contact Luette Frost @ 719-588-9417 or email luette.frost@ucdenver.edu
Family Night Recipes

Manassa Nutrition Night
Potato Bar Menu

Baked Potato
Aspen Produce
Center

Red Chile
Organic Grass-Fed Beef from KW Farms
Alamosa

Bolita Beans
Vicente Valdez
La Jara

Quinoa Salad

Quinoa
White Mountain Farm
Mosca

Greens
Green Earth Farm
Saguache

Carrots
Allison Cruse Vegetable CSA
Alamosa

Quinoa Salad

Ingredients: Yield: 6 to 8 servings
2 carrots
1 Red Pepper
1 Cucumber
¼ Cup of Feta Cheese (optional)
1 cup Chopped Kale or Chard (optional)
1 cup Quinoa

Dressing: Combine the following
¼ cup Olive Oil
¼ cup balsamic vinegar
3 cloves garlic- chopped
1 tbs salt
1 tsp pepper
a touch of honey

Directions:
1. Cook Quinoa- Rinse Quinoa thoroughly and cook like rice. 1-cup quinoa to 1 ½ cups water. Bring to a boil, and then turn down to a simmer with a top on for 10 min.
2. Cut carrots, peppers, cucumber and kale into bite-size pieces and put them into a bowl.
3. Add Quinoa, Feta Cheese and salad dressing and mix.
4. Serve. Eat and enjoy!

Eat more vegetables by eating different parts of the plant (seeds, stems roots, leaves)!

This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer.
Family Nutrition Night
Parents and Students
Nutrition Activities
Nutrition Stations

- Shopping on a Budget
- Sugar in Soda Demonstration
- Green Smoothies
- Plant your own Bean Sprout
Local Products Raffle at the End of the Night
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http://inen.ucdenver.edu
Cooking Matters in the Community
Andrea Rougé, RD

Share Our Strength’s No Kid Hungry

National Sponsors

ConAgra Foods Foundation
Walmart
Share Our Strength

Combining access to and education about healthy foods to ensure kids are surrounded by healthy foods where they live, learn and play.
Share Our Strength’s Strategy

Access + Education + Awareness = No Kid Hungry
Education:

The No Kid Hungry Solution: Cooking Matters
Food Skills in Demand

8 IN 10 LOW-INCOME FAMILIES
MAKE DINNER AT HOME

WE COOK HEALTHY MEALS ON
A DAILY BASIS. I JUST WISH IT
WAS CHEAPER.” - Survey Respondent

85%

OF LOW-INCOME PARENTS SAY THAT
EATING HEALTHY MEALS
IS IMPORTANT TO THEIR FAMILIES

IN A TYPICAL WEEK, A LOW-INCOME FAMILY...

cooks dinner from scratch on
4 NIGHTS

makes dinner from packaged foods on
2 NIGHTS

eats fast food on
1 NIGHT

61% ARE MAKING DINNER FROM SCRATCH MOST DAYS OF THE WEEK

Linking Access to Food with the Skills Needed to Make Healthy Meals

VOLUNTEER-LED, SKILLS-BASED EDUCATION

How to Make HEALTHIER CHOICES

How to Prepare NUTRITIOUS MEALS

How to Maximize FOOD RESOURCES

FAMILIES AT RISK OF HUNGER

FAMILIES EMPOWERED with skills, knowledge, and confidence to make healthy, affordable meals
Cooking Matters overview

Signature Courses
- Since 1993
- 7,400+ courses
- More than 88,000 families helped

Cooking Matters at the Store
- Since 2010
- 700+ tours
- More than 4,500 families helped

Toolkits
- Since 2011
- Provides increased access to food skills education

Building Food Skills, Ending Hunger
Cooking Matters Overview

Culinary and nutrition experts volunteer to provide food skills education that help families at risk of hunger get the most from their food resources.

- Families learn to **plan, shop for and cook** delicious, affordable meals and snacks.
- Kids learn to make **healthy choices**.

We’re empowering parents and caregivers with the skills to **get the most out of the federal programs** they participate in.

[CookingMatters.org/ItsDinnertime](http://CookingMatters.org/ItsDinnertime)
2013
Cooking Matters Colorado
Service Area by County

CMC Staff Coordinator
CMC Satellite Staff Coordinator
South Central Coordinators – non CMC Staff
Western Slope Coordinator – non CMC Staff
San Luis Valley Coordinator – non CMC Staff
Train-the-Trainer model
Garfield Co. Coordinator – non CMC Staff
Potential

Full time CMC Coordinator
Eastern Plains Contract Coordinator

Share Our Strength’s Cooking Matters
Hands-on Learning
Allows participants to learn while they cook or participate in nutrition education activities!

Team Teaching
Creates an engaging learning experience for both the participants and the instructors.

Facilitated Dialogue
Method of group teaching that involves active participation of both the learner and the educator. Meets the participants where they are and creates an environment to develop realistic solutions to shared challenges.
Cooking Matters Overview: Courses

Signature 6-week courses for Kids, Adults*, Teens and Families*

Specialized Training for Childcare Professionals

*Also offered in Spanish
Behavior Change After Our Courses

In 2011, there were 95 CM for Adults courses
– 1,706 participants, 84% graduation rate

<table>
<thead>
<tr>
<th>Behavior Change</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Eating More Veggies</td>
<td>69%</td>
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<tr>
<td>Eating More Fruits</td>
<td>65%</td>
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<tr>
<td>Eating More Low-fat/Fat-free Milk Products</td>
<td>51%</td>
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<tr>
<td>Eating More Whole Grains</td>
<td>73%</td>
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<tr>
<td>Eating More Lean Meat, Chicken, or Fish</td>
<td>54%</td>
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<tr>
<td>Drinking More Water</td>
<td>60%</td>
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<tr>
<td>Making CM Recipes at Home</td>
<td>87%</td>
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<tr>
<td>Improved Cooking Skills</td>
<td>90%</td>
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<tr>
<td>Would recommend course to others</td>
<td>99%</td>
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Cooking Matters at the Store
Cooking Matters at the Store is an interactive, guided grocery store tour that teaches adults to make real changes to their food shopping habits by helping families learn how to make healthy food choices on a limited budget.
Cooking Matters at the Store: Research-Based Objectives

- Compare unit prices
- Identify whole grains
- Identify 3 ways to buy produce on a budget
- Read and compare food labels
Cooking Matters at the Store

Participants reached across Colorado:
• 700+ participants in 2012
• 4,000 participants projected in 2013
• 470% increase over 2012 total

Variety of models:
• Grocery Store Partnerships
• Partner-led tours
• Volunteer-led tours
• Other creative partnerships
Downloadable Toolkits
http://cookingmatters.org/what-we-do/educational-outreach/
THANK YOU!

Questions or comments – Please contact Andrea Rougé at arouge@strength.org
Questions?
Speaker Contacts and Key Resources

**Speaker Contacts**
- Lisa Walvoord – lisawalvoord@livewellcolorado.org
- Cathy Schmelter- cathy@anounceofnutrition.com
- Julie Atwood- Julie.Atwood@ucdenver.edu
- Luette Frost- Luette.Frost@ucdenver.edu
- Andrea Rougé- arouge@strength.org

**Resources Mentioned By Speakers**
- http://www.anounceofnutrition.com
- http://www.youtube.com/watch?v=U7y6kXwMo_M&NR=1&feature=endscreen
- http://inep.ucdenver.edu
- http://cookingmatters.org/cooking-matters-colorado/
- http://cookingmatters.org/what-we-do/educational-outreach/
More Resources

Other Key Resources
- USDA My Plate: dietary guidelines and nutrition research: [http://www.choosemyplate.gov](http://www.choosemyplate.gov)
- Agriculture in the Classroom, Colorado Foundation for Agriculture: [http://agclassroom.org](http://agclassroom.org)
- Denver Urban Gardens Youth Education Program: [http://dug.org/youth-education](http://dug.org/youth-education)
Thank you!

Thank you for joining us! Please join us for next month’s webinar:

**Community Food Production: Building Sustainability in Gardening Programs to feed Neighborhoods**

Thursday, June 13th
1-2pm