

Fighting Hunger in Maryland Conference

The Role of Community-Based Nutrition Education

Lisa Lachenmayr
Food Supplement Nutrition Education

Food Supplement Nutrition Education

- 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?

Try new fruits and vegetables	Encourage family to try new fruits and vegetables	Prepare and cook new foods and recipes
Learn new cooking skills	Shop at new venues	Learn new gardening skills
Spend money on new fruits and vegetables (and the supporting ingredients)	Learn to select and store new fruits and vegetables	Time and energy to prepare new recipes

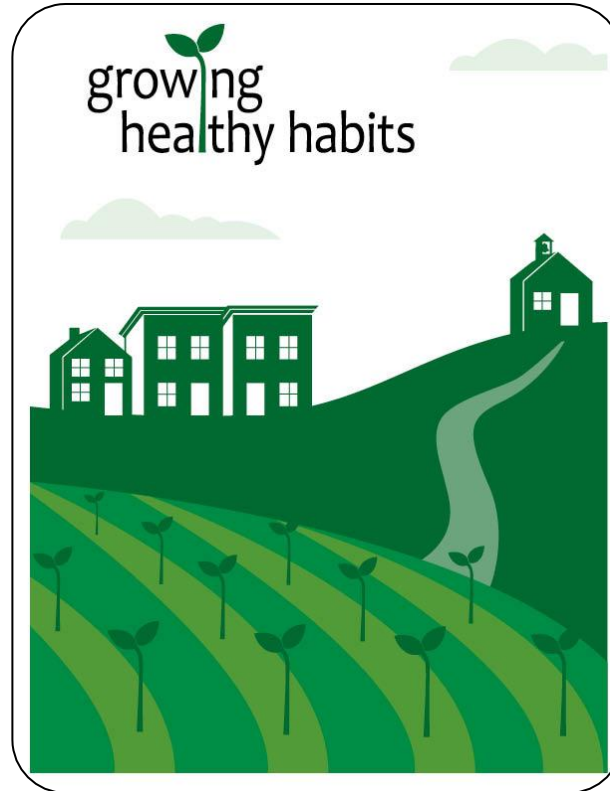


What is the role of nutrition education beyond “nutrition”?

- Tastings
- Recipes and tips
- Cooking skill development
- Tips to introduce to children
- Gardening skill development
- Food resource management strategies

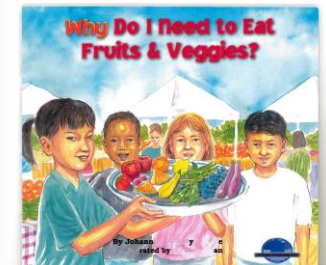
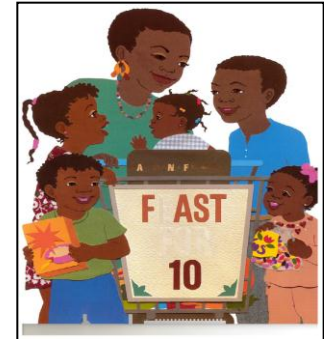
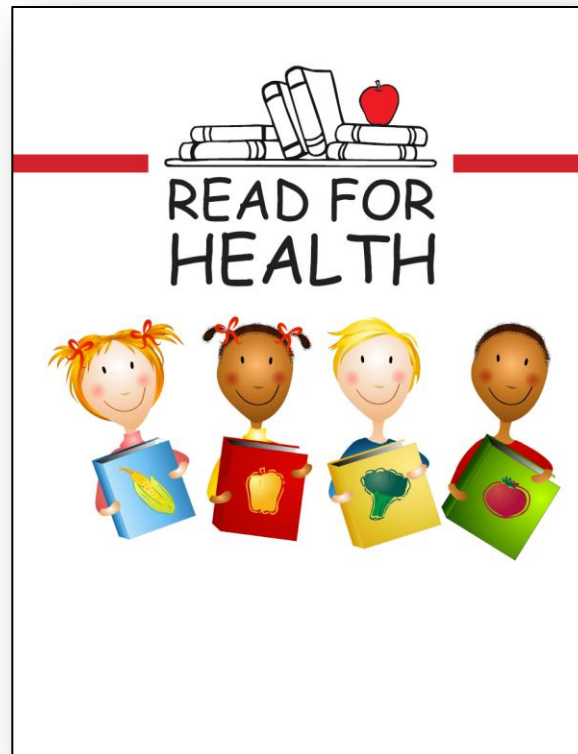
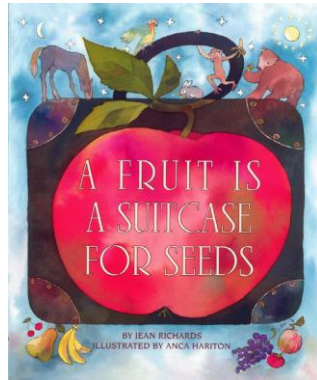
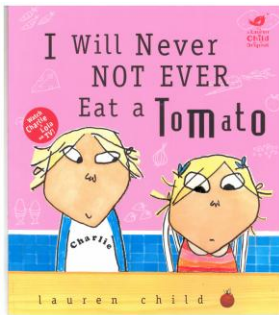


Growing Healthy Habits



Fighting Hunger in Maryland Conference

Read for Health



Fighting Hunger in Maryland Conference



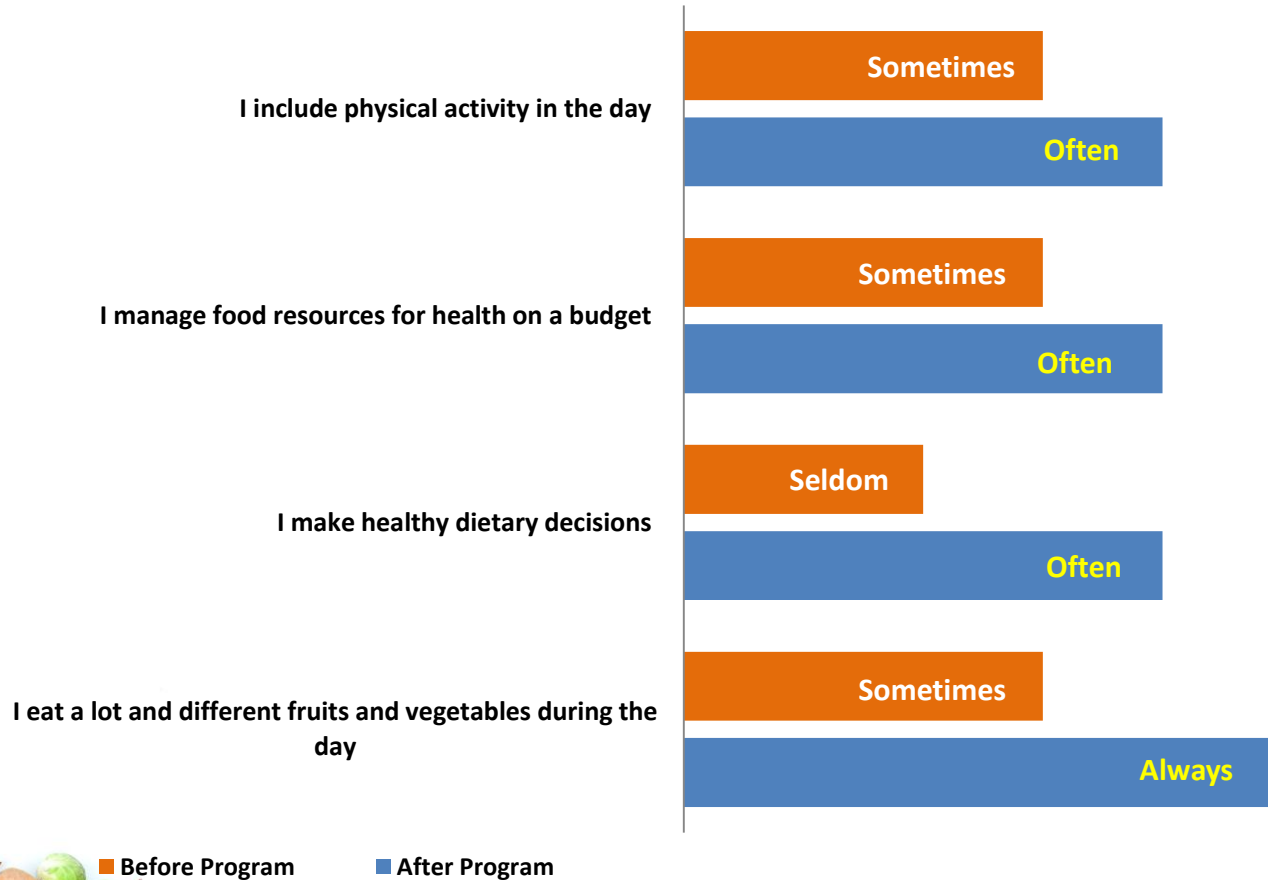
Fighting Hunger in Maryland Conference

Adult Nutrition Education



Fighting Hunger in Maryland Conference

Outcome summary for adult program participant survey question*



Local Food

