

2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



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Ups and Downs of Partnering with 4-H Special Grants

Sue Snider, PhD
University of Delaware
Professor

Ups and Downs of Partnering with 4-H Special Grants

- Describe the grants
- Describe what we did
- Positive outcomes (Ups)
- Challenges (Downs)

Grants from National 4-H Council

Youth Voice: Youth Choice Healthy Living grants (Walmart)

- **Competitive grant**
- **From \$35,000 (2000 youth, 50 teens) up to \$65,000 (5,000 children, 125 teens)**
- **Programs focus on deepening and expanding nutrition education and physical activity programs to underserved audiences.**
- **Youth must receive a minimum of 6 hours of programming**
- **Targeted ages – youth in grades 4-12**
- **Teen leadership and collaboration with another cooperative extension partner required**

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- Noncompetitive at this point
- Pilot with 5 states in 2014 (Delaware, Illinois, Nebraska, Idaho, Washington)
- Expanded to 7 states in 2015 - 2016 (original 5 plus California and Louisiana)
- Target number – 2,500 youth 8 to 12 year olds in 2014 and 2,750 in 2015
- Teens as teachers/mentors required

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- Requires 10 hours of education for youth
- 12 hrs minimum training for teens in 2015 – youth/adult partnership, youth development, nutrition curriculum
- Classes must include nutrition education, physical activity, and food cooking and buying
- Partnership of 4-H with others needed

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- **Must provide each youth an opportunity to participate in a minimum of two Family and Community Engagement (FACE) events**
- **Minimum of two FACE events (local or regional) per state leveraged as media-focused events**
- **Implement at least one of the two provided concepts (“Price Tastes Right” or “Food Smart Shopping Experience”) at each media-focused FACE event**
- **Provide participants the ingredients for a minimum of two healthy dishes created in program to encourage replication at home**

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- **Curriculum -**
 - **Choose Health for Food, Fitness and Fun (CHFFF),**
 - **Delaware curriculum adapted from CHFFF**
 - **Kids in the Kitchen**
 - **Up for the Challenge**

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- **Teen training**
 - **Choose Health Action Teens (CHAT) as the companion youth development curriculum if CHFFF is used.**
 - **YA4-H (Youth Ambassadors 4 Health)**
 - **Provide a minimum of 12 hours training for teens in collaboration with adults engaged in leading the program:**
 - **4 hours in nutrition concepts**
 - **4 hours in youth-adult partnerships**
 - **4 hours in youth development**

Grants from National 4-H Council

4-H Food Smart Families grants (Conagra)

- Standardized data collection and systemized measurement of 4-H Healthy Living programmatic impact across all grantee sites and delivery modes using a validated, youth-friendly tool (the Common Measures system)
- Participants ages 8-12, who have engaged in a minimum of 8 hours of programming
- Post-only evaluation is the minimum
- Grantees may use pre-post evaluation as interested or required by EFNEP or SNAP-Ed

4-H Food Smart Families...Choose Health

- **Adapted curriculum from Cornell's Choose Health: Food, Fun and Fitness**
- **Recruited teens from existing contacts plus any other avenues available**
- **Trained teens and “volunteers” together on using the curriculum**
- **Staff recruited sites plus identified other sites**
- **Teens matched with camps based on availability and location**
- **Teens were paid a stipend per child**

4-H Food Smart Families...Choose Health



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4-H Food Smart Families...Choose Health



4-H Food Smart Families...Choose Health



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4-H Food Smart Families...Choose Health



4-H Food Smart Families...Choose Health



Ups from Grants from National 4-H Council

- **Increased the capacity to serve low-income kids beyond what either side (4-H or Eat Smart) has done in past**
- **Now we offer a more hands on approach giving kids the chance to actually make healthy snacks. It is more participatory. It builds self-efficacy.**
- **Joining the two programs (4-H and Eat Smart) allows our audiences to know about the University and the level of service that we provide in all counties.**
- **By working together we are cross economic and ethnic strata.**
- **We have gotten more press.**
- **Within our University, Extension is getting more recognition. The University President actually know who we are now – not just a box on the university flow chart.**

Ups from Grants from National 4-H Council

- **Teens as teachers has help nutrition assistants in conducting the lessons**
- **Brought the staff in the local areas together**
- **This brought together the team and allowed for new collaborations**
- **Brought in new youth development knowledge for some of the staff**

Downs of Grants from National 4-H Council

- **Learning to work together**
- **4-H and the nutrition education programs have very different languages - took some time to learn each other's terminology and in some cases, to build our own.**
- **Working with teens as teachers was new, so we had some skeptics, but most were able to make the transition**
- **Scheduling staff and resources is challenging - it takes a great deal of time to get everyone on the “same page”**

Downs of Grants from National 4-H Council

- **4-H and Eat Smart have differing policy regarding programming. We can't blend the policies. We have to make sure we are respectful of them. This means changing which staff can work at some sites, changing the teaching approach, and balancing the way we spend our funds.**
- **Requirements – Again we came to the table with two set of requirements. Working through them to meet both entities needs has been challenging but we did it.**
- **Evaluation – two different systems**

Grants from National 4-H Council

- **Identification of promising practices, programmatic successes and needs in a consistent manner to increase efficiency of programming to inform a national replication toolkit.**
- **Enhance partnerships, capacity, evaluation and sustainability of the youth programs**
- **Increase competency of 4-H and Cooperative Extension partners and 4-H Teen Ambassadors to recruit and effectively engage targeted youth and their families**
- **Mobilize Teens as Teachers and Mentors by engaging youth to oversee programming and orchestrate volunteer and service opportunities**