

Food and Fun for Healthy Families



IOWA STATE UNIVERSITY
University Extension

LET'S WORK TOGETHER to help families eat better...

Iowa State University Extension offers nutrition classes to families on limited incomes with children under age 10. The programs' nutrition, food safety, and food shopping messages have been shown to have major impacts on the lives of families they reach.

Because your agency works with some of the same audiences, we would like to explore ways we can collaborate to maximize these impacts.

What are the ISU Extension nutrition programs?

Iowa State University Cooperative Extension provides nutrition education classes for adults that specifically target those who are eligible for income-based assistance programs such as Food Stamps, WIC, Head Start, and Social Service programs.

Our two main programs in this area are: EFNEP, **Expanded Food and Nutrition Education Program**, and FNP, **Family Nutrition Program** which is part of **Food Stamp Nutrition Education**. Both are funded by the United States Department of Agriculture (USDA), administered by Iowa State University Extension.

In many communities we also offer fun-filled classes about nutrition and food safety for youth. These classes are held in Title I schools, Head Start centers, Boys and Girls Clubs, and through other youth programs. If you are interested in these classes, please let us know so we can give you more information.

EFNEP and FNP provide a series of adult classes that show participants how to:

- choose nutritious foods,
- stretch their food dollars, and
- handle food safely.

The success of EFNEP and FNP is due to our trained educators who have practical, hands-on experience and ideas about how to implement suggestions for healthy eating.

Our classes are free to the participants and can be taught to groups or individuals. The classes are very effective when they are taught in small groups because the participants have fun and learn from each other. All the classes feature interactive activities and visuals. Group classes are arranged to meet agency needs and schedules. We can also work with individuals in their homes or at a public location. Classes can be held in the evening or on weekends, if necessary.

What do the ISU Extension nutrition programs accomplish?

To graduate from EFNEP or FNP, families complete 8 lessons. About 3,000 adults graduate per year— more than 10,000 total individual family members are reached. The youth programs reach about 16,500 children from

low-income families. Evaluation of our programs has shown that as a result of the classes, adult participants:

- eat a wider variety of foods,
- save an average of \$50 per month on their monthly food bill, and
- practice safe food-handling practices.

How can we work together?

Interagency collaboration can take many forms. Below are just a few examples of cooperation currently taking place.

ISU Extension nutrition programs help agencies by:

- encouraging clients to participate in the agency's other programs;
- participating as member of advisory committees;
- providing education that improves clients' health, saves money, and raises self-esteem;
- teaching classes at the agency site for participants' convenience; and
- teaching classes at times that are convenient for both agencies and participants.

Cooperating agencies help ISU Extension nutrition programs by:

- referring participants to ISU Extension nutrition classes;
- providing space to prepare food and teach classes;
- providing services such as child care and transportation;
- participating as members of advisory committees; and
- donating food for demonstrations or funding for specific program components.

Partners are not asked to pay basic program expenses such as salaries, benefits or travel. However, more families can be reached if partners can provide other items that make the programs more attractive or available for participants.

We can help you attain your goals. You can help us reach ours. Working together we can help meet the needs of people with limited incomes.

ISU Extension staff are interested in working with community agencies in your area. There is no cost involved. If you have adult or youth groups that would benefit from our programs, or if you see other collaboration possibilities, please contact us. We look forward to working with you.

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD.

... and justice for all

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