
SNAP-Ed programs were conducted by Delaware State University Cooperative Extension, Food Bank of Delaware, and University of Delaware Cooperative Extension. Process improvements in 2011 included: meetings of personnel from the State SNAP Office, Delaware State University, Food Bank of Delaware, and the University of Delaware to discuss deadline dates for submission of reports of subcontractors to implementing agency and the implementing agency to the state as well as other topics.

Although there continue to be delays in submission of information to the State SNAP Office, improvements were made over submissions in 2011. The continued use of the template for the EARS data by two of the partners permitted the merging of data from the two groups without entering data again.

A major obstacle in FY 12 was the delay in funds being released by the state to the implementing agency, which delayed issuing subcontracts to collaborators. In the past, a purchase order was supplied for the total authorized federal funds. However, the Delaware Office of Management and Budget changed the state’s policy to permit only a small portion of the funds to be released at one time. This information was not communicated to the implementing agency until a meeting in April 2012 to resolve the issue. This meant that the full plan was not implemented due to delay in funding.

Delaware State University

In FY 2012, our program reached all the third grade classes and some of the second grade classes in the following low-income schools in Delaware: St. Peter's Cathedral School, Wilmington; Marbrook Elementary School, Wilmington; and Richardson Park Learning Center, Wilmington. In addition, we were grateful to be able to use some of the SNAP-Ed funds to provide a live nutrition program called Food Play to three schools in Wilmington: St. Peter's Cathedral School, Marbrook Elementary School and Richardson Park.

The five lessons consisted of 1) an overview of MyPyramid/MyPlate for Kids; 2) Whole grains; 3) Fruits and Vegetables; 4) Fast Food and Food safety; 5) Importance of Physical Activity. Nutritious snacks were included with every lesson and children were encouraged to help with preparing and serving snacks whenever possible. A pre- and post-test was distributed at the beginning and end of the five weeks. Test results indicated that students were more aware of safe food handling practices, the importance of eating whole grains and fruits and vegetables, the importance of daily physical activity, and the importance of reducing the intake of high fat, high sugar foods. In addition, some classrooms prepared thank you cards independently, indicating the things they learned from the classes. A weekly newsletter was sent home with the students to the parents to encourage follow-up activities at home. Anecdotal evidence from several parents indicated that their children asked them to buy more carrots for snacks and to eat less often at fast food restaurants. The parent newsletter was translated into Spanish for the children whose parents speak Spanish primarily.

In FY 2012, our nutrition educator provided brief nutrition education sessions to 1,269 primarily low-income youth attending the DSU Farm Tour in April 2012. Since the presentations were 5 – 7 minutes in length, we considered it as indirect education. We were fortunate to have helpers dress up in costumes representing fruits and vegetables. We had a bunch of grapes, an apple
and a carrot costume. We also gave out packs of carrots or apples to the young children as they left the booth. Photos are available on request.

**Food Bank of Delaware**

For the second consecutive year the Food Bank of Delaware significantly increased its SNAP education and outreach to its hunger relief program partners throughout the state. The addition of a fulltime Community Nutrition Educator attributed to this increase. A needs assessment survey was sent via our weekly menu to all partnering agencies. Through various outreach methods and the needs assessment survey, 57 different hunger relief agencies received direct education for their clients. Three hundred and seventy-five classes were conducted (33 percent increase), providing direct education to 2,189 unduplicated participants (42 percent increase) throughout the state. A total of 4,192 direct contacts (59 percent increase) participated in the classes, averaging 11 people per class. The majority of the increase in number of classes and contacts is attributed to Kid CHEF and other children’s programs. The SNAP-Ed contacts breakdown by age was 60 percent up to 17 years of age, 27 percent adults and 13 percent seniors over 60 years or more. More than half the classes were provided to children at CACFP and SFSP site. Fifty-five percent of the classes were held in New Castle County, where the new Community Educator position was added.

As a result of programs presented by the Food Bank of Delaware, participants were encouraged to make healthy food choices by increasing nutrient dense foods and decreasing nutrient poor foods. Learning modules for adults included USDA’s *Exploring MyPlate and Eat Smart-Live Strong*, *Thrifty Healthy Meals utilizing SNAP-Ed’s Loving your Family-Feeding their Future, Spending Less- Eating Better, Understanding the Food Label and FDA’s Be Food Safe*. Modules presented to children included *Snack Art, Kickin’ It with Calcium, Kid CHEF, Sugar Smarts and Fabulous Fruits-Versatile Vegetables*. All modules utilized evidence-based materials and were created by the Food Bank’s Registered Dietitian.

Specific SNAP Ed goals achieved includes:

- One hundred and forty-one topical classes (108 percent of the goal) presented to children, adults and seniors with an average class size of 11. Classes focused on the outcomes proposed in our SNAP-Ed plan.
- Twenty-one sessions (420 percent of goal) of *Smart Choice from the Start*, presented to low-income pregnant women and women with young families. Additional funding secured through a Fund For Women grant provided the Food Bank with resources and materials to increase the number of sessions presented.
- Ten adult cooking classes (100 percent of goal) targeting families and caregivers. Topics included how to cook a balanced meal, fruits and vegetables, one type of food in a variety of dishes and casserole options.
- Thirty-two Kid CHEF (Cooking, Healthy, Easy, Foods) Programs (160 percent of our goal) presented to 343 children (40 percent increase) at CACFP and SFSP feeding sites. Each session included child-friendly discussions, activities and recipe making based on a different food group. Additional funding secured through local grants targeting youth provided us with resources and materials to increase the number of sessions presented.
- Eight *Kickin’ It with Calcium* programs (200 percent of our goal) presented at CACFP and SFSP sites.
• Thirteen Curtis’ Garden programs (216 percent of our goal) presented to preschool children to encourage fruit and vegetable consumption. Take home informational packets were given to parents.
• Distributing SNAP-Ed outreach brochures to 440 hunger relief program partners via our weekly menu, agency meetings, and educational booths. Brochures were also available for download on our website. One hundred, five site visits (210 percent of the goal) were conducted throughout the state.
• Distributing four hundred copies of the newly updated Recipes in a SNAP cookbook to SNAP eligible people throughout the state; many during cooking demonstrations.
• Updated SNAP Education section on the Food Bank of Delaware’s website to include the most recent USDA SNAP-Ed outreach and MyPlate materials. Our website received approximately 250 visits to the SNAP-Ed page this fiscal year.

Indirect education efforts reached an estimated 56,500 eligible participants. The increase was attributed to the growth in our Backpack and Commodity Supplemental Nutrition Assistance Program recipients, both of which received monthly nutrition education newsletters. Additional fact sheets, pamphlets, posters and newsletters were distributed through community events, farmer’s markets, agency programs, mobile pantries and the FBD website.

Written evaluations, available in English and Spanish, were distributed and collected at the end of all programs. Knowledge based outcomes were reported in multiple series and single session programs. Our pre- and post-test evaluations in the following programs revealed:

• 31 percent increase in learning during the five session Kid CHEF program.
• 26 percent increase in learning during the three session Kickin’ it with Calcium program.
• 40 percent increase in learning during the three session Smart Choices from the Start program.
• 39 percent increase in learning on average during our single session programs.

Behavioral outcomes reported from clients attending these programs are listed below:

After attending this class, what changes will you make in your diet or life style? I will:

• Try new foods and the menus we made today
• Read the Food Label
• Buy more store brands
• Try new foods that are good for my health
• Let my kids help me in the kitchen
• Use more fresh fruits and vegetables- learned how to chop onions and peppers today
• Use the MyPlate and eat smaller portions
• Definitely make a list before I shop
• Try some different vegetables
• Eat more fruits and/or vegetables
• Eat more fiber especially whole wheat bread
• Plan my meal using the meal planner I got today.
• Start using a budget every month for my family
• Can’t wait to make some of the recipes in the Recipes in a SNAP cookbook we got today
• Buy more milk and juice and less soda
- Add more fruits and vegetables in my diet, even by mixing and cooking them with other foods
- Fry less, eat less meat,
- Make more meals during the week, use more beans
- Learned a lot today. Will use more vegetables and make more family meals at home and eat less fast food.

**University of Delaware**

The FoodSkills, University of Delaware’s major SNAP-Ed program, course involves a series of interactive, hands-on lessons. Classes are offered throughout the state and at times of the day and week to meet the needs and schedules of the participants and include sessions conducted in Spanish. This year, 105 different programs were delivered to low-income Delawareans, which almost doubled the number from FY 11. Part of this increase was due to the addition of two nutrition assistants in New Castle County.

Sessions are designed to help people with limited income to choose and prepare healthful meals. Key topics include meal planning, food resource management, food selection and purchasing, food preparation, food safety, basic nutrition, and physical activity.

A total of 657 individuals graduated from FoodSkills in FY 12. The focus of FoodSkills is on participants developing the skills to make healthy food choices based on their budget, to use their food resources wisely, and to handle food safely. FoodSkills empowers adults participating in the program to expand their horizons and to link diet, physical activity and health together.

In 2012, 69 percent of participants improved one or more nutrition practices. Specifically, 33 percent more often thought about healthy food choices when deciding what to eat; 30 percent more often prepared foods without added salt; 39 percent more often used the Nutrition Facts on food labels to make food choices, and 29 percent reported eating breakfast more often.

When asked to rate their eating habits on a 10 point scale, 36 percent of the participants indicated a higher rating at the end of the class compared to the beginning of the class. This mirrored increases in reported intake of vegetable and fruits with 50 and 45 percent consuming more vegetables and fruits, respectively, at the end of the program as compared to the beginning.

Sixty-five percent of participants improved one or food resource management skills including more often planning meals in advance (32 percent), more often comparing prices when shopping (28 percent), running out of food less often (27 percent), and using a grocery list (33 percent).

Although 60 percent demonstrated acceptable food practices related to thawing and storing food properly at entry into the program, safe food handling practices improved among FoodSkills graduates. Forty-seven percent reported improvement in one or more food safety practices. As a result of the program, 21 percent said he/she more often followed the recommended practice of not allowing meat and dairy foods to sit at room temperature for more than two hours, while 39 percent indicated they more often followed the recommended practice of not thawing food at room temperature.

This year we continued an open-ended questionnaire about the class. Individual participants, as well as agencies, filled out similar forms. Comments on the agency paralleled the responses
of individual attendees. Responses from agency personnel for selected questions are listed below.

What did your agency like most about this educational program?

- The older population can become complacent about nutrition. This program shows them how to create new menus utilizing common ingredients that promote good nutritional habits
- It was very educational for our seniors
- Enjoyed learning different recipes and sampling the different dishes
- Ms. Mary is very pleasant and her recipes are fantastic!
- Tasting of the food after watching how it was made
- It showed the seniors how to fix regularly good food and snacks the healthy way
- Very educational and the bag of groceries at the end
- Everything- the fun and the learning
- It provided the residents with new information on foods that they didn’t know and it shed them light on health
- The interaction with tenants
- Educational, informative
- I personally thought that this program was very informative, strongly believe that the individuals who attended the classes were able to learn various ways of proper nutrition. I also liked the idea of having nutritious snacks at the end of each session, they were very delicious and easy to make.
- Our instructor was very patient with us and allowed us to ask her questions
- Educational information and participation by attendees
- Our agency liked the curriculum

What did your agency like least about this educational program?

- Our members have really enjoyed this program. They would love to have it become a permanent program once a month
- Nothing
- We liked the interest that was shown in learning new information. The participants can become more healthy if they use the info
- It was great
- Nothing- everyone had a great time
- Not enough people showing up
- There was not anything that I did not like about this program
- It made some change their eating habits because they loved using salt
- Our problem- lack of a good meeting space. Would have liked more participants. No problem with content.
- Not enough hot foods

When asked how they would rate the FoodSkills program on a scale from 1 (excellent) to 5 (poor), 12 individuals rated it as excellent and three indicated it was superior. No one rated the program lower than superior.
Themes from clientele emphasized how to eat healthy, trying new foods and recipes, and fun. Several commented on the good instructors. When asked about what they liked least, most participants indicated nothing.

The University of Delaware again collaborated with Delaware’s Temporary Emergency Food Assistance Program (TEFAP) to provide nutritious, high quality foods so that program participants could practice the skills emphasized during the classes. Food items included pasta, canned vegetables and fruits, and canned meats and fish. Although we use the food to reinforce food preparation principles, program participants continue to place a high value on obtaining the food to feed themselves and others in their families. There is no cost to the SNAP-Ed program for the food given to participants.

The Digital Photo Receiver (DPR) is continuing. There have been some technical problems with the system, especially when power is out at the site causing the system to shut off and not restart when power is restored. To remedy this, personnel at the site have been instructed how to turn on the receivers. This part of the project is continuing with dietetic interns and community nutrition students working on new, creative items to go on the display units. Content has included fruits and vegetables, dairy products, and safe handling of food.

Progress on the middle school project was hindered because of delay in receiving funds from the state. A number of schools were visited during the lunch hour to access the physical facilities and serving of foods. These schools included Stanton Middle School (Red Clay School District), Talley Middle School (Brandywine School District), Gauger Middle School (Christina School District), Seaford Middle School (Seaford School District), Milford Middle School (Milford School District), Wheatley Middle School (Woodbridge School District), and George Read Middle School (Colonial School District).

Ideas for possible campaigns were garnered from principals, foodservice directors, and cafeteria managers. Some of the ideas involved:

- The majority of the schools agreed that there is a big need to focus on fruits, vegetables, and beans
- Many schools have their own nutrition or food service website that could be used for posting tips for parents or students, menu analysis, or other program materials
- Using the wellness committee at each school will be beneficial
- Brandywine School District previously used newsletters which could possibly be used again
- School Health Fairs can be used to get information out
- Taste testing would be fun- have the kids rate each food they test
- Seaford Middle School was awarded The Healthy US Challenge Award- they include beans in their school meals, but the kids are not always aware. They usually hide beans in soups.
- Veggie cut outs for kids to pose for a picture with- big vegetable posters with a hole cut out for students to place their face in
- Pose with friends and food products- could try a specific type of food and then pose with it if the student eats it
- Milk mustache pictures
- Some schools have an exercise area that can be used
- Writing songs, poems, or raps to perform at a pep rally
- Hall decorating would be fun for the students to participate in
Some teachers use edmuodo to communicate with the students
Have contests be between homeroom classrooms instead of individual students
Winning home room could be awarded by being able to go outside during lunch to eat/play

University of Delaware requested and received permission to amend its portion of the FY 12 SNAP-Ed program to include production and distribution of newsletters to low-income participants in a summer youth SNAP program. This project was conducted at the request of the state agency to enhance their summer pilot EBT program for youth.

Parents of students who received free or reduced school meals were sent applications to apply for the summer benefits program by the Delaware Department of Social Services. School districts involved in the pilot project were Appoquinimink, Christina, Colonial, and Red Clay. Those individuals who returned the application either were enrolled to receive benefits or were assigned to a control group.

University of Delaware Cooperative Extension used SNAP-Ed funds to produce seven newsletters on a variety of nutrition topics of family interest. Topics include MyPlate, fruits and vegetables, dairy, shopping on a budget, family meals, getting enough water, and dealing with picky eaters. Each newsletter included 2 summertime recipes, corresponding with the particular theme in the newsletter. These newsletters were mailed to both those receiving benefits and the control group participants throughout the summer. EFNEP Nutrition Assistants and Extension Agents provided their unique perspectives on the various nutrition topics, crafting a “letter to parents” to engage their readers. The layout was designed by Administrative Assistant, Liz Appleby, and edited by the manager of CANR Communications and IT, Katy O’Connell.

The newsletters were sent to 2,907 parents. Approval has been obtained from the University of Delaware Review Board for distribution of a survey to the participants to determine the effectiveness of the newsletter. Survey results will be available shortly.