Improving Nutrition Among Low-Income Families

University of Idaho extension "nutrition and nurturing" advisors are helping to turn around the lives of low-income young families in northern Idaho. Last year, working one-on-one with young adults in their homes and in groups, caring, non-judgmental advisors provided information to 228 families on food preparation, money management, and parenting. Exit interviews showed a significant increase in the number of program participants who now shopped with a list (up 28%), planned meals ahead (up 29%), and used the food guide pyramid (up 30%). After participating in the program, 63 percent of families reported that they never or seldom had to cut the size of their meals, and a whopping 79 percent now claimed they ate breakfast (up 43%). The program did not just impact the families; extension advisors - many of whom were also low income - reported that they were able to make major, positive changes in their personal lives as a result of their participation.

For More Information
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