

IMPACT



University of Idaho
Cooperative
Extension System

EFNEP II, Ada County Extension System, 5880 Glenwood, Boise, Idaho 83714-1342

EFNEP partners with Easter Seals-Goodwill to teach welfare clients

The Situation

The traditional audience for the Expanded Food and Nutrition Education Program (EFNEP) is welfare clients. EFNEP is known for “reaching the hard to reach and teaching the hard to teach.” With the advent of Welfare Reform in 1998 the required work or job-training requirement made EFNEP clients more difficult to find at home and enroll; new strategies were needed to fulfill the EFNEP mission.

Because Easter Seals-Goodwill has a long tradition of training people with work-related barriers the Idaho Department of Health and Welfare, Region 4, awarded Easter Seals-Goodwill a grant to train non-employed welfare clients. The job-training component of Easter Seals-Goodwill is called Working Solutions. Welfare clients must attend Working Solutions for five weeks and take classes that prepare them for work. The subjects include time management, parenting, and budgeting in order to receive their Temporary Assistance to Families in Idaho (TAFI) money.

Our Response

The EFNEP Educator had a working relationship with the Director of Easter Seals-Goodwill. They met and established the guidelines and goals for EFNEP paraprofessionals to teach the welfare clients in the Working Solutions classroom. EFNEP’s goals were to:

- 1) teach and graduate Working Solution clients who had been the least successful in finding employment,
- 2) augment the job preparedness lessons of Working Solutions, and
- 3) collaborate with new agencies that provided services to Working Solutions.

The Educator and the paraprofessionals team-taught two EFNEP lessons every Friday. Each client was enrolled using a 24-hour recall and food behavior survey. A second recall and food behavior survey was taken at exit. The EFNEP Reporting System (ERS) was used to evaluate client progress. The Eating Right is Basic (ERIB) curriculum was used along with hands-on activities, food samples, videos and handouts.

Achievements

An average of fifteen clients attended each session. Ninety-three percent of the clients were female and forty percent were between 21 and 29 years of age. One hundred thirty-six clients were enrolled in Boise; twenty completed the EFNEP and sixteen were continuing the lessons.

Dietary summaries at exit indicated that forty-four percent ate 6-11 servings of grains while thirty-three percent did so at entry. Sixty-seven percent ate two or more fruit servings at exit; twenty-two percent did so at entry. Fifty-six percent ate three or more



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vegetable servings at exit whereas only eleven percent did so at entry.

Food behavior improvements indicated that forty-four percent were reading the food labels and ran out of food less often at the end of the month. In the area of food safety sixty-seven percent indicated that they did not thaw foods at room temperature.

Comments after the Resource Management lessons ranged from Allison, "*We have expenses we need to take care of before we play*" to Jennifer, who said "*(we need) to know how much money we are spending.*" Similarly, Beverly wrote, "*(I) didn't pay attention to expenses.*"

The Future

Easter Seals-Goodwill was pleased to partner with the EFNEP because the nutrition program provided additional information and resources to their clients. Because of EFNEP's success in Boise, a paraprofessional was requested to teach similar classes in Mountain Home, ID (Elmore County). So far nineteen clients have been enrolled in Mountain Home. Nine clients have graduated and two are continuing to take the lessons.

Due to the increased number of EFNEP clients reached and graduated in both counties, EFNEP will continue to partner with Easter Seals-Goodwill to teach Working Solutions clients.

Cooperators and Co-sponsors

Easter Seals-Goodwill
Working Solutions, Boise and Mountain Home

Participating Counties

Ada and Elmore Counties

For More Information

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