

IMPACT

 University of Idaho
Cooperative
Extension System

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Extension Nutrition Program (ENP) Reaches Youth

The Situation

Idaho Kid's Count, "Profiles of Child Well-Being" reports many factors put children at risk. "Nothing predicts bad outcomes for children more powerfully than growing up poor. Poverty can hurt children in many ways"—one being the area of nutrition. Resources to obtain food are limited. Parents in the workforce are not home after school; children are left to make decisions about snacks and meals. In many instances, older children are to prepare food items for themselves and their siblings.

Our Response

The University of Idaho Extension Nutrition Program (ENP) has responded by offering nutrition education in school classrooms across five counties in District II. Schools are selected based on criteria set-forth relative to the percentage of youth receiving "free/reduced" price lunch.

Nutrition lessons focus on healthy food selections using the Food Guide Pyramid; basic food safety; easy-to-make snacks; fruits and vegetables; calcium intake and container gardens, to name a few.

Program Outcomes

Participating youth gained a greater knowledge of nutrition, food safety and food preparation.

The Extension Nutrition Program reaches many youth in the counties of Adams, Washington, Payette, Gem and Owyhee. **This past year over 3,**

621 youth were contacted by nutrition messages through school enrichment after-school and summer feeding programs and through local fair displays.



One student reports, "I liked learning about the food guide pyramid and how to make a yogurt parfait." In reference to a lesson on "Container Gardens" a third grade student reports, "Thank-you for the plants for Mother's Day. My mom loves tomatoes; I know she will love my gift."

4-H interest by area youth expanded through displays at the Fruitland Spring Fair, Payette and Owyhee County Fairs. As a direct result of the Extension Nutrition Program being presented in the

schools, a *new* Nutrition 4-H Club and leader formed in Payette County.

The Extension Nutrition Program continues in the previously mentioned counties and is expanding.

For More Information

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