The Role of Community-Based Nutrition Education

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Food Supplement Nutrition Education
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• SNAP-Ed Funding
  – University of Maryland Extension, Department of Human Resources & Food and Nutrition Service

• FY11
  – 33,796 participants
  – 24,276 youth
  – 1,362 collaborating educators
  – 220,076 contacts
What is “local food” promoting?

- Maryland Produce
- Fruits and Vegetables
- Herbs
- Gardening
- Fresh Food
- ?????
What is this asking of individuals?

<table>
<thead>
<tr>
<th>Try new fruits and vegetables</th>
<th>Encourage family to try new fruits and vegetables</th>
<th>Prepare and cook new foods and recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn new cooking skills</td>
<td>Shop at new venues</td>
<td>Learn new gardening skills</td>
</tr>
<tr>
<td>Spend money on new fruits and vegetables (and the supporting ingredients)</td>
<td>Learn to select and store new fruits and vegetables</td>
<td>Time and energy to prepare new recipes</td>
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</tbody>
</table>
What is the role of nutrition education beyond “nutrition”?

• Tastings
• Recipes and tips
• Cooking skill development
• Tips to introduce to children
• Gardening skill development
• Food resource management strategies
Growing Healthy Habits
Read for Health
Adult Nutrition Education

Fighting Hunger in Maryland Conference
Outcome summary for adult program participant survey question*

Before Program | After Program
---|---
I eat a lot and different fruits and vegetables during the day | Sometimes (Always)
I make healthy dietary decisions | Seldom (Often)
I manage food resources for health on a budget | Sometimes (Often)
I include physical activity in the day | Often

*Illustration of survey results showing changes in program participation.
Local Food

Knowledge

Access

Skills

Funds

Desire

Fighting Hunger in Maryland Conference