



CALIFORNIA  
STATE NUTRITION  
ACTION PLAN

# FSNEP





# FSNEP Objectives

- 🍏 **The goal of the UC-Food Stamp Nutrition Education Program is to improve the likelihood that persons eligible for the Food Stamp Program (FSP) will make healthy food choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and the My Pyramid. FSNEP is intended to help households eligible for the FSP**



# FSNEP Location

🍏 42 California Counties





# FSNEP: Program Delivery

## 🍏 Adult Program:

- 🍏 Nutrition education classes: Uses up-to-date research from campus faculty. Staff are trained in nutrition by academic staff on campus and in counties on nutrition subject-matter.



# FSNEP: Program Delivery

## Youth Program:

-  Uses extender delivery methods by training teachers to deliver curriculum. Schools are targeted (50% free or reduced-price school lunch). Programs for K-3, 4-6 and High School



# FSNEP Objectives

- 🍏 **By September 30, 2007 and measured by the California Food Behavior Checklist (FBC), the UC-FSNEP enrolled clients (Food Stamp Eligibles) will:**
  - 🍏 **Increase their fruit and vegetable intake by 20%**
  - 🍏 **Increase their fruit and vegetable variety by 20%**
  - 🍏 **Increase their calcium, folate, and iron intake by 5%**
  - 🍏 **Decrease their fat consumption by 25%**
  - 🍏 **Decrease their soda beverage consumption by 25%**



# Methodology to Increase Fruit and Vegetable Intake

- 🍏 **Food Stamp clients are enrolled in FSNEP program by UC's paraprofessional nutrition education assistants. Demographic information collected. Pre-test of evaluation instrument on fruit and vegetable intake.**



# Methodology to Increase Fruit and Vegetable Intake

- 🍏 **4 to 6 hours of nutrition education (includes several lessons on fruits and vegetables, including shopping, storing, preparation)**



# Methodology to Increase Fruit and Vegetable Intake

- 🍏 **Cooking demonstration to show how to increase fruits and vegetables in the diet.**
- 🍏 **Shopping tours to show how to purchase fruits and vegetables in supermarkets and farmer's markets.**
- 🍏 **Post-test evaluation administered at last lesson.**



# FSNEP Benefit: Serves over 44,000 families annually

## 🍏 Program Benefits: Dietary (N=1447)

- 🍏 Increased fruit consumption (11-57%)
- 🍏 Increased vegetable consumption (21-67%)
- 🍏 Reduced soda consumption (17-48%)
- 🍏 Reduced Fat consumption (11-50%)



# FSNEP Summary

- 🍏 **A USDA nutrition program to improve health of Food Stamp families using a variety of educational approaches.**
- 🍏 **Administered by UC Davis and is located in 42 California Counties.**
- 🍏 **Serves approximately 44,000 families each year from a diverse ethnic population.**
- 🍏 **Increases fruit and vegetable intake in Food Stamp clients as measured by two evaluation instruments.**



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# WIC





# WIC OBJECTIVES

**Work collaboratively to ensure national and state nutrition related policy and initiatives promote fruit and vegetable consumption.**

**By June 30, 2005, positively influence the Institute of Medicine review of the WIC food package, specifically giving input on increasing fruit and vegetables.**



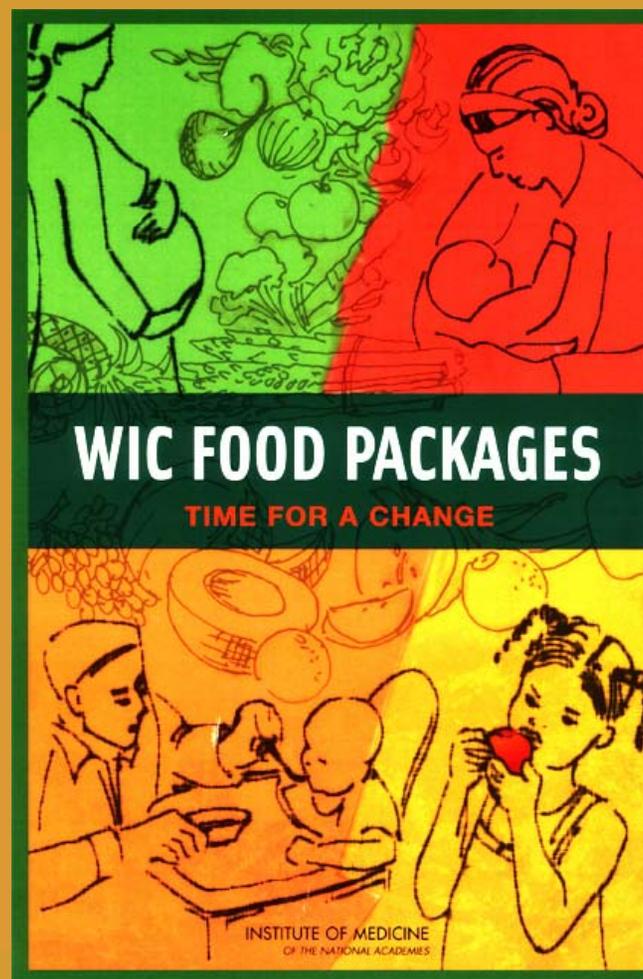
# Promoting Fruit and Vegetables in WIC Food Packages

- 🍏 Collaborative response to USDA's request for input
- 🍏 Shared survey results and evaluation with Institute of Medicine (IOM)
- 🍏 Participated in IOM hearing in Los Angeles



# Promoting Fruit and Vegetables in WIC Food Packages

🍏 **Sharing IOM  
report with  
partners and  
stakeholders**



# Promoting Fruit and Vegetables in WIC Food Packages

- 🍏 Promote input to proposed food package rules when announced by USDA
- 🍏 Collaborative planning for addition of fruits and vegetables underway





# WIC OBJECTIVES

**Increase total participation in all FNS partner programs, increasing fruit and vegetable purchasing power among low-income families.**

**Specifically, WIC will promote referrals of eligible WIC families to the food stamp program (FSP).**



# WIC/FSP SUMMIT PROJECT

- 🍏 **Increase communication between local WIC and FSP offices**
- 🍏 **Provide enhanced education about FSP to WIC staff and participants**



# WIC/FSP SUMMIT PROJECT

- 🍏 **Improve WIC participants' access to FSP**
- 🍏 **Reduce the stigma associated with FSP**
- 🍏 **Assist WIC families to enroll in FSP**



# WIC/FSP SUMMITS

- 🍏 **Joint (WIC and FSP) letter sent to encourage local WIC and FSP management staff to participate in regional collaboration activities**
- 🍏 **Eight regional “summits” conducted throughout the state for local WIC and FSP managers**



# SUMMIT OBJECTIVES

- 🍏 **Increase staff knowledge about how the WIC and FS programs compliment each other**
- 🍏 **Identify beliefs and correct misinformation held by local WIC and FSP management regarding each others' programs**
- 🍏 **Establish working relationship between local WIC and FSP management staff**
- 🍏 **Identify opportunities and steps for beginning local WIC/FSP collaboration**



# SUMMIT ACTIVITIES

## OBJECTIVE

- 🍏 Increase staff knowledge about how the WIC and FS programs compliment each other

## STRATEGY

- 🍏 Conducted Nutrition Education and Community Resource simulation called “Hunger 101”



# SUMMIT ACTIVITIES

## OBJECTIVE

- 🍏 Identify beliefs and correct misinformation held by local WIC and FSP management regarding each others' programs

## STRATEGY

- 🍏 Presented WIC and FS program overview, followed by inter-program question and answer session



# SUMMIT ACTIVITIES

## OBJECTIVE

- 🍏 Establish working relationship between local WIC and FSP staff

## STRATEGY

- 🍏 Identify collaboration barriers and developed region-specific solutions



# SUMMIT ACTIVITIES

## OBJECTIVE

- 🍏 Identify potential steps for beginning local WIC/FSP collaborations

## STRATEGY

- 🍏 Facilitate region-specific small group brainstorming sessions between local WIC and FSP management staff



# OUTCOMES

- 🍏 **FSP outreach pamphlet for WIC families**
- 🍏 **Group education curriculum for WIC participants developed by local WIC program**
- 🍏 **Negativity about FSP from local WIC staff declined**
- 🍏 **WIC managers identified food stamps as a resource to support their healthy eating - obesity prevention efforts**



# RESOURCES

## **Staff and funding:**

-  Two half-time staff and one student assistant to coordinate
-  Consultation from Prevention Institute
-  \$10,000 of FSP special project funds
-  \$30,000 from Network for printing FSP outreach pamphlet

## **Commitment:**

-  State leaders with vision and drive to see it through



# NEXT STEPS

- ❖ **Expand collaboration among local WIC and FS programs and encourage local WIC/FSP front-line and management staff training**
- ❖ **Additional local WIC/FSP outreach materials and curricula**
- ❖ **Increase partnerships between state agencies, local food assistance programs, and other interested stakeholders**