

Human Sciences Extension and Outreach

Empowering People. Growing Lives.

NUTRITION AND HEALTH

*Iowa State University Extension and Outreach
Nutrition programs promote healthy communities.*

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Programs

Workforce Food Safety: ServSafe®

ServSafe® is an educational certification program for food service managers developed by the National Restaurant Association Educational Foundation. It is administered by ISU Extension and Outreach Human Sciences Specialists in Nutrition and Health who are registered instructors. The program is offered in partnership with the Iowa Restaurant Association. Registration fee: \$150.00.



Safe Food™



A basic safe food handling overview for those working where food is prepared and served away from home, such as food stands, and frontline food service personnel to educate all food handlers on food safety basics. An attendance certificate is awarded. Registration fee: \$35.

Preserve the Taste of Summer

Comprehensive food preservation program with four levels of participation; three of the levels include a hands-on workshop. A two-hour introduction "Food Preservation 101" also is available.

- \$100 professional level continuing education for food preservation teachers includes all eight online lessons and one hands-on workshop;
- \$75 gold level includes all eight online lessons and one hands-on workshop;
- \$50 silver level includes lessons 1 and 2, two method-specific online lessons, and one hands-on workshop;
- \$25 bronze level includes required lessons and one additional online lesson, no hands-on workshop is included.



Additional online lessons are available for \$5/lesson and additional hands-on workshops available for \$40/workshop.

Child Care Provider Nutrition Training – Face to Face

DHS-approved trainings help child care providers learn about healthy, affordable food choices and physical activities for children in their care including:

- Don't Give Kids a Tummy Ache!
- Who Leads, Who Follows - Feeding and Physical Activity Division of Responsibility in Childcare
- Color Me Healthy - Food Colors and Health
- Healthy in a Hurry - Nutrition for Infants and Preschool Children
- Spend Smart and Eat Smart in the Child Care Business
- Actions Speak Louder Than Words
- Just a Bite - Managing Food Allergies in the Child Care Setting
- Linking Literacy with Food: Read, Learn, Eat!
- MyPlate in Child Care: Four Easy Steps



Fee for hosting a group class: \$150.00 for two hour class, plus additional costs for supplies and travel, minimum of 15 attendees.

Child Care Provider Nutrition Training – Online

DHS-approved trainings help child care providers learn about healthy, affordable food choices and physical activities for children in their care including:

- Don't Give Kids a Tummy Ache!
- Spend Smart and Eat Smart in the Child Care Business
- Just a Bite - Managing Food Allergies in the Child Care Setting

Registration fee: \$25 per participant.

Partnership Programs

Family Nutrition Program (FNP)

Expanded Nutrition Education Program (EFNEP)

A series of face-to-face lessons help parents provide nutritious food for their families, leading to healthy children and strong families. This program also helps youth make choices for better health.

- FNP-County cost share for program assistant wages, benefits, travel, and supplies. Human Sciences Extension and Outreach provides additional program funding through SNAP-Ed (Supplemental Nutrition Assistance Program- Education), USDA.
- EFNEP-Counties pay for supplies, data entry, and contribute toward travel costs. Staff are merit employees of ISUEO.

County-delivered Programs

These programs can be used by county paid staff that have education responsibilities. Contact the Specialist for additional guidance to determine appropriate audiences and resources for program delivery. Find program details at: www.extension.iastate.edu/homefamily/forstaff/county.htm

Spend Smart. Eat Smart.

This program would be useful for many audiences from service clubs to workshops—anywhere families are struggling to make ends meet. The theme of the program is “Good nutrition does not have to be expensive.” Participants will learn strategies to save money on food expenses and incorporate new ideas into menu planning and food shopping while exploring the Spend Smart. Eat Smart. website.

Safe Food for Groups

This program is appropriate for any audience providing or selling food to consumer groups. Participants will learn the importance of and be able to practice safe food handling practices at the end of the program. Make sure your community event is not the cause of food poisoning outbreak.

MyPlate

This program is appropriate for any audience interested in nutrition basics. Participants will learn concepts of healthful eating using MyPlate concepts.

Resources

Food Preservation

Currently only Nutrition and Health program specialists have the training necessary to teach food preservation for ISU Extension and Outreach. The best way county Extension and Outreach staff members can contribute towards food preservation education is to help the Nutrition and Health team promote our food preservation programs and materials. If residents in your county request food preservation training, contact your local Nutrition and Health Program Specialist to provide Food Preservation 101 or provide them with information regarding [Preserve the Taste of Summer \(PTTS\)](#).

- [Food Preservation Resources](#)
- [Canning and Freezing: Tomatoes](#)
- [Canning: Vegetables](#)
- [Freezing Fruits and Vegetables](#)
- [Canning: Pickle Products](#)
- [Drying Vegetables \(CSU\)](#)
- [Promotional pamphlet](#)
- [Canning: Fruit](#)
- [Canning: Meat, Poultry, Wild Game and Fish](#)
- [Canning: Fruit Spreads](#)
- [Harvesting and Storing Vegetables](#)
- [Drying Fruits \(CSU\)](#)



Words on Wellness (WOW) newsletter

WOW is intended to help promote visibility and programming for local county extension offices. To that end, each issue includes editable space in the pdf document to insert upcoming programs and events relevant to each county. Each month, the Nutrition and Health Program Specialist will send the newsletter to the county point of contact.

AnswerLine

AnswerLine provides information and resources for Iowa consumers with home and family questions:



ANSWER|LINE

Information and resources for consumers with home and family questions

- Child development
- Cleaning
- Consumer management
- Food preparation
- Food preservation
- Food Safety
- Home Environment
- Household Equipment

Phone: 1-800-262-3804 | Email: answer@iastate.edu | www.extension.iastate.edu/humansciences/answerline

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Extension and Outreach

... and justice for all

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