

1890 Expanded Food and Nutrition Education Program Reaches Out to Shore Residents

Be Healthy, Be Happy: Extension Connects with Youth

EFNEP

The 1890 Expanded Food and Nutrition Education Program (EFNEP) provides educational services to Maryland's Lower Eastern Shore counties of Somerset, Wicomico and Worcester. Data from the Maryland State Health Department revealed a number of health issues such as high blood pressure, high cholesterol, cigarette smoking, physical inactivity, and obesity prevalent among the residents in this Tri-County area. To address these issues, EFNEP targeted the diverse audiences in these communities and developed programs that emphasize diet and exercise behavioral changes among the youth and adults that would focus efforts to improve the quality of life for local families. Dr. Virginie Zoumenou provides the leadership for the three 1890 EFNEP programs designed to address the rising concerns of the youth and adults in this area: (1) 1890 EFNEP Youth Program *Be Healthy Be Happy*; (2) 1890 EFNEP Adult Program and the (3) 1890 EFNEP Adult Program and the Farmers' Market.

Left: Carlos Mir, also known as Cascading Carlos, teaches children about balancing a Chinese yo-yo as well as balancing the various components of good health such as portion control and exercise.

Be Healthy Be Happy

Be Healthy Be Happy is a goal-oriented after school and summer camp education program designed to challenge students ages six to seventeen to improve their eating and fitness choices. The focus of this program is to develop and implement nutrition education that improves behavior necessary for a healthy lifestyle (healthy food choices and fitness), initiates healthy lifestyle and finances, and increases the participants' knowledge on entertainment and principles of healthy lifestyles. Megan O'Neil-Haight, Family, Youth, and Communities Finance Educator, led the finance section of the program. During the summer of 2008, the 1890 EFNEP Youth Program reached 530 youth through classroom instruction on campus and off campus at local community centers including Upward Bound-Somerset County, NYSP-Somerset County, Transportation Institute-Somerset County, Salvation Army-Wicomico County (West & Oak Street locations), YMCA Discovery Camp-Wicomico County, YMCA-Worcester County, Migrant Summer Camp-Somerset County, It Takes a Village-Somerset County, and Wicomico County Health Department GEMS Camp. The program reached 600 youth during the summer of 2007.

1890 EFNEP Adult Program: Education at the Farmers' Market

Delivery: EFNEP provides free nutrition education workshops to families and youth living in the Tri-county area. Paraprofessionals hired to work on this program usually live in the communities where they work. They recruit families and receive referrals from neighborhood contacts and community agencies. Lessons are taught in groups or individualized sessions to increase understanding, awareness, and involvement of the families in behavioral changes necessary for healthy lifestyle (healthy food choices and fitness). This program is in progress.

The Program: 1890 EFNEP is more than just a program; it is people making a difference in the lives of others, especially of the underserved. The 1890 EFNEP Adult Program, in partnership with the local area Farmers' Market, utilizes a hands-on, learn-by-doing approach where the participants gain the practical skills necessary to make positive behavior changes. Participants receive vouchers for fresh food from WIC and are introduced to fresh food preparation for their families at the Farmers' Market. Approximately 25 adults participated.



The 1890 EFNEP program is currently offering adult workshops in Healthy Lifestyle and Chronic Disease Prevention.

Call (410) 651-6206/6218 for more information, or email mce@umes.edu.

Be Healthy Be Happy: Engaging Activities that Teach about Health



Be Healthy Be Happy teaches students through engaging activities that increase awareness about good health. Images above show students, aged five to eleven, developing a food pyramid that reflects healthy food for each category. Working in teams, students first developed the food pyramid using knowledge they had gained in the previous lesson. After drawing and coloring the pyramid with correct proportions, teams hunted through pages of food images to find pictures that corresponded to each food category, such as bread and grains,

fruits, vegetables, and meat/protein. Next, the teams matched foods with categories, cutting food images and gluing each into the appropriate category. Students are not only learning about the importance of balancing food choices but also practicing age-appropriate skills such as measuring, cutting, and categorizing.

The pre- and post- test administered during these educational sessions showed that:

- 90% increased their knowledge of healthy food choices, especially healthy snack choices.

- 85% increased their knowledge of label reading and understanding the food guide pyramid.
- 85% increased their knowledge on physical activities available for youth.
- 75% increased their knowledge on savings.

As for behavioral changes, self-reporting program participants showed that 30% increased their exercise time and 30% increased their intake of milk as a healthy alternative.

Raising Awareness: Avian Influenza Pandemic

Avian Influenza (Bird Flu) outbreaks in 2006 raised awareness as to the potential impact of a pandemic. Because of the migratory nature of some wild birds, experts have worried that the virus could be spread quickly. Education efforts began to communicate methods of prevention as well as strategies for responding to a potential pandemic. The MATCH Project (Mobilizing Against Threats to Community Health) was funded by South Carolina University and the Kellogg's Foundation.

Bird Flu pandemic preparedness is necessary on Maryland's Lower Eastern Shore, which is known for its wild birds. Dr. Virginie Zoumenou, in collaboration with Berran Rogers, the Small Farm Coordinator, has developed a training to increase understanding, awareness, and involvement of families in Bird Flu pandemic preparedness.

The training focuses on promoting awareness and enhancing preparedness skills against the potential threat of a Bird Flu pandemic. Outreach activities included workshops to provide training for minorities in the workforce as well as informational meetings in the community for farmers and the general public. Educational materials, posters and surveys were distributed at a community Health Fair held at UMES. Adult participants received instructional handouts, preparedness checklists, as well as a demonstration with a First Aid Emergency kit. Workshops also included information as to the way that Geospatial Technologies are being used to track Bird Flu. Dr. Zoumenou, in collaboration with two graduate students, Michelle Thompson and Ai'Sha Washington, developed interactive lessons for youth ages six to seventeen for Bird Flu pandemic preparedness.

Collaborators include the Red Cross, the Seton Center, UMES Student Residential Services, and the UMES Environment Safety Department. Over 500 persons (400 adults and 100 youth) have received outreach information and awareness on Avian Influenza Pandemic Preparedness. As a result of outreach efforts, new partnerships have been formed with nonprofit and county organizations.

The pre-and post test administered during these educational sessions showed that participants' knowledge and awareness have increased by 75%.



Program Updates

Small Farm Outreach and Technical Assistance

If you own a small farm, plan to start one, or just want to grow a garden in your backyard, there's a conference at the University of Maryland Eastern Shore (UMES) designed especially for you. Farmers, landowners, and gardening enthusiasts will be offered tips and tools at the upcoming 5th Annual Small Farm Conference. The conference will be held in the Richard A. Henson Center at UMES on Saturday, November 1, from 8:00 a.m. to 4:00 p.m. Participants will learn about profitable alternative enterprises, new direct marketing opportunities, and other strategies to increase farm income and sustain small-scale agriculture.

Seminar topics will include *Growing and Marketing Fresh-cut Flowers*, *Growing Certified Organic Vegetables*, *Making the Web Work for Your Farm Business*, *Direct Marketing: Is it Right for You?*, *Fall is Fabulous for Gardening!*, *Benefits of Raising Pastured-fed Livestock*, and *AG 101...So You Want to Start Farming*.

Roger L. Richardson, a life-long farmer from Worcester County and Secretary of the Maryland Department of Agriculture, will be on hand to give opening remarks and discuss various agricultural programs and services offered by the department. There will be an exhibit and vendor trade show, providing an excellent opportunity to learn about current products and services offered by agricultural equipment and supply companies, financial lenders, USDA agencies, and other local businesses.

Berran Rogers, conference coordinator and Small Farm Project Director, says, "We are very pleased to be offering an all-inclusive conference program this year that addresses the needs and interests of farmers as well as people who just enjoy gardening around the house."

Registration cost for the conference is \$25 per person or \$40 per couple. All registrations should be received no later than October 22, 2008. For more information contact us at (410) 651- 6206/6693 or via email to mce@umes.edu. The registration form can be downloaded at <http://extension.umd.edu/about/1890/programs/smallFarmer.cfm>.



A Lamb 'n Kidding School is being organized for Saturday, December 6th at the University of Maryland Eastern Shore. The workshop is designed for veteran and novice shepherds and is being led by Susan Schoenian, MCE specialist and nationally recognized expert.

Contact Erroll Mattox, 410-651-7733.

Seafood Technology

Work continues on a project with Virginia Tech faculty to evaluate the comparative shelf-life of alternative packaging for pasteurized crabmeat. Traditional metal cans, a plastic can, and vacuum sealed plastic trays were processed to equivalent lethality (thermal kill of spoilage bacteria and pathogens) and stored at two temperatures. Higher storage temperatures (45F compared to 35F) greatly reduced shelf-life regardless of package type. Crabmeat spoilage patterns were characterized instrumentally to identify volatile compound patterns for use as a shelf-life prediction tool. A seed grant funded by AGNR Extension was initiated to get consumer input on the various packaging options. Three MCE field faculty are developing a survey instrument to be used at Extension events this fall. In a related project, efforts are underway to conduct a small-scale commercial demonstration at J.M. Clayton Co. for producing a restructured crabmeat product, which is expected to add value to a limited resource. It will be evaluated by retailers and consumers with help from Dr. Dan Kauffman at Virginia Tech and Lauretta Lyn Katsriku at UMES.



Rural Development Center

The Food Science and Technology program at UMES wanted to engage in teaching and research efforts and increase its outreach projects relevant to the citizens in the region. Considering the importance of seafood and tourism to the region, it proposed to conduct a *Seafood Education Workshop* for restaurants and other seafood handlers.

The objective of this workshop was to assist seafood restaurant owners, managers, chefs and waitstaff better understand their customers' needs and learn about seafood safety, marketing, and product value-adding for both local and international seafood products. A guest chef was featured presenting local under-utilized seafood products. The program was scheduled for April 23rd at the Holiday Inn on 17th Street in Ocean City.

The program was supported by the Rural Development Center and also the Maryland Seafood Marketing Program.

Note: Programs have multiple ongoing activities and endeavors. The MCE Connection will work to highlight a specific endeavor with each edition.

Dates for your Calendar

MARYLAND COOPERATIVE EXTENSION
UNIVERSITY OF MARYLAND EASTERN SHORE

October

Healthy Food Demonstrations:

Look for healthy food cooking demonstrations at the Salisbury Farmers' Market. For more information: mce@umes.edu or (410) 651-6206/6218.

Nutrition Education Workshops

Saturday, October 4

Highway Holiness Church

11:00 a.m.—12:00 p.m.

Expanded Food and Nutrition Education Program (EFNEP) provides free nutrition education workshops

Nutrition Education Workshops

Wednesday, October 8

Princess Anne Townhouses

5:30 p.m.—7:00 p.m.

Expanded Food and Nutrition Education Program (EFNEP) provides free nutrition education workshops

Nutrition Education Workshops

Wednesday, October 22

Wicomico County Housing Authority

2:00 p.m.—3:30 p.m.

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Farmers' Markets

Wicomico County

Salisbury Shore Fresh Farmers Market
Civic and Glen Avenues
Saturday 8 am—1 pm
(through November)

Worcester County

Berlin Shore Fresh Farmers Market
North Main Street
Wednesday 1 pm
Friday 1 pm
(through October)

Ocean City Farmers'

Market

Phillips Restaurant Parking Lot,
142nd Street
Sunday 8 am—1 pm
(through October)
Thursday 8 am—1 pm
(through October)

Pocomoke City Farmers'

Market

Downtown, Market Street
(next to Cypress Park)
Monday 8 am—6 pm
(through November)

November

Small Farm Conference

Saturday, November 1

University of Maryland Eastern Shore

Participants will learn about profitable alternative enterprises, new direct marketing opportunities, and other strategies to increase farm income and sustain small-scale agriculture.

Nutrition Education Workshops

Tuesday, November 4

MAC Center

10:00 a.m.—11:00 a.m.

Expanded Food and Nutrition Education Program (EFNEP) provides free nutrition education workshops

December

Lamb 'n Kidding School

Saturday, December 6

University of Maryland Eastern Shore

Designed for veteran and novice shepherds and led by Susan Schoenian, MCE specialist and nationally recognized expert. Contact Erroll Mattox, 410-651-7733.

Images from the Worcester County Fair

