



EFNEP

Building for the Future

2017 National Coordinators' Conference



Youth Evaluation: Illuminating Our Impact on 3rd to 5th Graders

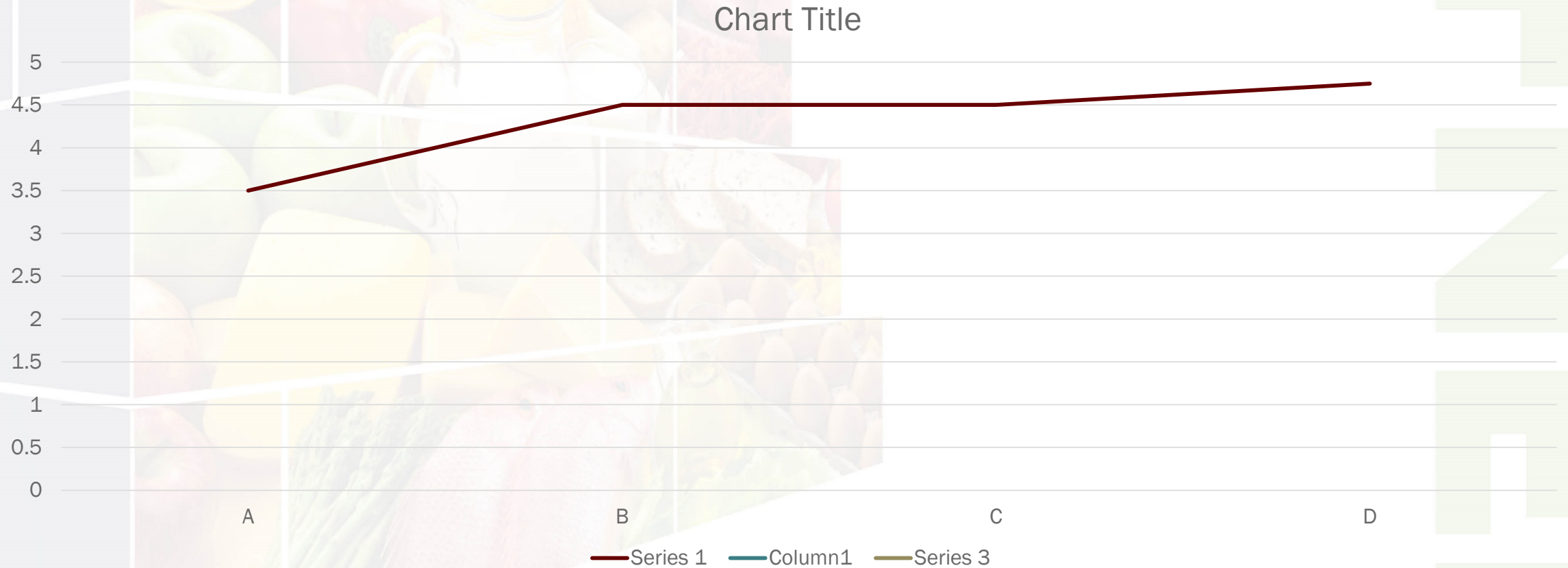


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Why Change?



What have we done?

- I eat breakfast... **EVERY DAY**
- Being active is good for me... **I AGREE**
- I wash my hands before making something to eat... **ALWAYS**

What have we done?

Will you ask your family to have fruits in a place like the refrigerator or a bowl on the table where you can reach them?



What have we done?

- I eat vegetables...
 - I choose healthy snacks...
- I do physical activities...

What have we done?

- Drinking sugar-sweetened beverages
- Sedentary behaviors
- Nutrition Facts label



Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
Total Fat 8g 12% % Daily Value*	
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g



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How will it look?

Almost never	Some days	Most days	About once a day	2 or more times a day
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OR

Almost never	1-3 times a week	4-5 times a week	About once a day	2 or more times a day
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How will it look?



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Where are we now?

- Expert Review

Expert



Not an Expert



**Can
You
Spot the
Difference?**

Where are we now?

- **Expert Review**

When I make myself something to eat, I put cold foods back in the refrigerator right away...

- Never or almost never
- Sometimes
- Most of the time
- Always



Where are we now?

- **Expert Review**



**“I’m not arguing.
I’m just explaining
why I’m right!”**

Where are we now?

- Cognitive Interviews



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Where are we now?

- Cognitive Interviews

Special thanks to Oklahoma for their participation in this process



When will we see it?

2018 Calendar

Calendarpedia
Your source for calendars.

January						
Sa	Su	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Sa	Su	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

March						
Sa	Su	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April						
Sa	Su	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
Sa	Su	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June						
Sa	Su	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July						
Sa	Su	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
Sa	Su	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
Sa	Su	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October						
Sa	Su	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
Sa	Su	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December						
Sa	Su	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Federal Holidays 2018

Jan 1	New Year's Day	May 18	Memorial Day	Oct 8	Columbus Day	Nov 27	Thanksgiving Day
Jan 15	Martin Luther King Day	Jul 4	Independence Day	Nov 11	Veterans Day	Dec 25	Christmas Day
Feb 19	Washington's Day	Aug 1	Labor Day	Nov 22	Indigenous Day (Observed)		

Source: calendarpedia.com

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Youth Evaluation Committee

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Thank you!

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