There is a link between nutrition, physical activity, and the well-being of individuals and families. Historically established is the link between nutrition, a fundamental physical building block of human beings, and the well-being of our country. Food assistance programs have been based on these links.

**NUTRITION EDUCATION FOR WELLNESS (NEW)** is a statewide “umbrella concept” program that facilitates consumer foods and nutrition education.

NEW is a statewide collaboration that encompasses a myriad of projects and programs that facilitate consumer foods and nutrition education among various population groups in Hawaii. NEW programs work directly with families and individuals, many of whom are living on limited incomes, and indirectly with educators and other professionals who in turn share their knowledge and skills in food education with their clientele. Programs emphasize eating local fruits and vegetables, keeping food safe to eat, preparing and eating meals together at home, and being physically active on most days.

www.ctahr.hawaii.edu/new
The Goals of the NEW program are:

- To provide educational programs that increase the likelihood of healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans, MyPyramid and Nutrition Facts.

- To provide practical food and nutrition education training via technical assistance and services delivery, materials adaptation and development, training resources support, development of practical applied research, evaluation, and collaboration facilitation.

- To safeguard the health and well-being of limited income households by promoting skills building and access to a healthy diet.

- To provide statewide leadership and work with a diversity of organizations to achieve common goals.

2010 Highlights

**Consumer Food Safety** project developed 5 farm food safety publications and 3 food safety exhibits, and provided food safety training for DOE teachers.

**Diabetes Detection & Prevention Project** reached 950 adults at the 1st Annual Big Island Diabetes Summit, nine 3-month “On The Road to Living Well with Diabetes” workshops, 6 nutrition classes, and 12 community screenings.

**Expanded Food and Nutrition Education Program** enrolled 759 Hawai’i families—that’s over 3,100 adults and youth with 71% completing a series of group lessons.

**Fun Food Friday** conducted 2 intergenerational workshop series on Maui for 44 youth on Furlough Fridays and 12 youth in an alternative learning program.

**Fruit and Veggies—More Matters** website received 1,222 direct visits and 2,745 related site visits for information on fruits and vegetables.

**Get Moving 4 Health**’s six-week program was implemented by 6 youth-adult partnership teams and reached 800 youth and 200 adults statewide.

**Good Grinding for Wise Dining** project (Nutrition Service for Older Adults), phase 2 trained 142 participants at 17 workshops.

**Germ City** introduced over 1,000 youth and adults to cleaner hands during 39 hand hygiene presentations; 40 volunteers were also trained to conduct Germ City presentations.

**Grow Your Own** project initiated a container-gardening test site and developed curriculum materials for EFNEP graduates.

**Hawai’i Child Care Nutrition Program** provided 187 menu reviews and 78 consultations for preschools statewide along with 22 workshops for 222 child care providers and educators.

**Hawai’i Food Bank** and **Giving Tree Food Pantry** held 17 sessions with food demonstrations by NEW staff.

**Nutrition Education for Wellness** website received 36,773 visits during 2009-2010.

**Supplemental Nutrition Assistance Program - Education** (SNAP-Ed) conducted 112 workshops with 4,045 participants.

**Walk-A-Mile** shared 66 maps with 4 agencies and 57 preschools.
Fun Food Fridays
The Fun Food Friday project was designed to provide 7th-9th grade youth with fun learning experiences in food science, food safety and nutrition. Participants learned math and science concepts while preparing nutritious food which they were able to eat. The 3 day-long sessions covered basic safe food handling, food groups, nutrition labels, recipe modification, food preparation, meal planning, budgeting and more.

Fruits and Veggies — More Matters
Hawaii’s “Fruit & Veggies—More Matters” website provides visitors with practical tips on how to get more fruits and veggies in their family’s diet, local recipes to make local fruits and veggies everyone’s favorite, and nutrition information that teaches visitors to keep a good balance. This website is located at http://www.ctahr.hawaii.edu/NEW/FVMM.

“Fruits & Veggies—More Matters™” is a national initiative, hosted by the Produce for Better Health Foundation (PBH) and Centers for Disease Control and Prevention (CDC). CTAHR’s Cooperative Extension Service serves as the state program coordinator for the Hawai‘i initiative.

Hawaii Child Care Nutrition Program
“The Hawaii Child Care Nutrition Program (HCCNP) is a state-wide project funded by the State of Hawaii Department of Human Services, that aims to provide free nutrition related services to licensed child care providers. Such services include consultation for the nutrition portion of state licensing requirements, access to free food and nutrition education, trainings, menu reviews and resources. HCCNP also collaborates with other agencies and projects with the ultimate goal of helping licensed child care providers gain access to quality nutrition services and information.” HCCNP’s website is http://www.ctahr.hawaii.edu/NEW/HCCNP.

Grow Your Own
The Grow Your Own project is designed to help families increase their access to a fresh, inexpensive and healthy food supply, through backyard/lanai gardening. The goal is to increase participants consumption of fresh fruits and vegetables. The Project is supported by EFNEP and is currently in its pilot phase. Materials can be found at http://www.ctahr.hawaii.edu/NEW/GYO/GYO.htm.
Nutrition Service for Older Adults

Nutrition Service for Older Adults (NSOA) has developed *Good Grindig for Wise Dining*, a nutrition education curriculum for [congregate site] participants. NSOA is a contract between the Hawaii State Executive Office of Aging and College of Tropical Agriculture and Human Resources - Cooperative Extension Services (CTAHR-CES). In collaboration with the Supplemental Nutrition Assistance Program - Education (SNAP-Ed), *Good Grindig for Wise Dining* is being implemented statewide in congregate meal sites. Materials are available at [http://www.ctahr.hawaii.edu/NEW/GG](http://www.ctahr.hawaii.edu/NEW/GG).

Walk a Mile

“Walk a Mile” maps are a practical tool for SNAP recipients, staff, families, children, and community agencies to incorporate physical activity into their daily lives. They emphasize physical activity as an important component of living a healthy lifestyle, by giving people a simple map of a measured mile around their local school or Headstart. The maps are primarily designed for SNAP staff and recipients participating in community based programs and projects, but are accessible to everyone at: [http://www.ctahr.hawaii.edu/NEW/WalkAMileMaps.htm](http://www.ctahr.hawaii.edu/NEW/WalkAMileMaps.htm).

The Walk A Mile maps were produced by Supplemental Nutrition Assistance Program-Education (SNAP-Ed) with funds from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program.

57 schools along with the Honolulu Community Action Program (HCAP) –Head Start Agencies: Hawaii Department of Human Services (DHS); Hawaii Executive Office on Aging (EOA); USDA Food & Nutrition Services; Office of Hawaii Child Care Program (OHCNP) utilize the maps.

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