

FY17 SNAP-Ed/FoodWise Washington County Year-End Narrative Report

[1] OVERVIEW OF SNAP-ED/FoodWise NUTRITION EDUCATION EFFORTS IN WASHINGTON COUNTY DURING FY17

Washington County FoodWise made 832 unduplicated contacts with its learners through 212 direct educational program activities. Characteristics of these learners follows. Gender: 56% female, 44% male. Age: 59% of these educational contacts were provided to Adults 18 to 59 years; 23% to Youth ages 5 to 17; 12% to Children less than 5 years old; and 6% to Adults age 60 or older. Ethnicity: 54% non-Hispanic, 23% Hispanic, and 23% did not identify a specific ethnicity. Race: 62% White, 5% Black or African American, 3% American Indian or Alaska Native, 2% Asian, less than 1% Native Hawaiian or Other Pacific Islander, and 28% did not identify a specific race. Duplicate educational contacts, in which learners are reached through a series of teaching events, numbered 1,864.

The contact numbers for this FoodWise (FW) project were lower than anticipated for two reasons: 1) the project was not fully staffed for Quarter 1, and 2) five months were needed to train a new Nutrition Educator on the project's inter-agency agreements and to integrate her with 17 of the project's partner agencies.

2,635 indirect education contacts were accomplished with families and older adults via distribution of hard copies of the FW quarterly newsletters at 14 locations (through 7 agency partnerships).

Two new, unplanned opportunities arose for PSE / multi-level programming efforts. 1) 4-H Club Leader (retired 4-H Program Assistant/coworker in this county) and FW Nutrition Coordinator Renee Vertin collaborated on an exhibit and resources for roundtable discussions about ways that 4-H could conduct food drives in their areas to yield a higher percentage of healthy, food-safe items for food pantries. With increased knowledge from this effort, 90 Volunteer Leaders, Club Members, and CES Specialists at the WI 4-H Youth Development Fall 2016 Forum will make greater strides to improve food security among the needy, and area pantry volunteers will make more efficient use of their time when sorting through food drive collections. The Forum event may be repeated in 2-3 years, allowing for greater outreach, updated resources, development of an evaluation tool to measure impact, and potentially Renee's participation. 2) 50 youth attended a 4-H summer day camp. As a community service project, they contributed money from their clubs' funds and obtained donations from community retail partners to secure supplies. They assembled 84 portable, shelf-stable meal kits, each containing a FW-created fact sheet on Suggested Add-Ins for the meals and the basics of MyPlate. As a result, homeless families (who receive these kits from an area shelter) will have the information needed to boost the nutritional content of the kits' microwaveable meals during their short-term stay in hotel rooms with limited food prep accommodations. 4-H advised Renee that the kits were well-received, and likely the project will continue yearly.

Renee and another member of the Full Shelf Food Pantry Board of Directors initiated and encouraged the Board to adopt two nutrient-dense foods to its regular offerings; after the items were piloted, the Board adopted an informal policy to make eggs and quick-cook oatmeal available on a permanent basis; projected yearly impact is nearly 14,000 pantry contacts (adults and children). Renee is also a contributing member of the Eat & Move Well Committee of Well Washington County, a multi-sector health coalition.

[2] EXPANDING OUTREACH AND ACCESS TO PROGRAMMING

Since 2004, Renee has made at least five intermittent attempts to forge an interagency agreement with Exodus House, a Drug & Alcohol Rehabilitation Transitional Living Facility for men. The agency had been

identified by our partners in the county's Human Services Department as an organization serving clientele who would benefit from FW programs. Over the years, phone conversations and e-mails were initiated by Renee with multiple staff members at Exodus House (EH). At one point, the philosophy of some agency staff had been that its clientele should try to re-enter society after treatment without the use of governmental programs, like FoodShare. At other times, staff turnover and reorganizations in EH or in FW precipitated conditions such that a partnership was not feasible.

Case-management and staffing were transformed in EH, and the federal Food Stamp Nutrition Education Program changed its funding model from a cost-share basis. Further, an increased need for drug and alcohol rehabilitation services were identified in Washington County due to the opioid epidemic. These conditions led to Renee's meeting with key EH personnel onsite in 2016. Renee provided suggestions on ways that FW teaching events could be included to enhance the EH programs to men at various stages in their treatment. She also shared evidence that good nutrition plays an important role in the recovery process from substance abuse, and that sound eating habits yield health benefits on a physical, mental and emotional level. Renee also verbalized awareness of EH's policies and practices—that the FW Nutrition Educator would not use alcohol-based hand sanitizers, would remove alcohol-based flavoring extracts from recipes and tastings provided, and would incorporate at least some of the produce from the facility's onsite garden into lessons. FW would also invite the EH Cook to participate in sessions, which could help enhance the nutritional content of the foods prepared for EH clients. An agreement was constructed to commence FW programs in FY17.

FW Nutrition Educator Sarah Faust had previously worked in an urban FW project; she drew from her experience of teaching a variety of clientele, and planned lesson content to meet participants' needs. The partnership has flourished, as indicated by feedback from an EH staff member: "The guys have been responding positively to Sarah's presentations. Staff are enjoying them too! Excited to continue to work together."

This effort meets a goal of the FY17 Plan to expand educational outreach to men through one new agency; the goal was initiated as there has been a county-wide trend of an increasing number of families with children under age 18 headed by single males (44.3% increase from 2000 to 2010, compared to 35.2% in the U.S. during that period).

In 2012, the Office's Family Living Educator informed Renee about a health coalition that served to influence positive lifestyle choices among residents in the southern half of the county. Renee joined the Community Health & Wellness Initiative (CHeWI), which chose as its initial project a hospital campus-based garden of edibles. Hospital personnel, volunteers from the community, and UW-Extension-trained Master Gardener volunteers (MGs) cultivated the land. Renee worked with the Community Engagement employee of Community Memorial Hospital to ensure specific educational efforts and materials would be available for the particular produce items donated to the Sts. Boniface and Gabriel Community Pantry (SBG-CP) in the 2013 season. In subsequent years, Renee recruited Waukesha County Extension colleagues from FoodWise and Horticulture Program Areas to join CHeWI, share their professional expertise, and extend educational outreach to a food pantry in their county which would receive harvested produce for Waukesha County residents. The project is self-sustaining in both counties.

The success of this project served as a springboard to a sister hospital of CMH--St. Joseph Hospital, West Bend. MGs and other volunteers were enlisted for this new project. The Community Engagement employee of SJH contacted Renee to determine whether FW educational outreach could be extended to the produce recipients at Casa Guadalupe Education Center Inc. (CGECI) and Albrecht Free Clinic (AFC).

A strong partnership has been established with CGECI since 2012, and Renee added an additional interagency agreement for mini-lessons to take place to families during the summer/early fall of FY17.

FW established a relationship with AFC In 2013. The clinic had been receptive to Renee's idea to provide a walk-by educational display on label-reading in their waiting area. The Clinic Coordinator was pleased with the impact that this display made on outpatients, clinic staff, volunteers, and even drug sales

reps. As a result of the 2013 outreach, the Coordinator was receptive to forming an interagency agreement with FW in FY17.

The SJH garden harvest was not plentiful enough to provide for both locations, therefore 4 mini-lessons were provided by Renee and 4 were provided by Sarah at one site: AFC’s waiting room. Materials were provided in English and Spanish languages. Sarah (bilingual in English and Spanish) led mini-lessons in Spanish as the need presented, and youth sampled the tastings offered as lesson reinforcement. For the last session, no garden produce was available for distribution; Renee called a fellow Board Member and Volunteer of the Full Shelf Food Pantry, and secured enough fresh, locally grown produce that day for distribution at the clinic.

This opportunity allowed FW to provide direct education in a new educational setting and to accomplish SMART Objectives #2 & #3 (see Section [4] below). Education, tastings, and recipes from Sarah and Renee at SBG-CP and AFC have motivated learners to try new foods, more readily accept donated produce, and serve as a role model to youth. The successful piloting of the SJH-campus garden ensures that the project will likely expand in FY18.

[3] EDUCATIONAL PROGRAMMING BY SETTING TYPE

Washington County SNAP-Ed Nutrition Education Programming consisted of programming at the following types of settings during FY17:

SETTING TYPE	Number of Learners
Afterschool programs (includes before school programs)	0
Bicycle and walking paths	0
Community centers – promotion of WIC Farmers Market Nutrition Program and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin	48
Community organizations	0
Congregate meal sites & other senior nutrition centers – promotion of Senior Farmers Market Nutrition Program and reminders to redeem its vouchers; promotion of area Farmers Markets and Stockbox; distribution of Farm Fresh Atlases of Southeast Wisconsin	15
Cooperative extension sites	0
Early care and education – promotion of WIC Farmers Market Nutrition Program and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin; education about PartnerShares program (use of FoodShare benefits to buy CSA produce)	162

SETTING TYPE	Number of Learners
Faith / places of worship	5
Family resource centers	0
Farmers markets	0
Fast food chains – See [5] Results Narrative below.	5
Food banks and pantries - promotion of WIC and Seniors' Farmers Market Nutrition Programs and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin; education about PartnerShares program (use of FoodShare benefits to buy CSA produce)	82
Food distribution program on Indian reservations (FDPIR) distribution sites	0
Gardens	0
Group living arrangements - promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin; education about PartnerShares program (use of FoodShare benefits to buy CSA produce)	16
Job training programs / temporary assistance for needy families (TANF) worksites - promotion of WIC and Seniors Farmers Market Nutrition Programs and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin	65
Large food stores (4+ registers)	0
Libraries	0
Low-income health clinics	77
Mobile education sites	0
Other neighborhood settings where people "live" or live nearby	0

SETTING TYPE	Number of Learners
Other places people go to "learn" promotion of WIC and Seniors Farmers Market Nutrition Programs and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin	69
Other places people go to "play"	0
Other places people go to "work"	0
Other places people primarily go to "eat" outside the home	0
Parks and open spaces	62
Public housing - promotion of WIC and Seniors Farmers Market Nutrition Programs and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin; education about PartnerShares program (use of FoodShare benefits to buy CSA produce)	77
Residential treatment centers	76
Schools (colleges and universities)	0
Schools (K-12, elementary, middle, and high)	15
Shelters	1
Small food stores (<= 3 registers)	0
WIC clinics - promotion of WIC Farmers Market Nutrition Programs and reminders to redeem its vouchers; promotion of area Farmers Markets; distribution of Farm Fresh Atlases of Southeast Wisconsin; education about PartnerShares program (use of FoodShare benefits to buy CSA produce); educate on Well Washington County's Harvest of the Month featured produce item	57
Youth Organizations (e.g. Boys or Girls Clubs, YMCA)	0

[4] OUTCOMES AND IMPACTS

The following outcome statements relate to priority direct education efforts as evidenced by SMART Objectives from the FY17 Washington County SNAP-Ed program plan.

#1 By the end of FY17, at least 50% of parents and adults without children will express intent to adopt at least one shopping behavior that allows them to buy healthy food on a budget: shop with a list; read nutrition facts and food ingredient lists; compare prices before buying foods; plan meals; use unit pricing to find best values; use coupons to save money; use shopping tips and Farmers Market Nutrition Program vouchers to access low-cost produce at Farmers Markets and Farm Stands.

#2: By the end of FY17, at least 50% of parents and adults without children will be motivated to create a healthier eating style by adopting at least one of the following Dietary Guidelines: make half your plate fruits and vegetables; focus on whole fruits; vary your veggies; make half your grains whole grains; move to low-fat and fat-free dairy; eat and drink the right amount for you.

#3: By the end of FY17, at least 3 sites where SNAP-Ed is delivered will implement an environmental change through edible gardens and/or container gardens which supports making the healthy choice the easy choice

PART A: OUTCOMES AND IMPACTS OF SNAP-ED DIRECT EDUCATION

- The age 65 and older group is trending toward a greater share of the Washington County population. According to the Wisconsin Department of Administration Demographic Services Center and the U.S. Census, this age group comprised a share of the county population under 15% in 2010. The group's share of the population is projected to rise to 25.0% to 29.9% in 2040.
- The Wisconsin Department of Corrections reports that the most common programs for jail inmates focus on formal education for high school diplomas, substance abuse treatment and religious offerings. Education on... self-sufficiency remains limited.... Taking a look at local conditions, Renee assessed 11 participants (ages 12 to 17) during one lesson series in 2016, and found nearly all of the youth exhibited a significant lack of preparedness in moving towards self-sufficiency; all 11 (100%) were intending to live on their own within the next month to three years.
- Overweight and obesity remain top health concerns in Washington County as indicated in the Situation Statement of this project's FY17 Plan. Specifically, StateOfObesity.org reports a combined overweight and obesity rate in Washington County 10- to 17-year olds as 29.5%. No historical rates on overweight and obesity are available for this group, however Wisconsin's ranking of 31 out of 51 states (includes Washington D.C.) indicates a need to target this health concern.

In February and September, Renee made educational outreach with three, 4-session series to 20 older adults at sites in Slinger, Hartford and West Bend. Through the county's Aging and Disability Recourse Center—FW partnership, the programs were very accessible to seniors, taking place in the community room of each public housing complex. The manager of one complex and two managers of Elderly Nutrition Program sites assisted in the series promotion by displaying mini-posters and verbally inviting residents. FW newsletters advised residents that they would receive the most benefit by attending all 4 sessions, however their attendance at any was welcome.

The participants selected content for 3 of the 4 sessions from the *Nutrition for the Young at Heart* curriculum. In Feb., learners were instructed on how to access the Senior Farmers Market Nutrition Program (SFMNP) and other community resources to obtain more produce, and were provided with educational calendars containing recipes using fruits and vegetables. In Sept., learners were advised of area Farmers

Markets and Stands and received copies of the Farm Fresh Atlas of Southeast Wisconsin; SFMNP enrollees were reminded to redeem their vouchers by the expiration date.

Post-session evaluations related to SMART Objective #1 revealed that 73% of learners would shop with a list most of the time or continue to do so; 60% would plan meals most of the time before going shopping or would continue to do so. Survey questions related to SMART Objective #2 disclosed that 89% of learners committed to improve their intake of produce in the upcoming week by taking one or two new steps toward healthy eating. There is overwhelming evidence that smart lifestyle choices by older adults extend life; reduce the likelihood of physical disability; support good mental health and cognitive function; and reduce costs.

In FY17, Renee made 83 educational contacts in 15 sessions at the Juvenile Detention Center using *Show Me Nutrition* and *Money for Food* (teen version). At each session, Renee reviewed MyPlate basics, as well as the benefits that can be reaped from consuming a healthy diet. Youth were motivated to taste healthy, low-cost foods or food combinations which they could easily replicate when returning home. Post-session evaluations revealed programs met SMART Objectives #1 and #2:

- 100% of participants at one session identified new things that he/she would do within a week of returning home to help increase consumption of whole grain foods: 17% of the learners selected one new step, and the remaining 83% committed to take two steps toward meeting the goal.
- 100% of group members agreed that eating more vegetables benefits his or her body. 60% of them were willing to take one new step, and 40% were willing to take two steps.
- 100% of learners agreed that eating more fruits helps his or her body. 57% chose one new thing they would do to improve fruit intake within a week of returning home, and 43% committed to doing two things.
- 50% of the participants would use some of the ideas from the lesson to spend less on food away from home; of those participants, 33% stated savings would be \$1-\$4 per week, and 67% noted they'd save \$5 to \$10 per week.

New knowledge of nutrition, wise spending, food safety, and other UWEX resources may give adequate support to released inmates who are looking for a fresh start.

Modern Woodmen of America's goal and SNAP-Ed's framework are congruent: to help youth make healthy choices where they live, learn and play in their communities. A West Bend MWA Office Rep met with Sarah and Renee, and agreed to provide free jump ropes, nutrition/activity tip sheets, and healthy choice bookmarks for youth at Summer Parks Programs, coordinated by the Recreation Departments of West Bend and Hartford.

Only 25% of U.S. youth ages 6 to 15 attain the physical activity recommendation by U.S. Department of Health and Human Services--60 minutes most days of the week. Sarah used jump ropes donated by MWA as a fun activity to lead kids in reaching this goal, helping them to strive for healthy weight and to improve mood and mental health. A 5-lesson series from *Jump into Foods and Fitness* was provided to 80 youth at 3 Summer Parks Program sites of Hartford and West Bend. Youth (grades 3+) also used the MyPlate tool to make healthy food choices, and learned that eating a variety of produce helps their bodies. Sarah guided youth toward positive dietary changes by offering tastings of new fruits and vegetables. 65 responses in post-lesson surveys revealed youth committed to 117 behavior changes to improve produce intake in the upcoming week. Although youth were not specifically mentioned in SMART Objective #2, their responses indicate they met Washington County project's benchmark for the objective. Evidence-based nutrition programs of FW help these young participants to develop awareness and to establish healthy habits for a lifetime. MWA's contributions fostered an environmental change at the 3 Summer Parks Program sites.

PART B – PSE AND COLLABORATIVE EFFORTS OUTCOMES AND IMPACTS

FW anticipated that events on container gardening and the use of its harvest would be popular. In fact, the multiple attempts made by Renee over the years finally paid off... with this event, FW provided its first-ever program at City View Apartments (CVA) in West Bend (WB). A WB School District Neighborhood Liaison and 2 CVA Staff promoted and recruited families. Extension Agriculture Educator Steph Plaster taught CVA families how to plant and tend container gardens to take home, grow, and eventually harvest! Afterward, Sarah instructed on storing harvest, provided tastings to model vegetable use at home, and cited ways to boost produce intake by accessing community resources.

The lesson format and content were replicated by Sarah at two other sites to families of Head Start, Early Head Start, and Arbor Trace Apartments. The instruction on container gardening was led by a MG at one site, and the School District Liaison at the other.

Renee had guided Sarah to potential instructors for the container gardening lesson segment, and coordinated the acquisition of supplies. Sarah organized promotional and lesson materials, and prepared food tastings to reinforce lesson content.

In total, 24 families (25 adults and 42 youth) attended the 3 events. On post-session surveys, families indicated one or more ways which would help to boost their fruit and vegetable intake: 79% identified container-gardening; 64% replied knowing how to prepare and store produce; and 64% noted accessing the Farmers Market Nutrition Program. Participants' comments: "Very helpful, educational." "It was nice to see our youth having an interest!!"

A planning meeting occurred at CVA between a MG Coordinator, the District Liaison, CVA staff, Sarah and Renee, with a medium term goal to install a garden onsite of CVA.

These efforts accomplished SMART Objectives #1, #2 and #3.

[5] RESULTS NARRATIVE: Include the following sections in the narrative.

Creating Access to Underserved Audiences

TTI Industries (TTI) is a company that subcontracts services to businesses. They specialize in packaging, subassembly, kitting, inspection, and sorting. The majority of TTI's Manufacturing Staff are individuals with developmental disabilities; they live in independent living situations or in supervised environments while working toward independence.

Most of the adults (also known as Pre-Vocational Trainees) do not have children, and have at least some responsibilities for food shopping and preparation. When TTI Pre-Voc Trainees are not engaged in completing paid work, they attend small group sessions onsite that focus on soft skills needed in a work environment.

Because FoodWise (FW) makes efforts to reach marginalized and vulnerable populations, Renee searches for audiences described as protected, underserved, and difficult-to-reach groups. She had observed that TTI employs staff who might fit the population descriptions, so she approached the company in 2013. The Director of Adult Services and TTI Supervisors confirmed that its workforce consisted of people with low incomes and with disabilities, included women, and—to a lesser extent—represented racial and ethnic minority groups. TTI Management saw the value of providing education to its Manufacturing Staff on making healthy lifestyle choices; they understood the importance of promoting or maintaining healthy weight; sustaining or improving overall health; and reducing the number of missed work days due to illness (thus helping to maintain good employment status). TTI Management also observed overweight and obesity were

prevalent health problems among the Manufacturing Staff, just as it has been among Washington County residents for years.

TTI confirmed a need for FW Programs existed among its manufacturing staff, and supplied documentation for a TTI—FoodWise partnership. FW programs have continued since FY14; because 50% of the Trainees turnover annually, it's important for FW to present basic concepts on a yearly basis. A format of 4-session series to five groups of Pre-Voc Trainees has been found to be the most effective. FW Educators make adaptations to materials and learning activities as needed.

Designing Approaches and Implementation

Sarah and Renee met with TTI's Director of Employment Services in February to plan FY17. The Director found the *Money for Food* curriculum to be the most appropriate. The Director also stated that it would be beneficial if the Trainees could make application of nutrition education concepts by applying them in a community setting. The north-side McDonald's in West Bend came to mind for a number of reasons: 1) nearly all Trainees consumed McDonald's food; 2) the local franchise management company has been supportive of TTI through yearly fundraising events; 3) the food was fairly low cost; 4) the McDonald's Corporation provides an online Nutrition Calculator on its website; 5) the local restaurant has free WiFi which would allow TTI's iPads to be used; and 6) the location was close to TTI.

Sarah provided five series of programs to a total of 45 Pre-Voc Trainees in FY17. Each *Money for Food* lesson focused on a different topic:

- #1 MyPlate Basics and Health Benefits Gained from Eating a Nutrient-Dense Diet
- #2 Smart Shopping and Sugar-Sweetened Beverages
- #3 Make the Most of MyPlate by Meal Planning
- #4 Healthful Foods Away from Home when at McDonald's

Renee contacted the McDonald's franchise management company, Kilian Management Services (KMS), to present the idea, arrange for dates and times that each group would attend for Lesson #4, request that a particular section of the restaurant be reserved for the group, and send reminders. KMS coordinated the events with the restaurant's manager. TTI arranged for transportation and sent several Supervisors with each Group.

At the last session of each series, TTI Trainees identified and practiced ways to a) make healthier choices at fast food restaurants, and b) save money when eating out at McDonald's. Sarah and the TTI Supervisors assisted the Trainee participants in accessing online Nutrition Facts using tablets. Each person entered his/her usual meal choice into the McDonald's online Nutrition Calculator.

Reflection and Learning

The last session of each series was held at the north side McDonald's in West Bend. A majority of the participants perceived fast food meals as a less healthy choice. When they accessed the online Nutrition Facts with the tablets, the participants were shocked to see the number of calories their usual meal choice contained. Prior to instruction: 53% of TTI participants (24) selected a meal under 1000 calories. (Most chose meals containing well-over a 1000 calories.)

Participants learned from the FoodWise lesson ways to make healthier choices at fast food restaurants: downsize beverages or entrees, choose lower fat menu items, and/or select nutrient-dense side dishes. The TTI participants demonstrated successful application of these concepts with meal makeovers; 80% of the participants (36) selected a meal less than 1000 calories.

Comparing nutrition facts helped participants identify and choose food and beverages options with lower amounts of added solid fats and added sugars, which in turn helped reduce the number of calories in their meal. At the end of Lesson #4 in the series, most participants agreed that meals at fast food restaurants can be healthy.

As a result of these series, the Trainee participants are better equipped to make healthier choices. Their key learnings:

- foods eaten away from home can be part of a eating pattern
- reading Nutrition Facts is a tool to help them choose healthier menu options
- down-sizing food choices often enables them to save money when eating away from home

When adults with developmental disabilities more often choose foods and beverages with lower amounts of added fat and added sugars, they are taking steps in moving toward a more independent and a healthier lifestyle.

Feedback from TTI Participants:

"Since taking the FoodWise sessions, I have been bringing a salad with veggies to work for lunch every day. It's helping me to lose weight and be healthy."

"This is the first time I tried the yogurt parfait [at McDonald's] instead of the fries and I like it."

Renee connected with a Reporter of the *Washington County Daily News* to advise him of these unique educational programs. A cover story and three color photos were featured in the Sat., Feb. 25, 2017, edition. The full article has been uploaded to the UW-Extension of Washington County blogpost. Two editions of the Office Newsletter (available in print and electronically) also featured this educational effort.

These efforts have enabled FW to meet SMART Objects #1, #2 and #3.

TTI Supervisors and other colleagues in their organization discussed whether providing similar onsite teaching events for Pre-Voc Trainees with FoodWise would be sustainable (as a company Policy). The TTI Director of Employment Services perceives that it is; for FY18, she is open to scheduling onsite education in three settings within each series:

- 1) a local coffee shop which also has online software to evaluate the nutritional content of menu foods
- 2) a county building which will allow the Director to teach Trainees about government services and to provide a tour, and
- 3) a tour to a local grocery store which allow Trainees to apply knowledge and skills learned on making comparisons (nutrition and product prices).

Evaluation

Prior to instruction of Lesson #4, TTI participants entered their usual meal choice at McDonald's into an online Nutrition Calculator, and recorded their findings onto Fast Food Meal Makeover Worksheets. This procedure was repeated after the lesson. Sarah also collected written and oral comments made by TTI participants.