



National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Balancing Work and Family

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Money 2000

More than 12,000 households in 32 states have started to reduce their debt or increase savings through Money 2000. Work and money is a critical issue for all families. Extension family and consumer sciences educators are helping families get control of their debt and save for the future.

Montana State helps participants manage their debts through two home study courses. One woman who participated in the PowerPay computerized debt analysis program developed by **Utah** State, reported that she cut up six of her credit cards and was amazed by the interest costs she could save. During 1999, participants nationwide reported decreasing debt by \$5,262,074 and increasing their savings by: \$6,767,581. The total dollar impact of Money 2000 nationally has been \$12,029,655 to date. Families in just four states - **Illinois, South Carolina, Iowa and New Jersey** have more than 1,000 participants with over \$1 million of economic impact.

Small Home Businesses

Increasing the success rate for home- and micro businesses has been the goal of the **Oklahoma** Cooperative Extension Service Home-Based Business Program since its 1985 beginnings. The work-at-home trend includes 35% of the work force. Programs provide individuals with a realistic look at the commitments and skills required for a successful business and the "nuts and bolts" of set-up and operations. Oklahoma has an estimated 175,000 home-based businesses with 57,000 located in rural areas. During the past 11 years, the program has reached more than 20,000 people and has become a national model for similar programs.

Home-based and micro businesses are an important part of the economic system. Studies show that Oklahoma home-

based businesses generate an estimated \$3.2 billion dollars per year in revenue. Support from programs like this is one of the reasons that studies found 75 percent of Oklahoma home-based businesses still in operation after three years compared to national studies with less than half of small businesses still in business.

Balancing Family with Farm Work

Even farm families need ways to balance the demands of everyday work with family finances, communications and building a support network. **Idaho** Extension Family and Consumer Sciences Educators have reached more than 13,000 families with classes and newsletter articles on balancing work and family. Parents report adopting new strategies in food buying, budgeting and stress management.

Extension Connection

The Extension Connection provides a life-skills program as part of S.T.R.I.D.E. (Successful Training Resources for Individual Development). This neighborhood training program, developed by **Arizona** Cooperative Extension, Family and Consumer Sciences, includes job readiness, achieving job stability, advancement and job placement. The Extension Connection helped 100 former welfare recipients start employment and keep their job while they regain self-esteem and gain skills in nutrition, food safety, managing their money and balancing family issues with work.

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Balancing Work and Family

Women Move Off Welfare

Welfare reform is working in Lee County, **Alabama** due to a partnership between Cooperative Extension, Auburn Housing Authority, and Lee County Department of Human Resources. Cooperative Extension family and consumer sciences professionals trained 96 women over 3 years how to keep a job once you've found one, managing money and time and job readiness. Ninety women found jobs, two became full-time college students and two enrolled in special job training. The training saved more than \$6000 per family for the first year off welfare or nearly \$500,000.

Credit Where Credit's Due

The Earned Income Credit, a federal tax credit designed to reward work and discourage welfare dependency, was getting low participation in **Missouri**. Extension launched an educational program to encourage an additional 67,000 eligible Missouri families to file for this important credit, worth up to \$3,656. Because most EIC benefits are spent locally, participation benefits the most economically distressed communities. State participation has added nearly \$560 million to the state's economy. Similar Extension training in other states have had similar impact.

Landing a Job

A **Missouri** Extension program showed participants how to write a resume emphasizing work skills gained from parenting, volunteering and homemaking. They also learned about career planning, preparing for interviews and completing applications. One participant said "I have never had a resume because I didn't know how to write one and didn't have any work experience. Now I know I do have job skills, and I'll be able to answer job ads that require a resume. **California** Extension faculty developed "Gateway to a Better Life," a training curriculum to help people entering the work force remain employed. It has been adopted by Cooperative Extension welfare to work training programs in 8 states, including **Arizona** and **Georgia**.

Better Kid Care Training

Penn State's Cooperative Extensions' Better Kid Care Program provides educational materials, learning experiences and programs to child care providers, parents and employ-

ers throughout the state. Research shows that the more training providers get, the better the care they provide children. More than 50,000 caregivers were trained in the 1998-1999 season.

The goal of the Better Kid Care Program is to improve the availability, accessibility and quality of child care throughout the state of **Pennsylvania**. This is accomplished in several ways, including satellite workshops, training workshops, video learn-at-home units, on-site training and a toll-free telephone helpline.

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Child Care

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Extension Making a Difference: Training Childcare Providers

Child care needs have increased tremendously over the past decade. In 2000, 65.3% of mothers with children under six were in the labor force (U.S. Department of Labor, Bureau of Labor Statistics). It is well documented that increased education of child care providers significantly improves the care provided to children.

Research indicates:

- Children in high quality early care settings are more likely to be emotionally secure, self-confident, better able to regulate aggression and more advanced intellectually.
- Child care providers who receive education and training in early childhood development are more likely to provide high-quality care.
- High-quality care is developmentally appropriate, sensitive and responsive to individual children's needs.

Cooperative Extension is a part of the solution to improving the quality of child care. Across the nation

Cooperative Extension helps ensure high-quality child care by:

- Organizing and presenting local and regional research-based training workshops and conferences for child care providers.
- Providing research-based consumer information to assist parents in identifying and selecting quality child care.
- Collaborating with employers and community leaders to ensure the availability of consistent, high-quality child care as a vital part of community infrastructure.

Quality training provided by Cooperative Extension Educators does make a difference! The following are examples of the variety and unique training opportunities across the nation:

In **Indiana**, Jasper County, major collaborative efforts with several community based organizations, enabled an after school youth program and an affordable child care center to be established meeting the needs of children and parents. The facility serves over 100 young children and 75 school age children daily. Extension trains volunteer students from St. Joseph's College who integrate their volunteer experiences into their child development and community development course work. This new community effort is the positive result of extension's active role in meeting the needs of children.

In Morgan County, **Colorado** Cooperative Extension and the local Day Care Providers Association collaborate to offer pre-licensing and continuing licensing training. This unique training is offered twice yearly and has been developed to meet the needs of Spanish speaking providers.

Georgia Cooperative Extension is one of the largest single sources of the required community-based education for Georgia child care providers. Cooperative Extension provided nearly 37,800 educational contact hours to more than 13,800 child care providers at one-fourth the cost of utilizing consultants. Over 85 child care providers received more than 170 hours of training through self-study courses.

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Child Care

Pre-post evaluations show participants have an increased knowledge of child care principles. Nearly 98% of providers who participated in the "Child Care Reading Program" improved their knowledge in reading with children.

Wisconsin Cooperative Extension has been instrumental in starting or expanding over 100 new child care programs across the state. Cooperative Extension assisted 200 child care providers in obtaining their required registry-approved continuing education credits.

Alabama Cooperative Extension educators have responded to the state licensing standards for child care providers. Over 400 family child care providers statewide have been trained using the video-based curriculum, "Caregivers Caring for the Future," focusing on school readiness skills. In addition, county educators are currently implementing a train-the-trainer model with the State Department of Human Resources' Child Care Partnerships division.

T3 Early Care and Education Training System

This program was developed in an effort to address the health and safety issues facing child care providers and concerns of parents. Since 2000, Arizona Extension has assisted in issuing over 3,000 certificates of training to early child care providers meeting the 12-hours of required safety training. In Pinal County, Cooperative Extension efforts also have focused on increasing the number of certified home providers and expanded the number of child care slots available to working families. As a result of training home and group home providers, 220 new child-care slots were opened.

Better Kid Care

Training child care providers is a top priority for PCE. Nearly 19,000 child care providers in 66 counties received over 47,000 hours of training via satellite and direct training through Better Kid Care (BKC) programs. In addition, 100,000 providers in 46 states participated in each satellite training workshop.

Other benefits of the BKC program have included establishing 4-H clubs for summer youth in child centers and graduates of BKC workshops became volunteers in local county cooperative extension programs. The Capital Region conducted a random telephone survey of 133 child

care providers after three satellite workshops. On the average, 51% indicated the trainings were very helpful and 91% indicated that the four suggestions were "not difficult" to implement.

Governor's Early Childhood Initiative

Kentucky Cooperative Extension professionals have been actively involved in the initiative by serving on state task forces, providing research based information and assisting in the formation of county early childhood councils. Over \$1.6 Million in funding has been given to the councils to locally address developmental barriers facing children and enhance learning opportunities. Nearing the completion of their first year, the councils have created action plans and are implementing programs.

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Family Life and Parenting

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Family Focus Parenting Program

Family Focus Parenting Program's goal is to increase parent's understanding of the child/youth development and use of positive parenting techniques. Extension Educators and Family Focus parent educators, professionals trained by the University of **New Hampshire** Cooperative Extension, deliver the program through home visits, seminars, and workshop series.

Last year, 2,788 parents were reached; 252 through home visits, 1,106 in seminars, and 1,420 through multi-session series. In past workshop evaluations 86% of the parents stated they gained knowledge of child development and 85% indicated they used more positive parenting techniques. Over 88% of the parents stated their children's behavior had improved and that they got along better with their children.

Gifts That Last a Lifetime

Parents of children of all ages can benefit from this "generic" program. This 1 hour program has been presented for over 400 parents in several counties of Northeast **Pennsylvania**. The program is designed to make parents aware of the twelve gifts they can easily, effectively and inexpensively give their children.

A summary of some of the "gift" evaluations showed the participants giving the following: 86% are giving more hugs, 82% are working on giving more praise, 76% are giving the gift of example, 57% are asking open ended questions and 92% said they and their spouse are providing "focus time" for each child.

Home Alone

In response to an identified need for training and support of children in self care, the University of **Wisconsin** Extension and Wisconsin Public Service developed a 3-series workshop

curriculum which includes a parent and child handbook, marketing materials, a self study family guide and evaluation.

Since 1991 more than 1,100 families have participated in "Home Alone" workshops in Northeastern Wisconsin. Follow-up surveys show that the program meets the families' needs. Significant improvements were documented in the areas of communication and establishing rules, ("talked more with kids", "listened to kids feelings", "children know the family's rules for staying home alone."). Each family responding indicated that as a result of the workshop, they had posted rules and checked smoke alarms.

Family Tree Parenting Program

In the past nine years, Delaware County **New York** has been striving to address the need for parent education. Increasing numbers of crimes in child abuse indicated the need to initiate prevention programs that would make a long term change.

The outreach to families include classes offered on a rotating basis, one time presentations on request, personal consultations by trained educators, in-home visits, and media via radio and newspapers. Children ages 8-14 are invited to participate in classes side by side with parents.

Impact of the program are signaled by decreased yelling, increased talking, and discussion. Time outs and problem solving strategies are being used by families.

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Family Life and Parenting

As one parent reported, "You will learn that children can be a joy to be around when you have a clearer understanding of growth development."

Growing Old in a New Age

The **Wyoming** Gerontology team developed a long range plan addressing the educational needs of Wyoming's aging population: to increase awareness of the characteristics of normal aging and caregiving, to develop agency coalitions, and enhance Extension's image as a credible source of information. The team provided leadership and coordinated efforts to increase the knowledge base of Extension Educators and others by providing state-wide conferences on Alzheimer's Disease and Midlife Issues. A distance learning opportunity "Growing Old in a New Age" utilized public television and compressed video to reach 50 Wyoming residents at 12 sites.

Grandparents as Parents

Many grandparents are providing full-time child care or raising their grandchildren. Bluegrass area Extension agents developed a comprehensive program to assist Grandparents as Parents. Over 5,000 families were reached through the "Joys and Challenges of Grandparenting" program. A series of 12 newsletters were developed and five formal support groups established. As a result of these efforts, state legislators in **Kentucky** have introduced bills related to grandparent's rights.

Festival for Families

A diverse collaboration of **Georgia** Cooperative Extension advisory committee planned and conducted the Annual Festival for Families. This multi-cultural family/community celebration brought 5,500 citizens of diverse backgrounds together in a non-threatening environment. They experienced and fostered an appreciation of differences, learned about local agencies and businesses and initiated bonding between individual and community families. This project was awarded the 1998 NEAFCS Mary W. Wells Memorial Diversity Award.

Chats with Parents

The Chats with Parents newsletter is sponsored by the Palm Beach County **Florida** Cooperative Extension Service Family and Consumer Sciences program. The purpose of this free seven issue newsletter is to provide parents of preschool-age children (ages 3-5 years) general information on topics such as child health and safety, parenting, child development and nutrition. The newsletter is distributed to parents through preschools and child care centers. Currently 112 preschools and child care centers receive the newsletter which reaches over 8,000 parents.

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Family Resources Management

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Money Counts

Twenty-two Money Counts cable television shows were developed to increase the personal finance knowledge of **New Jersey** clientele. The 28-minute shows featured a variety of financial planning topics. Each show aired four consecutive times. The potential viewing audience was 100,000 households plus distribution on CTN, a statewide cable network.

More than 500 viewers requested written information on these programs. Approximately 25 viewers followed up with telephone calls to discuss personal financial issues. Due to audience response additional funding was secured for the production of eight more shows.

Taking Control in a Financial Emergency

Taking Control in a Financial Emergency is a three hour class for military employees who would be losing their jobs. The program is designed to help employees prepare for the possible "no paycheck" months ahead by taking steps that will benefit them in the future.

In one year 15 classes were held in **Utah** with approximately 240 attendees. The initial evaluations showed participants rating the class as 4.6 on a scale of 1 to 5. A follow-up evaluation with 41 participants showed: 98% increased savings; 37% saved \$300 or more; 93% identified ways to improve purchasing practices; 83% set financial goals; 63% tracked spending; and 44% made changes in credit use.

Greatest Scams on Earth

This **Arkansas** program emphasizes the importance of financial decision making skills. Telemarketing, home improvement and credit fraud were addressed in a one day forum. One hundred fifty people, from 13 counties, attended.

Evaluations indicated 96% recognized fraudulent sales and services; 98% will check out a business before making a pur-

chase; 97% will seek help if a victim of fraud; 95% will question offers which appear too good to be true; 93% will report fraudulent deals and scams. Telephone surveys to participants six months later revealed an increase in willingness to hang up on telemarketers and an increased awareness of what constitutes potential scams. Over 150,000 consumers have been reached in a three year span.

Making Your Money Work for You

Making Your Money Work for You is a course in basic financial literacy for **Indiana** clients seeking housing assistance and other services as they move through transitions in their lives. The course consists of five group classes and one individual counseling session for 20 to 30 participants.

In the first pilot, over half of the class had written financial goals, set up and were using a bill paying system, and evaluated their credit situation. They also helped design and revise the curriculum and recruited for the second class. The second class showed that on similar topics they went from knowing about money management strategies to actively using them to get control of their money.

Money, Money, Money

Consumer decision making was taught during a Money, Money, Money - Teens and Consumer Skills weekend retreat.

Older teens acted roles as salespersons in mock stores; younger participants acted in family member roles.

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Family Resources Management

Using mock families in a variety of life stages, income levels, and family compositions, teens are faced with making routine consumer decisions. Goals identified by the family are a guiding consideration for all decisions. Games and other group activities are used to help teens become aware of their values related to money.

Who Gets Grandma's Yellow Pie Plate? Transferring Non-Titled Property

This program addresses family issues and provides educational resources for successful personal property transfers such as Grandma's yellow pie plate. It uses a decision-making and family communications framework for effective family communications.

Based on original research, the program identifies six key factors for successful personal property transfers. Pilot programs were conducted in Minnesota, then introduced to national audiences. Currently the program is conducted throughout **Minnesota** and in over 35 states. To date a minimum of 70,000 families have participated. Over 76% of participating families have used the information for family property discussions and 26% report incorporating this program into their formal estate plans.

Home Planning Seminar

Building a home is often the largest investment an individual will ever make. Financial management and planning during the home building process determines whether or not the experience is successful. This seminar is a cooperative effort involving the **Mississippi** Cooperative Extension Service, 4-County Electric Power Association and the Tennessee Valley Authority.

A three-session seminar is held over a three week period. The first seminar was held in the fall of 1994 and repeated '95 and '96. An in-depth survey was conducted in 1996. Of the 113 households participating in the 1994 seminar, 48% responded. Results revealed that 11 had built a home, 9 had extensively remodeled, 4 had purchased an existing home and 12 had postponed building a home. Forty-six responded that their attendance at the home planning seminar provided information that would enable them to make wiser decisions in the home planning and/or home building process.

Idaho Financial Literacy Coalition

In 1995 the **Idaho** Financial Literacy Coalition formed to provide training on personal finance topics to public and private school teachers. In 1996 the coalition expanded its efforts to include adult audiences. The coalition includes professionals from 17 entities representing a cross section of the financial community.

The achievements of the Idaho Financial Literacy Coalition include: members individually taught 620 classes reaching 2,800 Idahoans; the organizations represented on the coalition educated 45,000 adults and youth; classes were taught to low income groups, prisoners, teachers, students, police and church groups

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Food Safety

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Safe Food Handling Training, Food Service Managers

Cooperative Extension in **more than 21 states** has partnered with restaurant associations, industry, health departments and community colleges to teach **ServSafe**, a 16-hour safe food handling workshop/certification program developed by the National Restaurant Association. The more than 25,000 food professionals trained annually insure that safe food is served at local restaurants, school cafeterias, hospitals, institutions and catering services.

Managers learn why the food regulations are what they are and how to keep food safe. Plus each manager takes the information back to an average of 15 other employees. Post-tests reveal a 29 percent improvement in knowledge. Nearly 62,400 school-age children will benefit from safer school meals as a result of this training. Several states have developed their own unique certification training programs.

Cooperative Extension Brings Hazard Analysis Critical Control Point (HACCP) Principles to Restaurants

HACCP can improve food safety in processing plants and neighborhood restaurants. The National Restaurant Association estimates that a single outbreak of foodborne illness will cost a restaurant at least \$75,000. HACCP and safe food handling practices saves money and lives.

University of **Arizona** Cooperative Extension worked with state and county health departments to teach two series of videoconferences on retail HACCP principles at 3-5 remote sites each time. More than 103 participants rated their knowledge about HACCP - food safety management BEFORE this workshop as 2.3 on a 5 point scale with 5 being very knowledgeable and 4.4 AFTER the workshop. Several face to face HACCP workshops for small restaurants and food service operators were offered in additional counties. In 4-6 month follow-up surveys, they report adopting 2 or more

new safe practices related to reducing bacteria risks.

North Dakota State University Extension trained 300 people in the principles of HACCP. After six months all participants made some changes in their food handling practices based on recommendations in the training. Some key areas are: 74 percent changed cooling procedures, 78 percent have implemented improved hand washing procedures and about 57 percent are implementing HACCP.

Front Line for Consumer Food Safety

Consumers from Idaho to South Carolina call on their local Cooperative Extension office for help with food safety problems and questions. **Kansas** State University Cooperative Extension staff developed a rapid response system for consumer safety problems. Cooperative Extension trained volunteers in Phoenix and Tucson, Arizona, answer thousands of consumer food safety questions directly over the phone.

Extension's Expanded Food & Nutrition Program (EFNEP)

EFNEP provides intensive experiential education throughout the United States to help low income families and youth gain the knowledge and skills that lead to improved food safety practices and to help them stretch their food dollar, thus reducing the incidence of food insecurity. Of the 73,663 adult EFNEP participants over a one year time frame, 82% improved in one or more food resource

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Food Safety

management practices and 66% improved in one or more of the food safety practices, 58% followed the recommended practice of not thawing food at room temperature.

Food Safety Education for Child Care Workers

Working parents need quality daycare when they are at work. In **New Mexico**, in-home daycare provided the the majority of childcare. Many of these daycare providers speak predominately or only Spanish so Cooperative Extension Educators developed a Spanish-English "Home Child Care Providers' Food Safety Program." It includes a "telenovela" soap opera style video and handouts on sanitation, preventing cross contamination and proper cooking and chilling temperatures.

They trained 100 Spanish-speaking child care providers and 80% report now using thermometers to check meat or poultry doneness. There was a 24% increase in sanitizing cutting boards.

Training Food Workers Improves Food Safety

Since October, 1999 the **Illinois** Department of Public Health has required that all certified food handlers who have taken the 15 hour class and passed the exam, be "refreshed" every 5 years. Extension Educators provides a 5-hour approved refresher course.

Since July, 1999, they have trained over 1800 people. Participants report that the food recertification workshops do more than maintain their certification. They report that the workshops help them improve the safe food handling within their establishments. Almost 80 percent of respondents reported adoption of one or more of the 26 recommended food safety handling practices as a result of the training. Respondents reported adopting on average between three and four behaviors (3.65).

Workshop participants improved practices include:

- Using a thermometer to check internal temperature of food held on serving line increased from 68% to 89%
- Washing hands for at least 20 seconds increased from 80.2% to 89.1%
- teachers who attended a three-day workshop gained resources and instructional methods that they will share with an estimated 3,886 students
- 40 schools/4-H clubs with approximately 1,900 students were enrolled in the High School Financial Planning Program (HSFPP)

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Nutrition for Health and Well-Being

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Healthy Hearts

This program helps participants reduce heart disease risk by implementing dietary changes. A five-year study in Logan County **Colorado** supports the role of nutrition education programs in reducing heart disease risk. Analysis of data from three follow-up groups showed a decrease in dietary cholesterol, fat, LDL cholesterol and body weight. Systolic and diastolic blood pressures decreased significantly in the follow up groups as well.

Over 7000 persons in 12 states attended five nutrition classes and learned the following: (1) heart disease risk factors, body assessment, (2) fats, cholesterol and recipe modification, (3) calories, salt, sugar, new issues and nutrition labeling, (4) nutrient density, RDA'S, and dietary guidelines.

Crop to Cupboard

This program made safe food handling, preparation and preservation information available to vendors and shoppers at **Vermont** farmers' markets. Working with the audience, an exhibit and publications were used to educate vendors about food safety issues.

Consumers completed a survey about their food handling knowledge behavior. Eighty percent understand that bacteria are the main cause of food-borne illness; the same percentage indicated they would not assume "grandma's recipe" used safe methods by today's standards. Follow-up surveys will be collected to evaluate changes in food handling techniques.

Healthy Hearts Snack Choice (HHSC)

HHSC helps **New York** child care providers modify their menus and involve children in food activities. HHSC program has worked intensively with 57 child care programs reaching over 1000 staff and 5500 children. The heart of this col-

laborative health promotion program for child care settings is a HHSC Resource Guide. The guide includes healthy heart nutrition information for child care staff and parents. Snack ideas, nutrition games and puzzles are also included.

As a result of HHSC educational programs, 70% of child care centers include nutritious snack ideas from the guide at least twice per week, 90% involve children in recommended food related activities at least twice per month. Eighty percent of center directors reported distributing nutrition information in the guide to parents.

Weight Off Wisely (WOW)

This residential weight control program, improved the health and well being of 139 women in **Maryland**. Participants learned how to achieve a healthy lifestyle through nutrition education, self-esteem building classes and exercise. All participants reported they gained new knowledge about diet and health.

Evaluations sent to participants from three years of programs confirmed program impacts. Sixty-five percent lost an average of eight pounds and 70% developed an exercise program. Fifty percent of the participants returned for the following year's program.

Kids R Cooks

This community-based project, helped to prevent destructive behavior and promote improved health practices of 486 **New Jersey** youth who reside in Atlantic City Housing Authority communities. A six-week lesson series focused on nutrition

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas
www.neafcs.org

75244

Nutrition for Health and Well-Being

education and life skills training. At the conclusion of each after-school and summer camp program, youth practiced knowledge and skills learned by preparing a nutrition food, creating a place setting and presenting the food to be judged.

Evaluation results showed 82% of the youth understand the food guide pyramid and are able to apply their knowledge and skills. A survey showed an increased preference for fruits as a healthy snack after a lesson on fruits and vegetables. Observable outcomes include an increased awareness about safe food handling, growth in self esteem, self confidence, self-direction and improved cooking skills. Large numbers of parents were involved and supported the program. About 98% of the youth had either a parent or guardian attend/support the program. Seventy-five volunteers contributed more than 500 hours, a value of \$5000 (\$10 hr).

Cancer Nutrition

This education program addressed the high rate of cancer in Phillips County **Colorado**. A county wide nutrition education was initiated after residents expressed concerns about the disease. Using the Food Guide Pyramid and the "5 a Day Concept," a comprehensive educational program was implemented including, grade school curriculum development, teacher training, a puppet show, newspaper articles and flyers to increase awareness and encourage consumption of more fruits and vegetables. Ninety percent (90%) of all elementary school children were reached with a "5 A Day" message.

Results of a study showed students increased their intake of fruits and vegetables. The evaluation survey of the Pyramid Check Out flyers documented their increased awareness of nutrition as a prevention factor in chronic disease among residents.

Healthy Bones for a Lifetime

The Healthy Bones program increased awareness and prevention of osteoporosis for 129 **New Jersey** women. Healthy Bones helped women identify their risk factors, the role of calcium in building strong bones, calcium rich foods and the importance of weight bearing exercise.

As a result of Healthy Bones, post-evaluation showed that the majority of the 129 women have increased their die-

tary calcium, e.g. making more casseroles using cheese and milk, calcium fortified orange juice, more yogurt and dark leafy greens. Many women began taking calcium supplements as well as increased exercise, mostly walking to increase bone density. All the women reported they developed an awareness of prevention strategies for osteoporosis.

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*





National Extension Association
of Family and Consumer Sciences

IMPACT 2000

Secure Families

Through Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences

Terrorism has become a common household word for many families with fear becoming the core. In America, families have many fears including: unemployment, reduced income, inadequate childcare, insufficient health care, limited food supply, and/or the inability to live independently as citizens.

Family and Consumer Sciences Extension programs are designed to empower individuals, families, and communities to solve problems and address issues related to the quality of life. The following research-based programs help Americans gain knowledge and skills that can help them feel more secure during these times of uncertainty.

"In Time of Need", a workshop focusing on emergency preparedness as a result to terrorism, brought **Alaskans** together to share knowledge and exchange resources to enhance the security of their residents. It created linkages between Cooperative Extension and agencies such as Red Cross, Public Health, Emergency Planning Departments, Food Banks, and local utility companies. Over two hundred people learned how to secure food, energy, shelter, water, and cope with families in crisis..

In **Arizona**, 86% of the 65,481 youth completing a money management program demonstrated an increase of their knowledge. After three months, 84 percent still felt confident in making financial decisions. "Family & Community Connection" trains paraprofessionals to teach parenting to high-risk families. Results indicated 90% of families reported their lives have changed positively as a result of the classes.

In **Arkansas**, 60,000 individuals learned to safely prepare, serve, and store food in efforts to maintain a secure food supply. Over 300 commercial food handlers were certified in ServSafe, a National Restaurant Association program.

Within four **Colorado** counties, 900 participated in "\$pend Some, \$ave Some, \$hare Some" financial program. 93% indi-

cated "I will set goals to meet my financial wants and needs." Program is now delivered state-wide.

In **Florida** nearly 27,000 limited-income individuals participated in programs that taught skills needed to purchase and maintain a home. The rate of repossession was less than one percent for participants. Skills learned in Welfare-to-Work programs helped 267 participants obtain employment.

The **Georgia** "Food and Nutrition Education" and "Food Safety" programs were designed to improve the Latino population's nutrition and health knowledge as well as food safety habits. As a result, 91% indicated they plan to change their cooking style, 67% plan to properly sanitize their cutting boards and 72% plan to use a food thermometer.

In response to four suicides by **Louisiana** farmers, a team of Extension local mental health professionals provided free farm financial counseling. As a result a few farmers have left the business, but none have committed suicide.

"Born to Read" made major impact in eight counties in **Maine**. Parents participating in a low-income nutrition program received children's books at no cost. It was reported that some adults developed regular reading habits, 31% now have books visible in the home and 20% read with their children. Families learned nutrition and built stronger families.

Maryland helped over 1,100 families in the "Feed-

Raising kids
Eating right
Spending smart



NEAFCS National Office
(972) 371-2570

14070 Proton Rd, Suite 100, LB9
FAX (972) 490-4219

Dallas, Texas 75244
www.neafcs.org

Secure Families

-ing the Community-Safely" and "Feeding the Children-Safely" programs. A 14% improvement in dietary fat consumption and consumption of fruits/vegetables was reported by EFNEP program participants.

In Jasper County, **Missouri**, childcare training is designed to increase provider's capacity to meet the developmental needs of children. Follow-up surveys indicate providers use the information gained, develop professional networks, provide resources to parents, and look to Extension for quality and consistent resources.

Nebraska focused on the needs of children during the divorce process with the "Parents Forever," program. The real impact of the class is that parents learn to identify with their children's feelings and communicate in appropriate ways. Judges have seen a reduction in the number of families who return to court with "custodial issues".

"Universal Design" workshops to promote beautiful and accessible environments for all in **Ohio** were presented to 297 people. As a result 72% indicated they would incorporate universal design in a new or existing home environment.

Oklahoma's Healthy Families American program provided 3,089 home visits to young at-risk parents. As a result, the rate of second pregnancies for adolescent parents was 5% compared to the national rate of 25%.

Over 250 young **Pennsylvania** adolescents learned a three-step process to handle conflicts: listen respectfully, decide what is true, and apologize or negotiate. Evaluations from "You and Your Parents: Making it Through the Tough Years" reflected : 73% were helped knowing that adults must live with rules and responsibilities, 69% learned the three things to do to make conflict better, and 53% said they used/planned on using the learned process.

"Building Family Strengths for Later Life" project in **South Carolina** reached over 2,100 individuals with 91% indicating increased knowledge. The youth version reached over 4,600 youth with 82% reporting behavior change.

Secure families in **South Dakota** are educated about identity theft. A six month survey of 800 individuals indicated 100% now do not share personal numbers ;92% review bank/credit card statements. Law officials have Extension accompany when responding to victims of identity theft.

"Your Family Disaster Plan" workshops in **Virginia** reached over 300 families, 90% implementing at least one of twelve recommended emergency preparedness actions.

Nearly 2,000 **West Virginia** families were enrolled in nutrition programs and 90% reported increasing their daily fiber and protein intake.

Hunger and food insecurity are real problems for **Wisconsin** families. Statewide, 510,000 people live in households that are food insecure. Educators made 73,112 contacts focusing on helping families manage their food dollars. As a result, 91% found value in tracking spending and nearly one-third reported their families are now more likely to make it to the end of the month without running out of food!

NEAFCS is the National Extension Association of Family and Consumer Sciences.

NEAFCS provides professional development for Extension professionals who improve the quality of life for individuals, families and communities. We provide education in:

- Food preparation, food safety and nutrition
- Financial Management
- Healthy Lifestyles
- Home and work environment and safety
- Relationships and parenting skills

NEAFCS National Board

Cheryl Jones Syracuse (OH), *President*

Jane Gault (TN), *President-Elect*

Jean Clarkson-Frisbie (KS), *Immediate Past President*

Carol Schlitt (IL), *Secretary*

Susan Neher (IN), *Treasurer*

Laurie Stevens (NC), *VP for Awards & Recognition*

Marilyn Gore (NC), *VP for Member Resources*

Christine Kniep (WI), *VP for Professional Development*

Sharon Hoelscher Day (AZ), *VP for Public Affairs*

Lynn Little (MD), *Eastern Region Director*

Bonita Roberts (GA), *Southern Region Director*

Ida Marie Snorteland (SD), *Central Region Director*

Sandra Brown (WA), *Western Region Director*

Ruth Helein (AZ), *Executive Director*

