Food $ense

funded, in part, by USDA FNCS
Partners with Community Agencies

- WIC Agencies
- School Districts
- C.S.O.s
- Public Colleges
- Even Start/Headstart
- WA State DSHS
- County & City Governments
- Washington State University
- Office of the Superintendent of Public Instruction
Why Food Sense?
Families with the lowest incomes have:

• Most hunger
• Poorest diets
• Fewest skills to stretch food resources
• Most food-related disease
• Poorest school performance
Food Insecurity in Washington State*

- Food Insecure
  - New Mexico (13.8%)
  - Texas (12.4%)
  - Oregon (12.3%)
  - Louisiana (12.1%)
  - Washington (11.6%)

- Food Insecure with Hunger
  - Oregon (5.7%)
  - Washington (4.7%)
  - New Mexico (4.6%)
  - Texas (4.2%)
  - Louisiana/D.C. (4.1%)

* from Percentage of all households that are “food insecure with hunger” and “food insecure” by state. Oregon Center for Public Policy 01/04/02
Food Insecurity in Washington State
June, 1999

• Method: Focus groups
• Target: Food bank users (n = 97)
• Findings: Evidence of hunger at 9 sites
  » 53% reported hunger in last 12 mo.
  » 63% ate less than should
  » 72% skipped meals
  » 84% ran out of food
NEN of WA Survey of Food Stamp Families (1999)

- Method: Direct mail survey (n=12,000)
- Target Group: FS Families with children ages 5-11 years
- Responses:
  - 25% had food all month
  - 75% had no food for ≥ 1 day
  - 10% had no food for ≥ 6 days
Food Insecurity in Washington State

• Findings:

  Diet Quality

  » 81% could not afford balanced meals, and usually low in fruit, vegetables, salad, milk, meat
Information Respondents Wanted in a Nutrition Class
(The Nutrition Coalition of WA, 1999)

• Stretching food dollars
• Cooking tasty, low-cost foods
• More on food and health issues (Diabetes)
• Getting children to eat
Mission

WSU *Food $ense* empowers youth and adults with limited incomes to develop the knowledge, skills, and behaviors needed to eat healthfully and be food secure.
Strategies

• Develop local, county projects
• Partner with Community Agencies
• Offer research-based education in community setting
• Supervised by WSU Extension Faculty
• Taught by trained peer educators
• Using a culturally-sensitive, practical, hands-on, & skill-building approach
PROGRAMMING

Food $ense

Food Demonstrations

Nutrition Education Classes

Community Gardening
Empowers Families to Save Money
Empowers Families to Eat Better
Empowers Families to Create a Safe and Secure Eating Environment
Food Sense Targets Diverse Audiences

Racial & Ethnic Characteristics of Participants
FY01 - 12 months (n=34,802 Adult & Youth)

49% White
21% African-American
17% Hispanic
9% Asian
4% Native American
Food $ense Targets Adults

Age Range of Adult Participants FY01 - 12 months
(n = 12,030)

- 38% >55 yrs
- 41% 31-55 yrs
- 11% 31-55 yrs
- 1% Teen Parents
- 9% Young Families
- Unknown
Food Sense Targets Youth

Number of Youth Participants by Grade Level, FY01
(n = 22,777)

Grade Level
- Gr. 1-5
- Gr. 6-8
- Gr. 9-12
- Pre-K

Number of Youth
Makes A Difference!

“I was able to save $50 last month on groceries by using the recipes (from class) and preparing food from scratch...and using a list”

-Spokane County
Making A Difference!
Adult Food Resource Management Practices

• 56% plan meals more often
• 46% compared prices more often
• 55% used a shopping list more often
• 46% stretched food resources until the end of the month
Making A Difference!
Adult Nutrition Practices

• 52% thought about healthy food choices more often when deciding to feed their family

• 37% limited the amount of salt more often

• 63% used food labels more often
Making A Difference!
Adult Nutrition Practices

• 42% reported that their children ate breakfast more often
• 46% ate more than one kind of fruit and vegetable each day more often.
Making a Difference!
Adult Food Safety Practices

- 34% more often used recommendations for the 2 hour rule.
- 60% more often thawed food in the refrigerator
Impacts Adults

• Success Stories
  
  • “We do salt, pepper and garlic on meat and leave out on counter for 3 hours, then cook on low heat for 4 hours. We leave food out always in my culture. My baby is sick always...throws up, and with diarrhea. After hearing you today, I will not do it my way, I will do what you say.”  -Russian Immigrant (Clark CO)

  • 1 Month later: Client came back to WIC clinic to tell F$ Assistant that she did it the Food Sense-way and her baby was not sick all month.
Making A Difference With Youth

• 77% youth now can select low-cost, nutritious food
Making A Difference With Youth

- 71% youth now eat a variety of foods
Making A Difference With Youth

- 77% youth improved practices in preparing and trying new foods
- 54% make healthier food choices
Making A Difference With Youth

• 79% now wash their hands before handling food
Impacts Youth

• **YOUTH TALES**

• “Wow, you really do need math to cook!”  
  *(Mason County)*

• “I am teaching my brother how to wash his hands before dinner.”  
  *(Pre-schooler, Clark Co.)*

• “I entered this cornbread in the fair this morning!!

  *(8 year old, Cooking Camp, Cowlitz Co)*
Working toward Self-Efficacy
Impacts to WSU

- Expands and improves programs
- Shares resources
- Links Extension and research
Main Campus Cost-share Partnerships

- Marketing
- Political Science
- Human Nutrition
- Information Dept.
- Bulletins