

Family Nutrition Program for FY 2003

During FY 2003, FNP conducted nutrition education activities for Food Stamp participants in 46 Mississippi counties. FNP educators included County Directors with Nutrition and Food Safety responsibilities; Nutrition and Food Safety Area Agents; Health Area Agents; Leadership Development Area Agents; Financial Resource Management Area Agents; and, 27 Program Assistants who were trained to teach FNP audiences in approved public schools. Nutrition and Food Safety Area Agents not only served multiple counties through program delivery, but also management of nutrition paraprofessional staff.

Partnerships at the county level are extremely important in getting our nutrition message out into the communities. MSU-ES county offices charged with delivering our nutrition education message to individuals and families eligible for food stamps also work with a number of local organizations and agencies, city/county/state governmental agencies, and eligible local school systems. FNP reported a total of 527 county partnerships for delivering our FNP message.

The primary method for FNP teaching during FY 2003 was through nutrition education classes – one teacher with multiple participants. Classes were taught in Mississippi public schools that were 51% or more participating in the free/reduced school lunch program. Adult classes were also taught in low-income neighborhoods at local community centers and churches. Other methods used were displays at health fairs in low-income areas and food demonstrations in low-income areas.

Direct Contacts: During this program year 78,622 individuals were served by FNP in 46 participating counties. Of the individuals served by FNP, the predominant audience for FNP was female: 50,517 female participants compared to 26,667 male participants.

Indirect Contacts: Eleven counties reported 2,398 participants for 49 food demonstrations; two counties reported 7,405 contacts through newsletter distribution for FNP.

FNP Impact Statements:

Adults/Food Safety

Positive *behavior changes* were noted (increased frequency) for hand washing; washing knives and other utensils carefully; keeping raw meat separate from other food; washing fruits and vegetables in cold, running water before eating; and, disposing of spoiled foods.

Adults/Nutrition

Positive behavior changes were noted (increased frequency) for following Food Guide Pyramid recommendations on food group servings and increased consumption of fruits and vegetables.

Youth

Positive *knowledge changes* were noted for understanding the Food Guide Pyramid; the need for physical activity; proper snacking; knowing why, when, how, and how long to wash their hands; and, knowing the importance of eating breakfast.

Positive *behavior changes* were noted for having the ability to classify foods and place them into the context of the Food Guide Pyramid and for demonstrating ability to explain the importance of the different food groups with regard to the nutritional value for their body.