

Family Nutrition Program

Missouri's SNAP-Ed Program

FY2019 Annual Report



 Extension
University of Missouri
an equal opportunity/ADA institution

Funded by USDA SNAP

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University of Missouri Family Nutrition Program

Missouri's SNAP-Ed Program

University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program (SNAP) recipients and eligibles. Using the socio-ecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

Whether reaching out to youth and adults through classroom education or working with communities to promote healthy policies, systems and environments, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. Along with statewide education, MU Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition (MOCAN) and collaborates with Operation Food Search to expand nutrition education throughout the state.

The Family Nutrition Program is funded through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the SNAP. This report features highlights from the fiscal year 2019 program, evaluation data and a fiscal summary.

Whether in the classroom or the community, the goal of the Missouri SNAP-Ed program is to help participants make behavior changes to achieve lifelong health and fitness.

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Program Objectives for FY2019–2021

Progress in meeting the objectives below is found throughout this report with the appropriate projects.

Our year one objectives focus on establishing baseline programming levels within each of six projects. Each project combines direct and indirect education that is supported by policy, system, or environmental change in one of six types of settings:

Places Where SNAP Recipients Eat (Eat)

- Determine baseline number of EAT sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Learn (Learn)

- 65% of youth assessed ate fruit or vegetables every day
- 45% of youth will have 1 hour of daily physical activity in at least 6 of the past 7 days
- 75% of youth will wash their hands most of the time or always before eating
- Determine baseline number of LEARN sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 35% of schools will participate in farm-to-school activities in the 2019 Farm to School Census
- 50% of MOCAN member agencies will promote social marketing campaign materials

Places Where SNAP Recipients Live (Live)

- 65% of adults assessed will eat more fruits or vegetables
- 65% of adults assessed reported they most of the time or almost always performed 30 minutes of daily exercise
- 86% of adults assessed either did not thaw foods at room temperature or did not let meat or dairy foods sit out for 2+ hours
- Determine baseline number of LIVE sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 50% of MOCAN member agencies will promote social marketing campaign materials

Places Where SNAP Recipients Play (Play)

- Determine baseline number of PLAY sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Shop (Shop)

- 80% of adults assess planned meals or shopped with a grocery list at least most of the time
- 65% of adults assessed will use labeling to make food choices
- Determine baseline number of SHOP sites implementing nutrition supports; provide SNAP nutrition education in 10% of these

Places Where SNAP Recipients Work (Work)

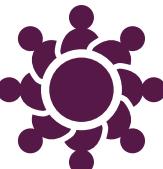
- Determine baseline number of WORK sites implementing nutrition supports; provide SNAP nutrition education in 10% of these
- 100% of SNAP offices provide information about SNAP-Ed

EAT

Eat: At places where SNAP recipients eat, participants are establishing healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs, and increases food security.



Project summary

	Estimated SNAP-Ed participants reached	34,264
	Partnering organizations Elderly service centers (Senior centers, senior nutrition centers)	81

Nutrition Supports

Farm to Institution

Farm to institution initiatives build connections between Missouri agricultural producers and institutional food service such as schools, hospitals and workplaces. The main goals are to serve fresh, high-quality, locally grown food in cafeterias; to provide education about nutrition, health and agriculture; and to support local and regional farmers. Examples of farm to institution activities include:

- Assisting food service directors in establishing procurement policies and procedures to source more local produce.
- Helping design and build a school or community garden.
- Assessing the capacity of local farms to provide items that institutions are requesting.
- Participating in National Farm to School Month in October.
- Increasing the institution's capacity for preparing more fresh fruits and vegetables via grants for new equipment or staff training.

In FY19 Missouri-specific resources were updated for farmers, vendors and parents. Farm to institution projects were active in 5 counties.

Success Stories

In our last Eating Smart Being Active class at the Monroe City Senior Nutrition Center, all the participants were excited to make Skillet Mac N' Cheese. Participants that had been accustomed to cooking for families, and now cooked for only themselves, liked the idea of cutting the recipe down to make single serving portion sizes. The incorporation of vegetables into the traditional pasta dish encouraged lively discussion of alternative vegetables that could be incorporated to make a more nutritious version of this comfort food.

Submitted by Sarah Geist,
Monroe County

Gardening is a great way to get healthy vegetables on a budget. It is also good exercise. But for some, gardening is just plain therapeutic! The patrons of Lincoln Co. Council on Aging LOVE the fresh tomatoes, cucumbers, green peppers and herbs that their waist-high raised bed gardens produce. Just a handful of people participate in the 'Getting Healthy through Gardening' class, but everyone benefits! Whatever vegetables are not claimed from class participants go on the 'freebie table' inside the center. Then everyone reaps the rewards!

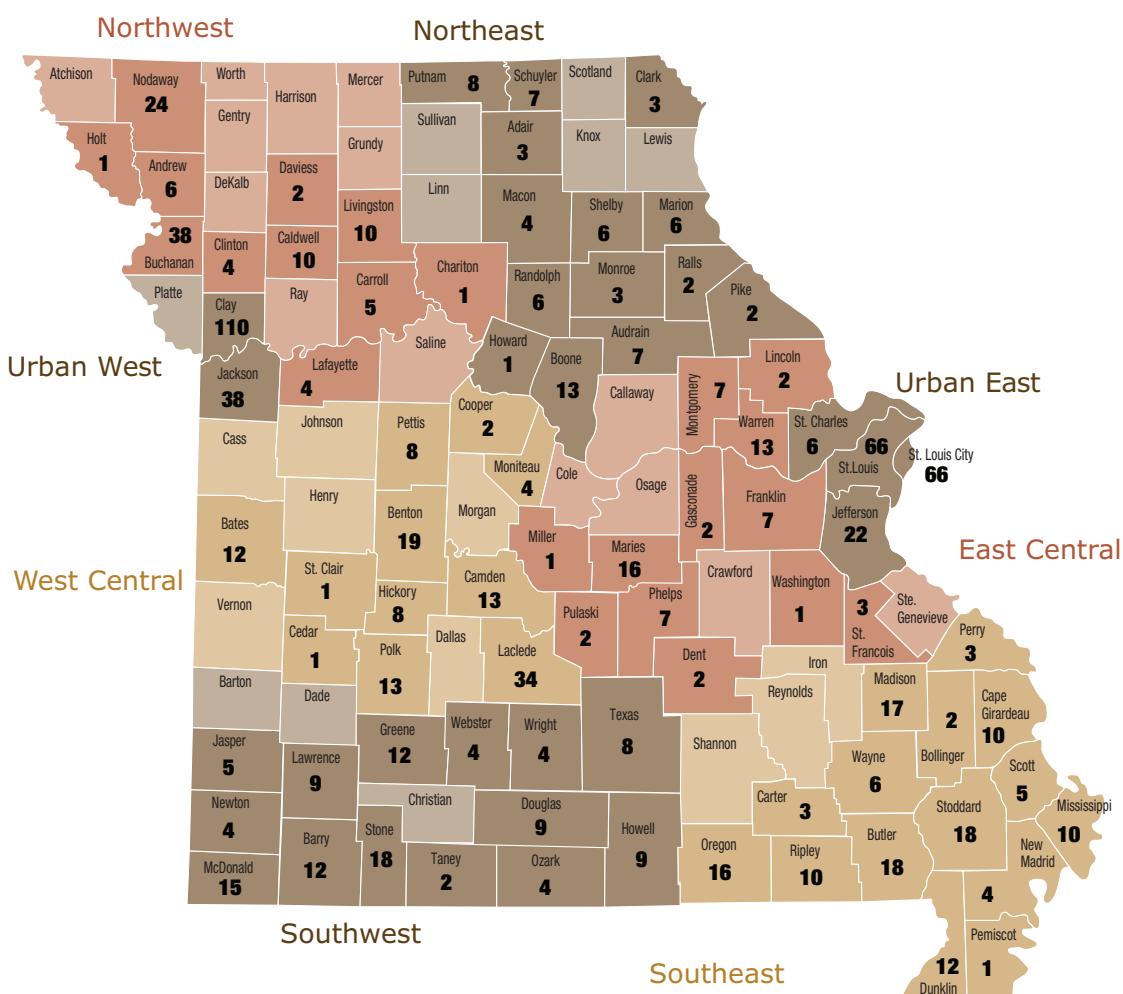
Submitted by JoLynn Hanbach,
Lincoln County

Gardening

Gardening initiatives provide nutrition supports in many settings. Gardening activities can be conducted at schools, early child care settings and community sites such as vacant lots, parks, city and business-owned property. Gardens can increase community capacity to meet the produce needs of individuals and organizations, and increase food security. They can also engage the community in healthy eating and physical activity, and may be the focus of other community activities such as nutrition education, food distribution or taste tests.

By providing underserved populations with fresh, local produce, gardens improve access to healthy foods and support greater food security in vulnerable groups. Gardens also create more green space in local communities, which supports more opportunities for physical activity.

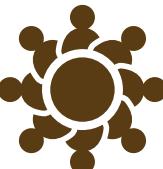
In FY19 a total of 912 school and community gardens were implemented in 90 of 114 counties. A total of 11,365 pounds of produce were harvested, worth an estimated \$44,328.



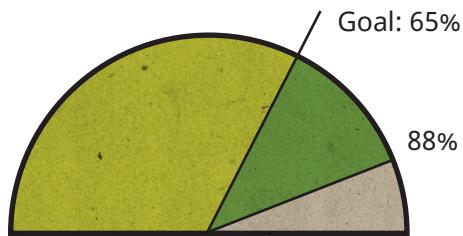
LEARN

Learn: At places where SNAP recipients learn, participants are establishing healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity and other nutrition-related diseases. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs, and increases food security.

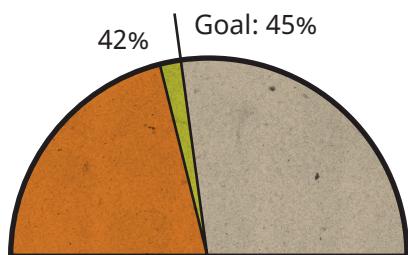
Project summary

	Estimated SNAP-Ed participants reached	406,316
	Partnering organizations	
	Extension offices (as program site)	3
	Head Start programs	98
	Libraries	19
	Afterschool and other youth education sites	121
	Schools	545
	WIC Programs	6

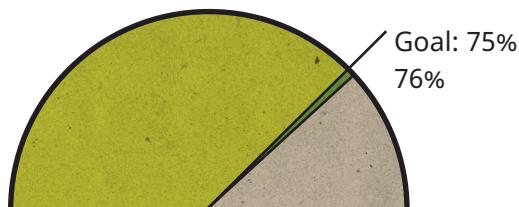




88% of youth ate fruits or vegetables most days or every day*
FY19 Goal: 65%



42% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days*
FY19 Goal: 45%



76% of youth washed their hands before eating most of the time or always
FY19 Goal: 75%

Note: a total of 4,466 youth assessed

* Statistically significant improvement, pre-post; p<0.05



Policy, system and environmental strategies to support healthy choices

Child Care Wellness and Go NAPSACC

Early childhood is a critical period for developing healthy habits and sustaining healthy weight status. Early childcare programs are critical environments for obesity prevention because many young children spend significant time in non-parental care. In addition to providing nutrition education for children and their parents, MU Extension provides training for groups of child care providers on ways to promote healthy choices in their facilities. Examples include implementing family-style meals or ways to effectively model a physically active lifestyle. These classes are also approved to help child care providers meet training requirements to maintain licensure.

Child care providers are also able to participate in Go NAPSACC if they are interested in further assistance, or if they are seeking program recognition as part of the newly-revised Missouri MOve Smart Child Care guidelines. Go NAPSACC is an online self-assessment to help providers prioritize, plan and take action to implement health-promoting policies and practices at their sites for the children in their care. Go NAPSACC provides a variety of resources, activities and best practices for providers in several nutrition and physical activity focus areas. Trained technical assistance providers from MU Extension and other partnering agencies can provide coaching on strategies to consider. These efforts are also funded in part by the Missouri Department of Health and Senior Services through funding from the CDC.

In FY19 child care wellness workshops were delivered to groups of child care providers in 8 counties. Additionally, a total of 37 child care programs in 14 counties registered to receive Go NAPSACC technical assistance, reaching 1,563 children ages 5 and under.

School Health Advisory Councils and local wellness policies

A School Health Advisory Council (SHAC) is an ongoing advisory group composed primarily of individuals representing different segments of the school community. The group acts collectively to provide advice to the school district about aspects of the school health and wellness program, and influence a school's local wellness policies. SHACs may serve an individual school or an entire district. Regional MU Extension faculty participate in SHACs across the state, and MU Extension also partners with a variety of agencies and organizations at the state level. Partners such as the Missouri Coordinated School Health Coalition and the Missouri Department of Health and Senior Services collaborate on school health issues, share resources and coordinate the delivery of consistent school health messages.

In FY19 faculty reported participating in SHACs in 14 counties, in addition to statewide efforts.

Success Stories



The last two weeks I have been working with Mountain Grove Middle school FACS class. One of the recipes we made was “Take Five Chips and Dip” This recipe from lesson four in our Choices and Challenges curriculum. The students made their own tortilla chips and bean dip. One of the students liked it so much that he made this recipe for his family. His dad told me he was really enjoying the class and was excited about sharing the recipes with them.

Submitted by Christi Jo Crisp,
Wright County



I was fortunate to be able to put a garden in one of my new programs at Perry County Head Start. Buchheit's, a local farm store, donated many different plants including tomatoes, peppers, and lettuce, to various herbs as well as six huge bags of soil. The program director used all the items I had gathered and had a father/child planting day. The dads came and worked with their children in the garden helping plant all of the plants. They had an amazing turn out and I am proud I could be a part of it.

Submitted by Angela Jung,
Perry County

Clinton School District #124 added MU Extension to their new 5 Year Comprehensive School Improvement Plan (CSIP) which was unanimously approved by the School Board. The Clinton CSIP Policy now reads, “Action Step - All schools will explore opportunities to provide additional activities for students outside the school day through district programs as well as partnerships with community entities like Parks and Rec, 4-H, local churches, and the U of MO Extension.” Since that time, we have scheduled SNAP-Ed nutrition classes in the district.

Submitted by Susan Jones-Hard,
Henry County



My class of first graders at Hume Elementary School were very excited for me to come this year. We talked about each food group in depth, we played fun games to help learn about nutrition, and tasted some new foods! At the end of the series they surprised me with thank you notes about their favorite things they learned.

Submitted by Amanda Ast,
Bates County

We were making vegetable stir-fry in a middle school class and I overheard one student saying that this would be a super simple meal to make at home for cheap. Their parents worked long hours so most dinners consisted of frozen meals or something in a can. We talked about how you could throw in any kind of meat or bean to add some protein then we talked about adding rice or quinoa also for some whole grains. The students made this completely on their own, from start to finish. I was there for guidance only. At first, looks around the room were given like "She's going to let us cook on our own?" But once we started washing the veggies to chopping, everyone realized how quick and easy a healthy meal can be!

Submitted by Ashley Goring,
Camden County



While teaching the last few weeks before winter break at White Rock Elementary, many teachers approached me on ways to make parties healthier for their students. They wanted to continue this trend of healthy eating in the classroom, even while I was no longer teaching in their classrooms. One suggestion I had made was to create a list of snacks that parents and guardians could bring to parties. I had noticed through personal interactions with parents and guardians that often times they do not know what to bring to the schools for kids to share, so providing a list of snacks would not only encourage parents and guardians to bring healthy snacks but would also help relieve the stress felt by those shopping for the snacks. Many teachers were thrilled with this idea and asked for ideas of what to include on the list. I further suggested they had a list provided to parents and guardians in the beginning of the school year when all the welcome information was being sent out. Many teachers have already sent out list of suggested snacks to students' families.

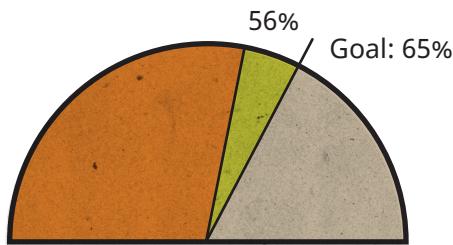
Submitted by Eden Stewart,
McDonald County

Live: At places where SNAP recipients live, participants are establishing healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs, and increases food security.

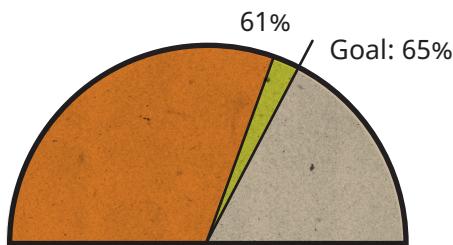


Project summary

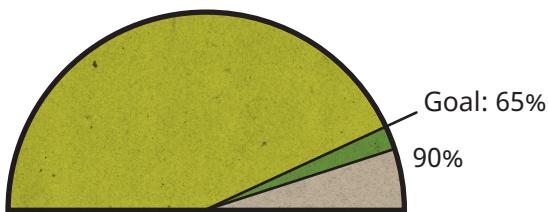
	Estimated SNAP-Ed participants reached	593,466
	Partnering organizations	
	Adult rehabilitation centers	13
	Churches and places of worship	31
	Community Action agencies	27
	Public/community health centers	63
	Public housing	21
	Shelters	20



56% of adults ate more fruits or vegetables most days or every day*
FY19 Goal: 65%



61% of adults reported 30 minutes of daily exercise most of the time or almost always*
FY19 Goal: 65%



90% of adults practiced appropriate food safety by not thawing foods at room temperature or by not letting meat or dairy foods sit out*
FY19 Goal: 86%

Note: a total of 4,152 adults assessed

* Statistically significant improvement, retrospective pre-post; p<0.05



Policy, system and environmental strategies to support healthy choices

Facilitating community and public health approaches

Engaging community groups is a key initial step toward implementing policy, system and environmental changes. Together with organizational partners, MU Extension helps to guide the community through the delivery of the specific PSE intervention(s) that best address their needs, assets and interests. The role of MU Extension is similar to a coach, facilitator, organizer or consultant, with partners actively involved in moving the community-led initiative forward. Activities often range from identifying community needs and assets and gathering input from the community to setting specific benchmarks and goals.

In FY19 MU Extension worked with community groups in 35 counties to work towards identifying possible PSE opportunities as part of the “Live” strategy.

Food Policy Councils (Voices For Food)

A food policy council (FPC) is a group of organizations and committed individuals who collaborate to improve the local food system to provide better access to healthy foods in a community. Effective FPCs usually represent all sectors of the food system (production, consumption, processing, distribution and waste recycling). FPCs work to change the food environment throughout the community in various ways, including by assisting food pantries in being more

responsive to client needs, establishing farmers markets and encouraging changes in grocery stores and small food retailers through ordinances and other strategies. All residents in a community benefit by increased access to healthy foods and nutrition education.

Missouri is one of six states that established Voices For Food (VFF), a process for incorporating the perspectives of low-income clients into food policy councils and food pantry operations. Research has shown VFF to be effective in helping low-income residents have greater food security and increased intake of key nutrients.

In FY19 food policy council activities were conducted in 10 counties.

Built environment strategies

Changes to the built environment can make physical activity and healthy food choices easier and more accessible for low-income audiences. Built environment strategies are usually associated with physical activity and active transportation. Improvements to walking trails, or Livable or Complete Streets policies are examples of strategies communities can use to ensure accessibility, comfort, safety and efficiency for all users. As a result, all residents can more easily navigate their communities, and have better access to healthier food and other resources in their community.

In FY19 built environment strategies were active in 3 counties.

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MOVE MORE.**

Live like
Your Life Depends
on it.

Extension
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1-800 CAT-PAWS

Social marketing

Comprehensive social marketing campaigns raise awareness of SNAP-Ed messages and help reinforce changes that are in line with SNAP-Ed goals. A social marketing campaign is unified by elements such as a consistent message or call to action, logo, tagline or catchphrase and corresponding objectives for individuals and populations.

The FY19 campaign used a combination of social media, billboard and radio marketing. Social media posts were made from accounts called MU Nutrition and Health Extension. These posts were aimed to engage all low-income Missourians and featured ways to be healthier in different areas of the state. Additionally, 36 billboards were placed across the state, targeting youth and youth influencers by featuring MU student athletes and the campaign message. Both the billboards and the rural radio campaigns targeted areas where at least half the population (70% for radio campaign) earned less than 185% of the federal poverty guidelines.

In FY19 an estimated 500,077 individuals were reached through social marketing.

MOCAN Partnership

The Missouri Council for Activity and Nutrition (MOCAN) is a partnership organization that supports physical activity and nutrition statewide and at the regional level in Missouri. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN 2016–2020 Strategic Plan. Over 250 professionals representing more than 70 organizations are members of MOCAN.

In addition to quarterly meetings, MOCAN members can participate in the following workgroups:

- Food systems
- Healthcare
- Physical activity
- Policy/communications
- Schools/child care
- Worksites

Members of each MOCAN workgroup collaborate to support healthy eating and active living in Missouri communities through consistent messaging and by supporting policy, systems and environmental changes. Many of Missouri's SNAP-Ed projects that are described in this report, such as workplace- and child care wellness efforts, are conducted in conjunction with MOCAN workgroup activities.

Cooking Matters Partnership through Operation Food Search

University of Missouri partners with Operation Food Search (OFS) to deliver Cooking Matters programming. Cooking Matters offers hands-on cooking programs for adults, families and child care providers. In addition to the six-week programs, Cooking Matters at the Store (CMATS) is a facilitated grocery store tour. During CMATS tours, participants engage in basic nutrition lessons and learn how to use the MyPlate food guide, read food labels and compare prices while shopping for tasty, nutritious and affordable food for themselves and their families.

Operation Food Search hosts the Cooking Matters program in Missouri through a partnership with Share Our Strength, a Washington, D.C.-based anti-hunger organization. OFS focuses its programming on the greater St. Louis area, and the partnership with MU Extension extends the program's reach across the state.

In FY19 a total of 1,943 Missourians participated in Cooking Matters programming offered by MU Extension or Operation Food Search.



Success Stories

Getting Healthy Through Gardening at Cameron Place has been a great experience for all the agencies and participants involved! I started by doing Eating Smart Being Active at this site. I was able to form a great partnership with Catholic Charities as well as the residents that attended class. We decided to try a garden not knowing if participants would come or if anything would grow in the abandoned landscape bed we had. By becoming a Community Partner Garden Site with Kansas City Community Gardens we expanded our partnership and resources. It has been a huge success! The plants and participants are thriving. It brought together residents of all ages to work together to enjoy the outdoors as well as the gardens bounty. I am proud to be a part of MU Extension making an impact with projects like this.

Submitted by Jennifer Backlund,
Jackson County

Recently I was contacted by the coordinator at Olsen West Senior Housing to see if I could have class to show the residents to cook the vegetables they received at the food pantry. Many of the residents expressed concerned that they didn't know what to do with what they received and that most of the time, it ended up in the trash. Cooking demos are my favorite thing to do, so I eagerly agreed to visit!

Submitted by Kate Hanlon,
Pettis County

I worked with the local Cultural Diversity Committee in their efforts to impact the health of the underserved multinational population by leading an effort to offer a Binational Health Fair. This collaborative effort included many agencies that either provided health screenings, health education or other resources to support that population.

Submitted by Gina Lucas,
Buchanan County

I have been working with Columbia/Boone County Public Health and Human Services on a NACCHO/CDC technical assistance opportunity to develop policy action plans that implement parts of the 2018 HHS National Physical Activity Guidelines. Candace Rodman (Randolph, Macon, Linn counties) has been assisting and trained by CDC to host a local policy summit with the other 3 nationally selected local communities. Other entities represented: Columbia Parks and Recreation, Columbia Planning and Development, PedNet, and Boone County government.

Submitted by Liz Harrison,
Boone County

I have been teaching Eat Smart Being Active, at a local agency, three-four times per month for over 8 years. Recently I was there teaching and the Director asked if a past participant could come and share, with the group, what she has been going on with her since she completed the program. The director asked for me to stay and listen to the women speak. The lady started telling how, as she called it, became clean from drugs. She said she now has a place of her own, has her children back in her custody and has two jobs. She looked at me and said she remembered me coming and teaching. She told me she now cooks for her family and has been meal planning and planning her trips to the grocery store. She said she now really enjoys cooking. She also said she has become more active and tries to walk more and just move more. When I was leaving the agency, the director said, "I hope that shows you that what you are teaching these ladies does make a difference in how to make better choices in choosing a better lifestyle."

Submitted by Ann Knight,
Cape Girardeau County

In St. Charles County, the community was engaged in a comprehensive planning process over the course of 6 months to help identify the health issues most important to our county, and develop strategies to address these concerns. This was completed through a process called MAPP (Mobilizing for Action through Planning and Partnerships). Anywhere from 30-75 people from various organizations attended those community meetings. After that process ended in May, the county health department has started their work on a Community Health Improvement Plan (CHIP) that includes MU Extension and SNAP-Ed.

Submitted by Emily Barbee,
St. Charles County

PLAY

Play: At places where SNAP recipients play, participants are establishing healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs, and increases food security.



Project summary

	Estimated SNAP-Ed participants reached	12,186
	Partnering organizations Community centers, recreation centers, and parks	26

Policy, system, and environmental strategies to support healthy choices

Eat Smart In Parks and Eat Smart Play Hard

The Eat Smart in Parks (ESIP) program focuses on improving the nutrition environment in concession and vending operations in municipal parks and recreation centers. The Eat Smart, Play Hard program targets school concession stands. Youth and their families often visit these sites, but these sites traditionally offer few healthy options.

Both ESIP and ESPH follow the same approach, which includes an assessment of the existing site environment and menu, customer surveys, healthy taste tests, menu changes and evaluation. Marketing materials are also provided to parks and school sites to promote the new healthy options. These interventions are promoted through MOCAN and annual meetings such as the Missouri Park and Recreation Association.

In FY19 parks in 6 counties were involved in Eat Smart In Parks projects, and schools in 7 counties were involved in healthy school concessions projects.

Zoned playgrounds

Although grade school students often claim recess is their favorite period of the day, many students remain sedentary and do not engage in much physical activity during recess. Now researchers from the University of Missouri have found that creating activity zones on a playground can improve children's physical activity levels. Zoning a playground involves dividing the existing recess area into separate "zones." Each zone has a specific activity associated with it, and traditional recess games such as basketball and kickball are reworked to maximize physical activity. Kickball, for instance can be reworked to "hustle kick-ball," where children playing the game kick and run in rapid fire, rather than waiting in line to kick. Researchers found that physical activity increased by ten percent on average on a zoned playground compared to a traditional playground.

In FY19 schools in 3 counties piloted zoned playground projects.



Success Stories



I am working with the Community Betterment group in Annapolis (Iron Co) on rebuilding a community walking trail that was washed away in a flash flood. I will be working to assist them in applying for funding through the MO State Parks Recreational Trails Program grant (RTP).

Submitted by Shanna Sorg,
Iron County

I started teaching Eating from the Garden Curriculum this spring at the Bowden Center there were 20 students involved with the garden. The kids learned about the maintenance, reading seed packages, and what month to plant. All the kids were able to take fresh vegetables home (lettuce, okra, cucumber, watermelon, tomatoes). Some of the students shared how they enjoy making a snack or fresh salad. Two parents discussed how their children were very picky eaters, but taking home their own vegetables and eating them was a big change.

Submitted by Barbara Cleaves,
Mississippi County



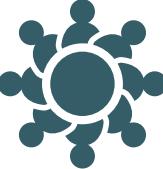
Eat Smart to Play Hard (ESPH) was implemented in the Bulldog Baseball Academy (BBA) concession stand for the second consecutive season. The parent volunteer running the stand expressed her goal was just to offer healthier options so other families like hers weren't forced to have junk night after night for dinner. She reported to me that a child asked for "the healthy stuff," and an adult said the concession stand was the best in the area because of the diverse and healthy options. The BBA will continue to use the ESPH program every summer season. We are working to get the program into more of the school sports and some of the youth programs.

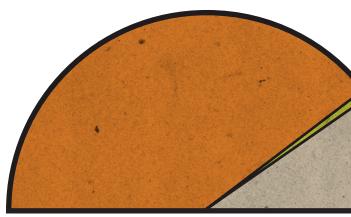
Submitted by Lindsay Stevenson,
Jasper County

SHOP

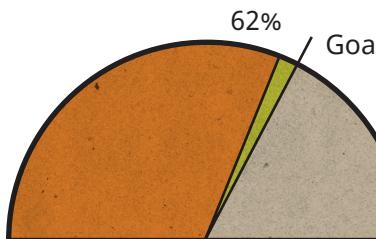
Shop: At places where SNAP recipients shop, participants are establishing healthy eating habits and a more physically active lifestyle. This helps to prevent or reduce the incidence of overweight, obesity, and other nutrition-related diseases. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and food assistance programs, and increases food security.

Project summary

	Estimated SNAP-Ed participants reached	336,993
	Partnering organizations	
	Emergency food assistance sites, including food pantries and food banks	252
	Farmers markets	11
	Food stores	22



79% of adults planned meals or shopped with a grocery list at least most of the time*
FY19 Goal: 80%



62% of adults used food labels to make food choices most of the time or almost always*
FY19 Goal: 65%

Note: a total of 4,152 adults assessed

* Statistically significant improvement, retrospective pre-post; p<0.05

Policy, system and environmental strategies to support healthy choices

Healthy Shelves

Healthy Shelves involves working with food pantry directors and organizers to incorporate nutrition improvement strategies in food pantries and communities. Healthy Shelves provides MU Extension specialists with tools to incorporate a variety of health and nutrition improvement strategies into food pantry activities. The curriculum compiles best and promising practices, ranging from increasing the amount of healthy food the pantries offer, to helping food pantries include health-related programs and services during food distribution. In addition, Healthy Shelves provides resources to help specialists engage with food pantry staff, conduct food pantry assessments and develop action plans with food pantries to help them meet their goals.

In FY19 a total of 10 counties were involved in planning or implementing Healthy Shelves projects.



Stock Healthy, Shop Healthy

Stock Healthy, Shop Healthy (SHSH) is a community-driven healthy retail initiative that uses evidence-based practices to increase access to healthy foods by addressing supply and demand at the same time. The program uses nutrition education and community engagement to build demand for healthy foods, bolstered by community organization coalitions that support both demand and awareness. At the same time, SHSH works one-on-one with the retailer to make store modifications and select customer engagement activities. Demand is built both in the community and in the store for healthy foods while the supply is increased and provided by the small food retailer.

In FY19 Stock Healthy, Shop Healthy projects were active in 8 counties.



Farmers markets

The number of farmers markets across the U.S. has increased over 80% since 2000. They have become a gathering place for communities, where all income levels can come together to buy fresh, local produce. MU Extension personnel can help community groups organize the resources needed to establish farmers markets and increase food access at farmers markets. Accepting SNAP benefits at farmers markets increases access to healthy foods for low income households, and can provide additional revenue for local farms. Double Up Food Bucks programs help stretch food dollars by providing matching SNAP benefits dollar for dollar up to a certain amount per market visit to use on fruits and vegetables.

In FY19 MU Extension personnel worked with farmers markets in 7 counties to improve food access for SNAP recipients.

Success Stories

This summer, I shared many ways to get more vegetables in our diets at the Webb City Farmer's Market. Each week we used a local farmer's vegetable to encourage individuals to try different ways of cooking and trying new things. Sautéed Kohlrabi sold out the day we showed people how good it could taste when sautéed with some fresh garlic in olive oil. Each week a grandma brought her two granddaughters to see what we were making. The grandmother shared that one of the girls did not eat many vegetables besides peas and green beans. We soon became good friends and within a few weeks, she was helping me decide which vegetable to try and was trying them herself. By the end of summer, she could add many more vegetables to the list of ones she enjoys. The grandma commented what a great program we offer and because of our handouts, recipes and demonstrations she felt more comfortable cooking fresh vegetables and trying new things.

Submitted by Julie Graue,
Newton County

WORK

Work: At places where SNAP recipients work, participants are establishing healthy eating habits and a more physically active lifestyle. These behaviors help to prevent or decrease the incidence of overweight, obesity, and other nutrition-related diseases. Participants also learn ways to manage their food resources. Learning skills such as meal planning and food budgeting reduces reliance on emergency food systems and food assistance programs, and increases food security.



Project summary

	Estimated SNAP-Ed participants reached	15,790
	Partnering organizations	
	Adult education and job training sites	16
	SNAP offices (as program site)	24
	Wksites	4

100% of SNAP offices provide information to clients about SNAP-Ed.

Policy, system and environmental strategies to support healthy choices

Workplace Wellness

Adult Americans spend a significant amount of time at work, and employers can play an important role in encouraging healthy choices for their employees and family members. The Workplace Wellness initiative aims to help employers create environmental changes and workplace policies that make it easy for employees to initiate and follow through on voluntary health behavior changes related to nutrition and physical activity. These changes may trickle down to family members and their communities. An employer's return on investment for establishing a workplace wellness program includes reduced direct costs, such as health care expenditures and workers' compensation claims. Wellness programs can also positively affect many indirect costs, such as those related to absenteeism and productivity.

Extension faculty use the WorkWell Missouri toolkit with local organizations that meet program qualifications. They support policy, system and environmental changes in Missouri workplaces that will help make healthy eating and physical activity the norm for employees.

In FY19 employers in 5 counties worked toward workplace wellness activities.



Success Story

At Ideal Industries in Richmond, we are running two classes, one for men and one for women. When I arrived for the women's class, I got a tour of the facility and workroom. While touring, one of the gentlemen that had attended my class the day before eagerly raised his hand to get my attention. I went over to talk to him, and he enthusiastically told me he had taken the recipe he received home to his family. His enthusiasm was contagious, and they had prepared it two different ways. He was happy to report which way was his family's favorite. He was very excited to have been able to take this recipe home to share with his family!

Submitted by Chandra Carey,
Ray County

Overall Program Participation

Participant Data for Direct Contacts		Number of Participants by Grade Level or Age	
Participants by age		Grade level	Number of participants
Youth participants (through grade 12)		Prekindergarten	14,585
Adult participants (age 19+)		Elementary school (K-5th Grade)	88,539
Participants by race*		Middle school (6th-8th Grade)	14,734
Caucasian		High school (9th-12th Grade)	1,675
African-American		Combined grades Pre-K-12	74
Native American		Indirect contacts, grades pre-K-12	50,104
Asian		Adults age 19-64	11,720
Native Hawaiian or Pacific Island		Adults age 65+	5,658
Other		Indirect contacts, adults age 19+	710,286
Participants of Hispanic ethnicity**		Total participants	897,375
Participants by gender		Total youth participants (through grade 12)	169,711
Male		Total adult participants	727,664
Female			
Educational contacts			
Direct contacts**			
Indirect contacts (family newsletters, health fairs, food pantries, Show Me Nutrition Line)			
Total educational contacts			
Groups			
Number of groups that participated			
Average number of visits per group			

* Race/ethnicity numbers are estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for one group = (number of participants in one group) × (number of visits for the group).

Overall Program Participation

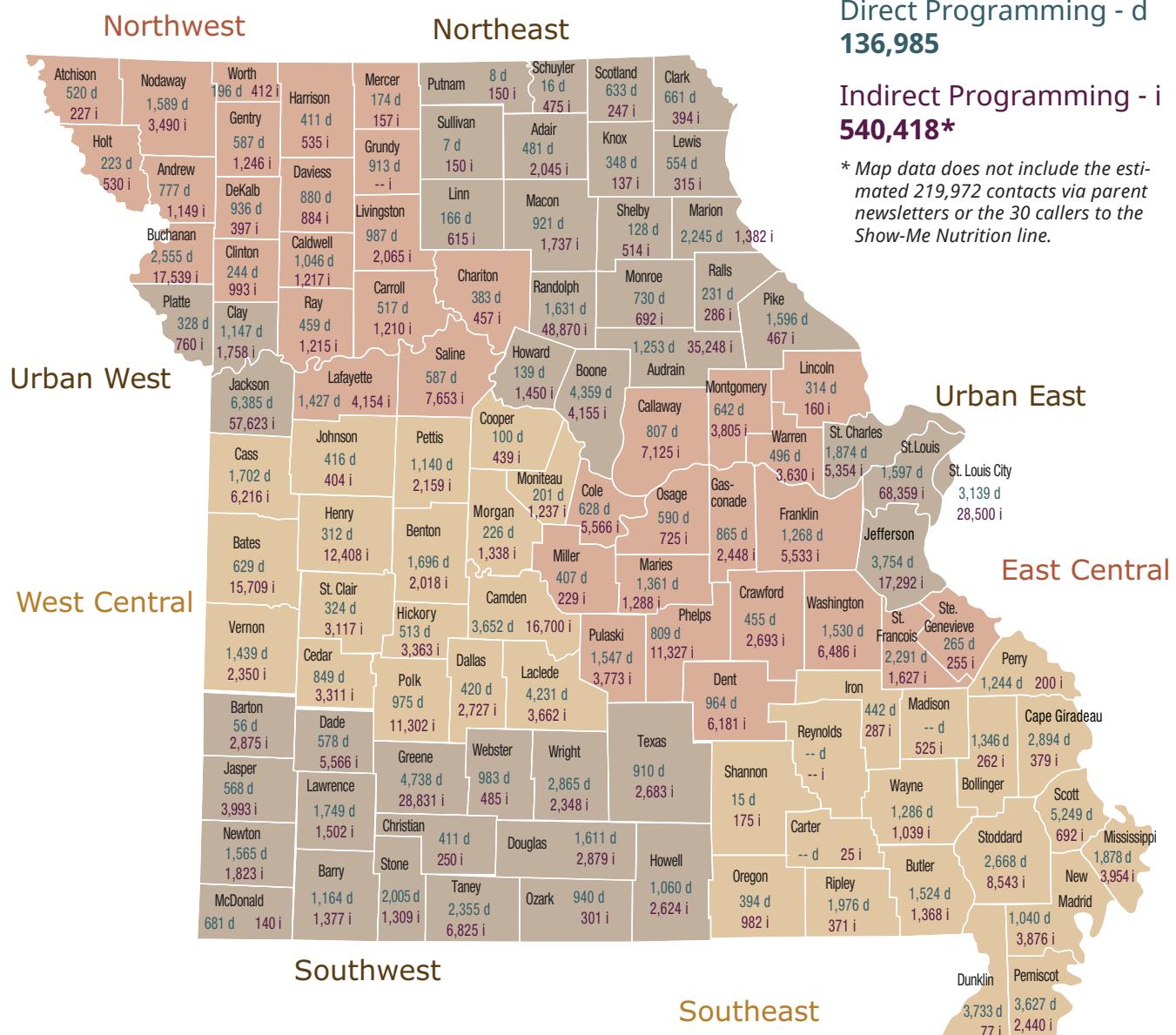
Curriculum Statewide Direct Contacts Summary 2019			
Curriculum	Youth	Adult	Total
Let's Read about Health Eating	12,885	—	12,885
Adventures in Nutrition With the Show-Me Chef	15,895	2	15,897
Fun With Food & Fitness	15,470	—	15,470
Food Group Express	14,278	1	14,279
Building My Body	11,314	—	11,314
Choosing Foods for Me	8,399	—	8,399
Exploring the Food Groups	7,512	—	7,512
Digging Deeper	4,466	—	4,466
Choices and Challenges	6,074	1	6,075
Kids in the Kitchen	11,965	32	11,997
Cooking Matters for Kids	173	—	173
Eating From the Garden	3,138	6	3,144
Live It	1,488	—	1,488
Cooking Matters for Teens	65	—	65
Eating Smart, Being Active	231	2,583	2,814
Cooking Matters for Adults*	17	596	613
Cooking Matters at the Store*	39	820	859
Eat Smart, Live Strong	—	132	132
Serving Up MyPlate: A Yummy Curriculum	2,553	—	2,553
Grow It, Try It, Like It	2,157	—	2,157
Getting Healthy Through Gardening	—	309	309
Cooking Matters for Families*	114	116	230
Stay Strong, Stay Healthy Level 1	—	276	276
Healthy Change Workshops	33	12,501	12,534
Healthy Plants, Healthy Bodies	1,341	—	1,341
Cooking Matters for Childcare Providers	—	3	3
Totals	119,607	17,378	136,985

* This curriculum includes classes taught by Operation Food Search.

Overall Program Participation

Participants Per County

FNP Fiscal Year 2019



Total Participants: **897,375**

Total direct programming: **136,985**

Total indirect programming: **760,390**

Shaded areas on the map show the MU Extension regions

Direct Programming - d
136,985

Indirect Programming - i
540,418*

* Map data does not include the estimated 219,972 contacts via parent newsletters or the 30 callers to the Show-Me Nutrition line.

Missouri FNP Budget Fiscal Year 2019

Item	Budget STATE (\$)	Actuals* STATE (\$)
Personnel		
Salaries and wages	5,428,986	4,838,834
Benefits	1,813,083	1,618,279
Supplies		
Postage	52,800	46,356
Office supplies	160,698	61,030
Telephones	16,150	24,920
Advertising	155,600	320,685
Nutrition education materials with copying	656,779	425,504
Travel		
In/out-state	399,630	287,979
Administrative expenses		
Building lease/rental	373,888	364,700
Maintenance	—	—
Other	26,000	37,193
Contract/grants	45,000	43,417
Total operating	1,886,545	1,611,785
Direct costs	9,128,614	8,068,898
Total indirect*	2,271,029	1,920,361
Total federal costs	11,399,643	9,989,261
TOTAL COST	11,399,643	9,989,261

* Indirect costs are calculated at 26 percent of the total awarded amount.

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<http://missourifamilies.org>

Running out of money for food?

Contact your local food stamp office or go online to
[https://mydss.mo.gov/food-assistance/
food-stamp-program](https://mydss.mo.gov/food-assistance/food-stamp-program)

For more information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at

1-888-515-0016



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