

# A Roadmap to Success: Ohio EFNEP's Journey to Implement the New Eating Smart Being Active Curriculum

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# Ohio Expanded Food & Nutrition Education Program (EFNEP)





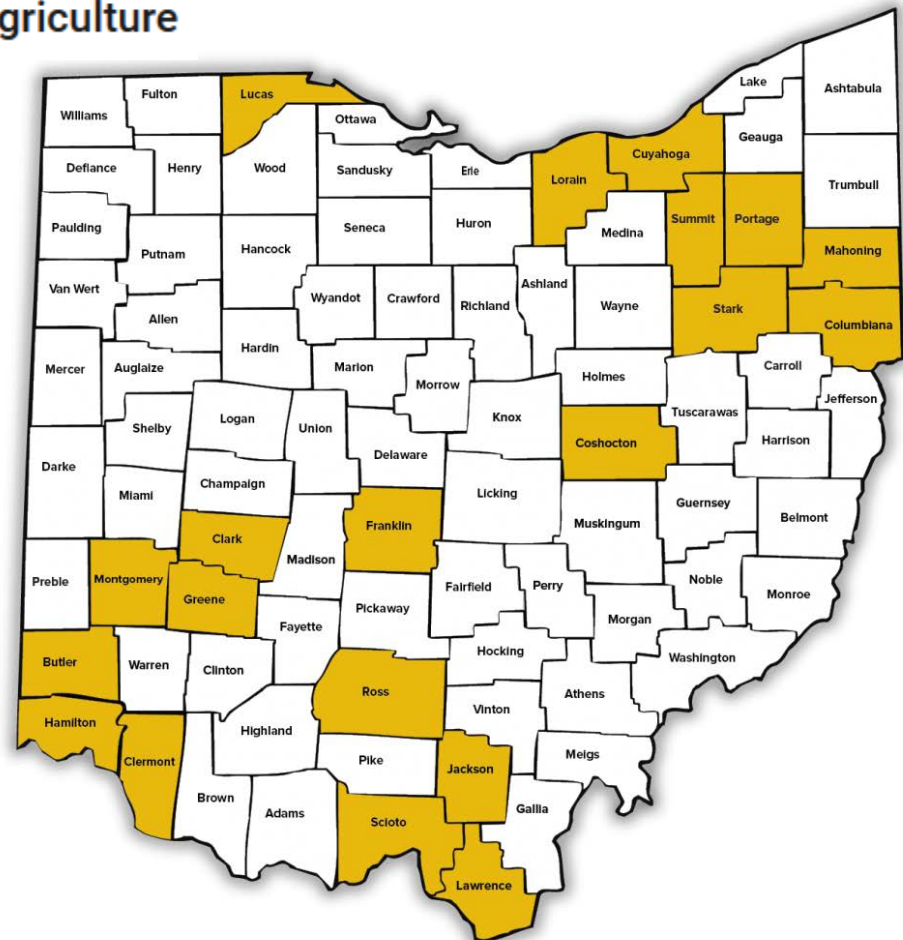
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United States Department of Agriculture  
National Institute of Food and Agriculture

### ***4 Core Areas***

- Diet quality & physical activity
- Food resource management
- Food safety
- Food security



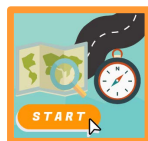
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# Our Roadmap to Success

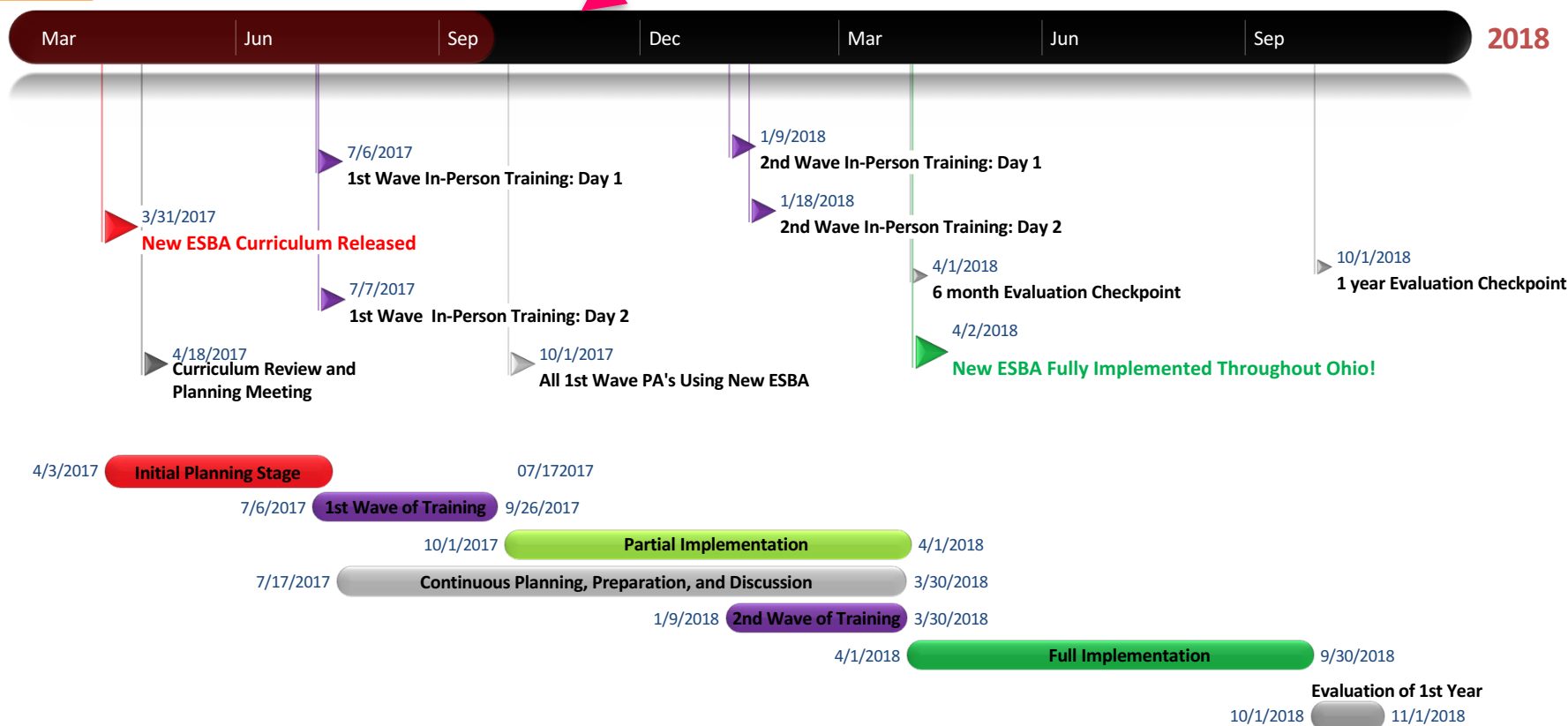
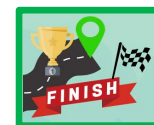


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# The Journey At a Glance

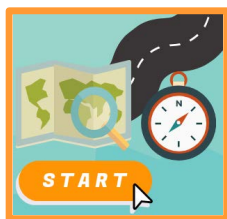
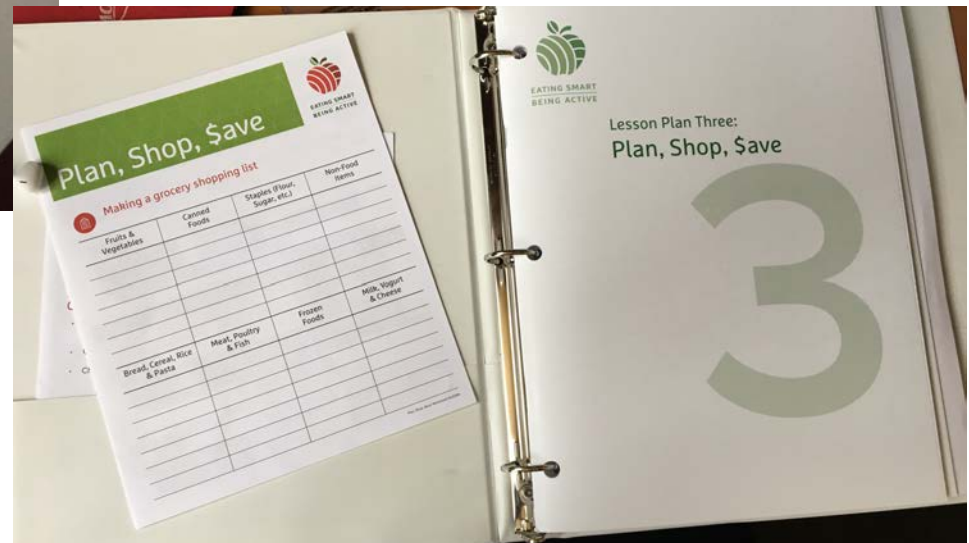
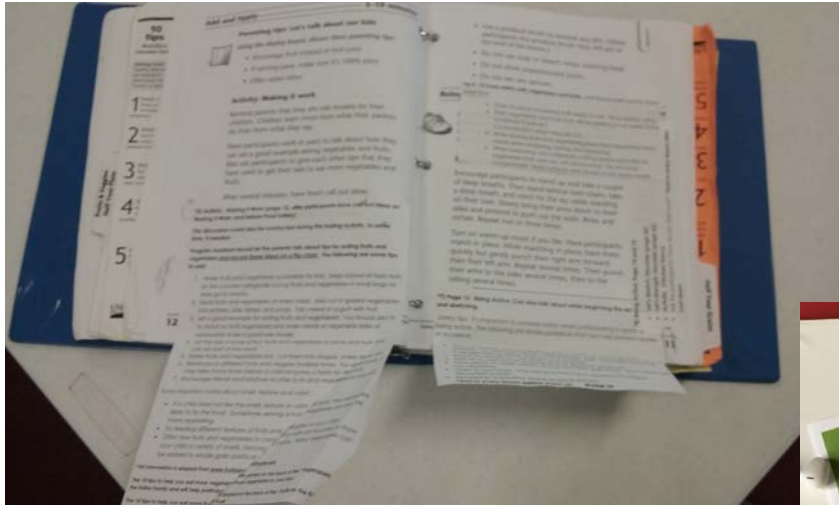


We are here!



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### The Curriculum: Out with the old, in with the new!



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## New and Improved Lesson Enhancements

Including:

- Cutting Mats
- OSU Pens
- Updated Grocery List Pad
- Refrigerator AND Meat Thermometers
- OSU EFNEP Water Bottle!



Find  
Direction

Begin the  
Journey

Road  
Block?

Pause.  
Reflect.

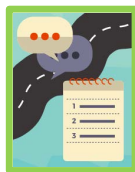
Find  
another  
route.

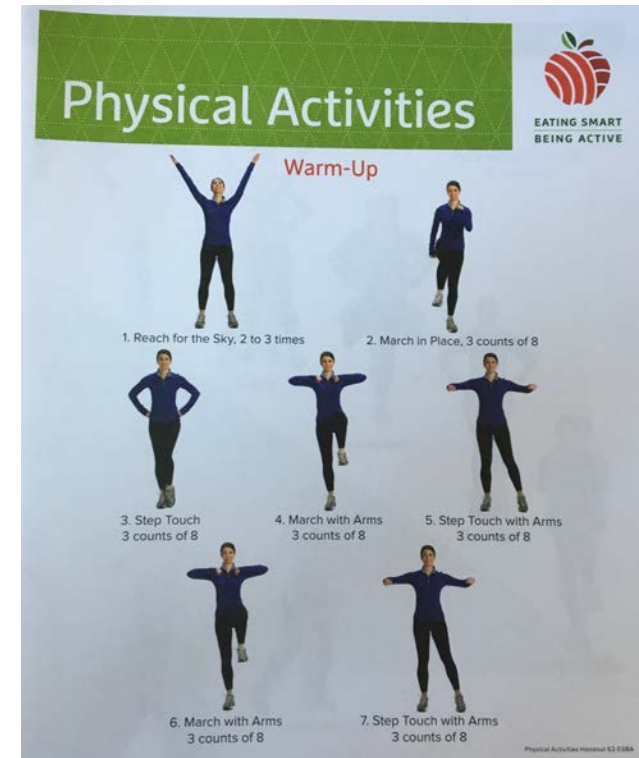
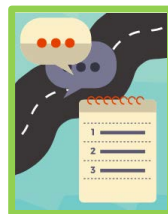
And  
eventually,  
we arrive.

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# Preparing Staff: What training do we need???

- Changes to Curriculum
- Knife Skills
- Physical Activity
- Food Preparation and Demonstration
- Paperwork
- Outreach
- First Aid and Blood Borne Pathogens
- ESBA App

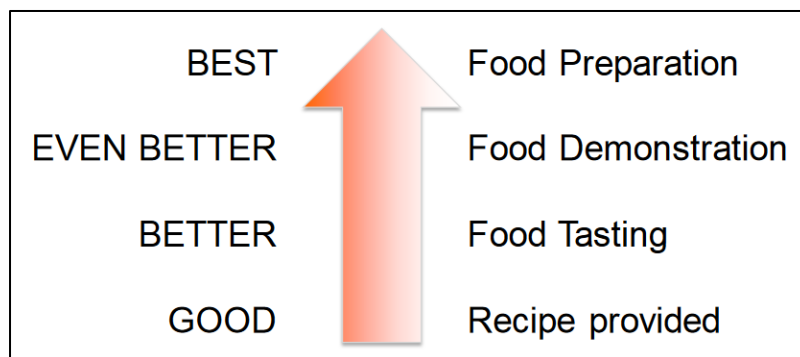
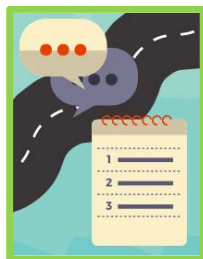




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# Food Prep

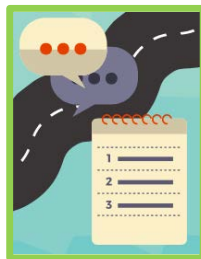




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# Knife Skills



Find  
Direction

Begin the  
Journey

Road  
Block?

Pause.  
Reflect.

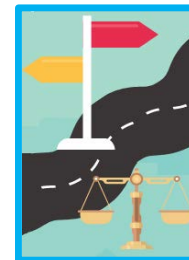
Find  
another  
route.

And  
eventually,  
we arrive.

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## Teach backs



Find  
Direction

Begin the  
Journey

Road  
Block?

Pause.  
Reflect.

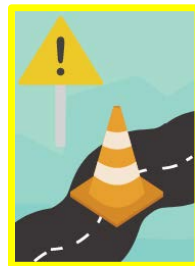
Find  
another  
route.

And  
eventually,  
we arrive.

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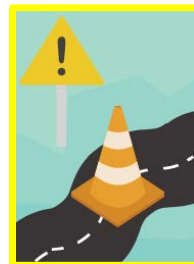
# Teamwork Makes the Dream Work: Part 1



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# Teamwork Makes the Dream Work: Part 2



No Band-Aids  
Needed

Find  
Direction

Begin the  
Journey

Road  
Block?

Pause.  
Reflect.

Find  
another  
route.

And  
eventually,  
we arrive.



# OHIO STATE UNIVERSITY EXTENSION

## OHIO STATE UNIVERSITY EXTENSION

### EFNEP PROGRAM LOG

Program Assistant Name: \_\_\_\_\_ Group name: \_\_\_\_\_

Delivery Site: \_\_\_\_\_

Number of pages in file: \_\_\_\_\_

Enter the # of participants uploaded in this batch of each of the following:

Entry: \_\_\_\_\_

Exit: \_\_\_\_\_

Program starting date: \_\_\_\_\_

No. of Participants: \_\_\_\_\_

Program finish date: \_\_\_\_\_

No. of Graduates: \_\_\_\_\_

Number of Lessons:

☐ 6 weekly one-hour lessons

☐ 8 weekly one-hour lessons

☐ 2 lessons a week for 4 weeks

☐ 6 weekly lessons, 1 1/2 each

☐ Other \_\_\_\_\_

Food Demo Information

☐ Food tasting- Take to class prepared

☐ Food Demo- Recipe/food prep demo by PA

☐ Food Demo- Recipe/food prep by participants

☐ Other \_\_\_\_\_

Comments: \_\_\_\_\_

Delivery Site Type:

☐ Adult Education & Training Site (adult education facilities, job training programs, college campuses, literacy centers/programs, refugee service centers)

☐ Adult Rehabilitation Center

\_\_\_\_\_ Outpatient

\_\_\_\_\_ Residential - Children live at facility

\_\_\_\_\_ Residential - Children are accessible (Visitation and/or home visitation)

\_\_\_\_\_ Residential - Children are NOT accessible

☐ Church

☐ Community Center

☐ Emergency Food Assistance Site (food banks, Salvation Army, food cooperatives)

☐ Extension Office

☐ Farmers Market

☐ Food Store (food-related stores and retail food outlets)

☐ Head Start Program Site

☐ Health Care Site

☐ Library

☐ Other Youth Education Site (day cares, pre-schools, YMCA/YWCA, boys/girls clubs, parks and recreation)

☐ Public Housing

☐ School (District Name \_\_\_\_\_)

(Building Name \_\_\_\_\_)

☐ Shelter

☐ SNAP Office

☐ WIC Program Site

☐ Worksite

☐ Home

☐ Other (describe) \_\_\_\_\_

☐ Pregnancy Curricula

☐ Cooking Matters (Grocery Tours)



## OHIO STATE UNIVERSITY EXTENSION

### EFNEP PROGRAM LOG FOR NEW/9-LESSON ESBA

☐ Check this box if changes were made to this form between entry and exit.

Program Assistant Name: \_\_\_\_\_

Delivery Site: \_\_\_\_\_

Group name: \_\_\_\_\_

Site Contact Name: \_\_\_\_\_

Site Contact Phone/Email: \_\_\_\_\_

Program starting date: \_\_\_\_\_

No. of Participants: \_\_\_\_\_

Program finish date: \_\_\_\_\_

No. of Graduates: \_\_\_\_\_

Adult Curriculum (if applicable):

☐ New ESBA (2017 revision)

☐ Old/traditional ESBA

Number of Lessons:

☐ 9 weekly 90 minute lessons

☐ 9 weekly lessons, 2 hours each

☐ 8 weekly 90 minute lessons

☐ 2 lessons a week for 4 weeks

☐ Other\* \_\_\_\_\_

\*Must be pre-approved by Program Specialist. Explain further in comments below.

Food Preparation Information:

☐ Food preparation as written in curriculum

Note: Choose "Food preparation as written in curriculum" *only if your course follows the curriculum AS WRITTEN*. This includes any prep, tasting, or demo, written into the lesson. If you did anything *in ADDITION TO* what is written in the curriculum, check "Additional demo or tasting" (2.00). If none of those apply, choose "Other" and specify in comments section at the bottom.

☐ Additional demos/tastings (check if in addition to above)

☐ Other\* \_\_\_\_\_

\*Must be pre-approved by Program Specialist. Explain further in comments section below.

ESBA App Use:

☐ We used the app as described in the curriculum

☐ We did not use the app at all

☐ Other, please explain further in comments below.

Comments:

Please make note of accommodations of the site/agency and if "Other" is checked above, note the approved modifications to program implementation in this section. Use back of sheet for more space if necessary.

If scanning for Office Associate:

Number of pages in file: \_\_\_\_\_

Enter the # of participants uploaded in this batch of each of the following:

Entry: \_\_\_\_\_ Exit: \_\_\_\_\_

Delivery Site Type:

☐ Adult Education & Training Site (adult education facilities, job training programs, college campuses, literacy centers/programs, refugee service centers)

☐ Adult Rehabilitation Center

\_\_\_\_\_ Outpatient

\_\_\_\_\_ Residential - Children live at facility

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(Building Name \_\_\_\_\_)

☐ Shelter

☐ SNAP Office

☐ WIC Program Site

☐ Worksite

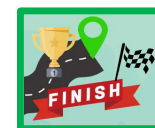
☐ Home

☐ Other (describe) \_\_\_\_\_

☐ Pregnancy Curricula

☐ Cooking Matters (Grocery Tours)

# Data and Evaluation



Find Direction

Begin the Journey

Road Block?

Pause. Reflect.

Find another route.

And eventually, we arrive.



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# EFNEP will be celebrating **50 years** in 2019!

## Expanded Food and Nutrition Education Program (EFNEP)

**S**ince 1969, the Expanded Food and Nutrition Education Program (EFNEP) has successfully addressed critical societal concerns by employing paraprofessional staff and influencing nutrition and physical activity behaviors of low-income families, particularly those with young children. Through a community-based, relationship-driven, hands-on educational approach, EFNEP has directly impacted economic, obesity, and food insecurity challenges that hinder the health and well being of this nation.



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It has also been a *literal* journey...with more to come!

Colorado State

### KEY

 EFNEP Counties

 State Office

 New ESBA's Origin:  
Colorado State

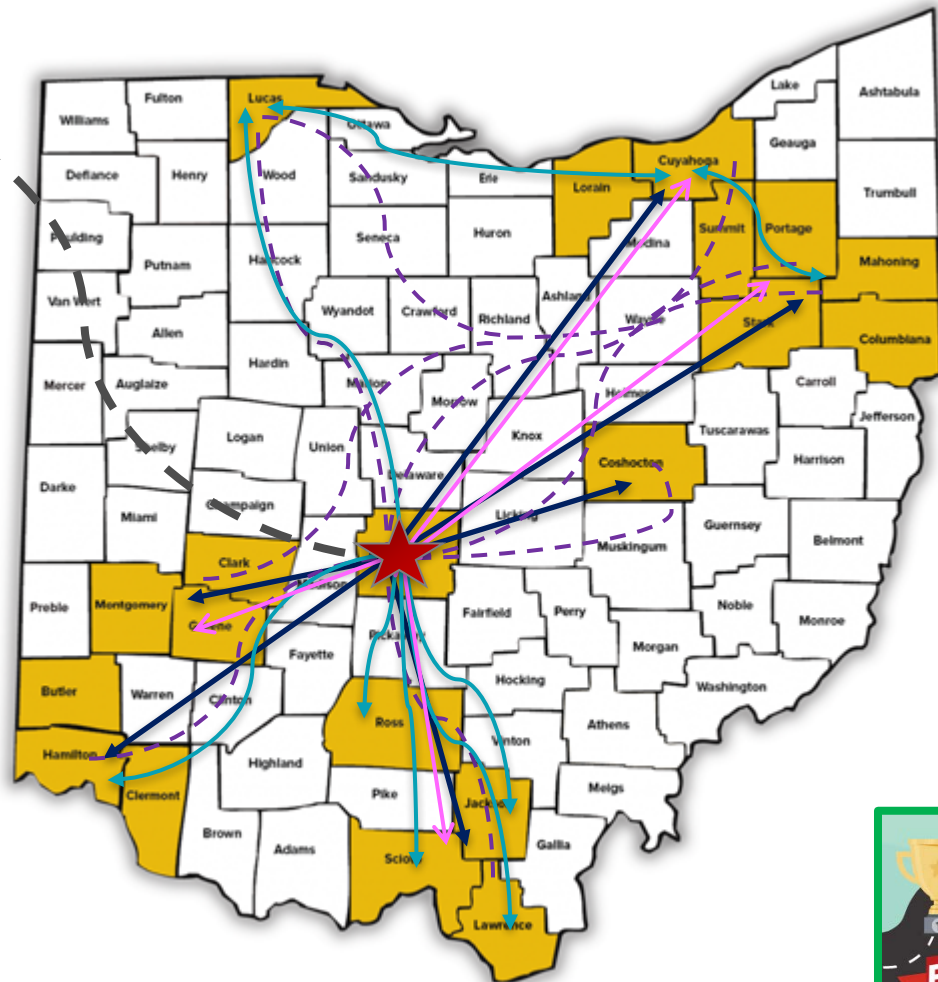
 New ESBA's  
Journey to Us

 New ESBA sent to  
counties for review

 Initial Planning Meeting at  
State Office

 Travel for Teachbacks

 Travel for In-Person  
Trainings



# In conclusion:



If you have a big project ahead of you, our roadmap to success (that we realized along the way) may work for you too! Just keep these things in mind:

- Find Direction
- Begin the Journey
- Encounter a Road Block?
- Pause. Reflect.
- Find another route.
- And eventually, you will arrive!



## And for the visual learners out there:



# Thank You!

-Amy & Zoe

