



Nutrition
Education for
Wellness

Expanded Food & Nutrition Education Program 2010

EFNEP assists limited income families with young children to expand their knowledge of nutrition and develop the skills they need to improve their diets. EFNEP teaches participants basic cooking skills and food safety, and how to develop techniques to manage their food dollars. EFNEP currently operates in all 50 states and in the six U.S. Territories. EFNEP is federally funded through the United States Department of Agriculture (USDA) and the program is delivered through the Cooperative Extension Service at the University of Hawaii, College of Tropical Agriculture and Human Resources.

<http://www.ctahr.hawaii.edu/NEW/EFNEP>



Doug Vincent
Human Nutrition, Food and Animal Sciences Department Chair

EFNEP is part of Cooperative Extension in our Department and outreaches into the community to “put knowledge to work” by addressing eating for health and wellness. EFNEP is also part of our engaged university efforts that provide students with experiences in community nutrition programs. As HNFAS celebrates our 10th anniversary in the College, we recognize EFNEP’s many accomplishments and look forward to its continuing success.



Naomi Kanehiro
Nutrition Education for Wellness (NEW) Program & Lifeskills in Food Education – Integrated and Intergenerational (LIFE-II) Director

Hawaii’s EFNEP is currently in its second year as part of NEW’s LIFE-II. We have embarked on a journey of integrating with NEW’s Supplemental Nutrition Assistance Program - Education (SNAP-Ed). EFNEP has developed from a small program making individual home visits to a group learning program operating statewide in Oahu, Kauai, Maui and Hawaii Counties.



Carissa Holley
Nutrition Education for Wellness and EFNEP Coordinator

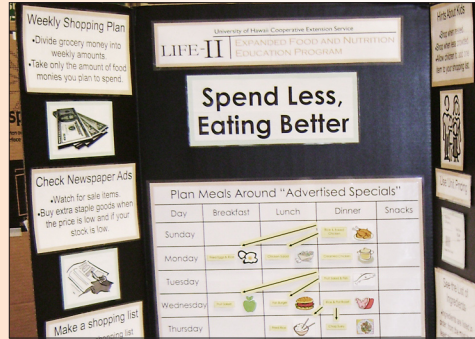
For more than 40 years, EFNEP’s Program Assistants (peer educators) have assisted with making positive changes in food and eating related life skills. Our staff of 11 Program Assistants has made significant strides in meeting training needs, consistency in delivery of lessons, materials and food demonstrations, and quantity and quality performance standards.



Nicky Davison
Nutrition Education for Wellness and EFNEP Special Projects Coordinator

As we move on to our third year, we have curriculum development projects in various stages of evolution: Grow Your Own Food, Fruits and Veggies Youth Programming, Cultural Competency, and Modern Media Options. The projects will create additional learning opportunities for EFNEP clients, to build on the knowledge they have acquired in the preliminary EFNEP lesson series, in a learner-centered and peer education delivery system.

STATEWIDE OPEN HOUSES



Open house events were hosted statewide at the Komohana Research & Extension Center, Kona Extension Office, Kahului Extension Office, Oahu Urban Garden Center, and Lihue Public Library. The multi-session open houses were launched throughout the months of March and April with invitations extended to community agencies serving limited income clientele. These events provided opportunities for community agencies to meet and talk with the EFNEP Program Assistant(s) in their area and featured the EFNEP standard curriculum, food demonstration samples, and business card drawings for a cookbook.

EFNEP Program Assistants offer a 4-6 lesson series for limited income adults with young children as well as for youth, free of cost at community sites. Through an experiential learning process, adult program participants learn how to make healthful food choices and increase their ability to select and buy food that meets the nutritional needs of their family. Participants gain new skills in food purchasing, preparation, storage, and food safety. Participants also learn to better manage their food budgets and related resources from federal, state, local food assistance agencies and organizations, as well as related topics such as physical activity and health. For more information, visit: www.ctahr.hawaii.edu/new/EFNEP



HAWAII

Two Program Assistants currently serve the Big Island in the Kona and Hilo districts. Agency contacts have been made with the help of Julia Zee, Extension Agent in Hilo. Kathy Onuma has assisted with essential administrative functions.

Distances between agencies served can be far in distance on the Big Island. Both Program Assistants, with materials and “kitchen in a box” in tow, travel many miles to community sites to provide food and nutrition education services to EFNEP clientele. Comments received from participants include, “It taught me how to make fast and healthier meals,” and “I’ve been preparing meals healthier and buying more fruits and vegetables for me and my family. For the first time I made pasta salad with vegetables!”

With an opportunity arising from one of the Open Houses, Big Island EFNEP has been the first to pilot LIFE-II classes which integrates EFNEP and SNAP-Ed (Supplemental Nutrition Assistance Program - Education) staff, expertise, and clientele. Much has been learned from this initial integrated series and we look forward to integrating statewide.

OAHU

The program on Oahu has been well established for a number of years, although in the recent past it had been understaffed. In the past 12 months the staffing has been brought to optimal levels, so that there are now 6 Program Assistants serving Windward (1), Leeward (2), Central Oahu (1) and Honolulu (2) areas. Our longest serving Program Assistant (PA) has been with EFNEP for 19 years and our newest staff came on board in 2009.

Over the years the staff has built strong relationships with agencies serving limited income populations on Oahu. The PA's work closely with agencies that serve homeless and transitional participants; parents and teachers; churches; food pantries; and high schools. Many are repeat agencies, with EFNEP staff returning to teach classes on a regular basis. Feedback from these participating agencies communicates that EFNEP is a "well thought out program and effective execution and great opportunity for others to learn important skills". EFNEP PA's are "Organized, able to meet clients where they are at, on track, enthusiastic".

Their friendly, learner-centered approach connects with the participants: "She is very good at explaining"; "great teacher"; "she explains and answers all questions that we ask". And the participants report learning useful nutrition and budgeting skills while participating in the program: "I learned how important my food choices are" and "it really helped how to plan my budget on the things that I really need instead of my wants".

MAUI

Maui's EFNEP program provides nutrition education services through limited income serving community agencies from Hana to Lahaina. Extension Agent Lynn Nakamura-Tengan provides the technical support needed to deliver. Clarisse Baisa assists with the administrative support needed to keep things flowing.

Maui's EFNEP Open House was featured in the University of Hawaii Maui College newsletter. It was a learning experience for EFNEP to be interviewed.

Participants reported positive learning which has affected their food and nutrition behaviors: "Attending this class has been very useful and made me more aware of sanitation procedures that I was lacking. Now it's a cleaner and healthier kitchen. You're very cheerful and it's been fun and enjoyable ... Thank You!" and "I'm a type of person that does not like to cook or save. It really has opened my eyes on new ways on how to cook and save money".

KAUAI

The population of Kauai has not been served by EFNEP for over 10 years. With the assistance of Laura Kawamura, Extension Agent on Kauai, a new Program Assistant was hired, and has embarked on the task of re-establishing contacts and building relationships with agencies on Kauai that serve limited income populations. Much needed administrative support is provided by Jane Kuriki.

To date, over 20 agencies have been contacted and 5 classes conducted, resulting in our first 21 EFNEP participants completing the lessons series. Agencies report that their clients "... really enjoyed the program and learned some very good life skills and nutrition skills." And participants themselves recognize the value of the program: "... all the info I learned was very useful..."

Now that the program has established relationships with community agencies, additional referrals are being generated and 'word of mouth' is increasing interest in the program. We hope to have the program running at expected target levels by mid 2011.

EFNEP as Part of NEW's LIFE-II

EFNEP (Expanded Food and Nutrition Education Program) and SNAP-Ed (Supplemental Nutrition Assistance Program-Education; formerly Food Stamp Nutrition Education) are two federal/state partnerships that support nutrition education for the improved health of limited-resource audiences. Both programs provide nutrition education to limited-resource individuals and families within their communities and are delivered using a learner-centered approach. Program graduates report increased knowledge, enhanced skills and abilities, and improved conditions related to nutrition, health, and well-being.

In Hawaii, both EFNEP and SNAP-Ed are now part of the Nutrition Education for Wellness (NEW) project, LIFE-II, our community nutrition outreach project for limited income audiences. Both are mutually supportive and share materials and curricula, regularly make referrals, have integrated training and technical assistance, and have embarked on a journey of discovering integrated service delivery options.

Through NEW and LIFE-II, EFNEP is able to access professional expertise and support of Extension Educators statewide. The core NEW Program Team consists of Julia Zee, Lynn Nakamura-Tengan, Naomi Kanehiro, Laura Kawamura and Claire Nakatsuka. Extension Nutrition and Health Program Leader, Julia, guided EFNEP through the transition into NEW and provides support to EFNEP Program Assistants on the Big Island. Lynn initiated training in safe food handling and provides support to EFNEP Program Assistants on Maui. Laura is a resource for youth programming and provides support to the EFNEP Program Assistant on Kauai. Claire provides expertise in web-based resources and is key to having program information, materials and resources on the web.

Along with LIFE-II, other NEW Projects include the Hawaii Child Care Nutrition Program, Engaged Instruction, Food and Money Basics: Choices and Decisions, Fruits & Veggies — More Matters, Nutrition Services for Older Adults - Good Grinding for Wise Dining, Hawaii Foods for Wellness, Healthy Meetings for Wellness, and NEW Web-Based Resources. Coordinators and staff of these projects include Kami Nishimura, Kim Kanechika, Carissa Holley, and Nicky Davison. All continue to provide team collaboration for NEW projects.

Administrators and support staff have also been cooperative and have contributed to EFNEP successfully transitioning and moving forward. The past 2 years have been filled with challenges and opportunities. As we enter our third year, we are optimistic and moving forward.

THANK YOU to all who have been a part of our journey.



Cooperative Extension Service
Department of Family & Consumer Sciences
College of Tropical Agriculture and Human Resources
University of Hawaii at Manoa