

# IMPACT REPORT FY 2022

## Expanded Food & Nutrition Education Program (EFNEP) Supplemental Nutrition Assistance Program – Education (SNAP-Ed)



The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded nutrition education program for limited-resource participants available in every state, U.S. territory, and the District of Columbia. EFNEP serves income-eligible parents/caregivers caring for children 18 and under, expecting mothers, and youth by offering free, hands-on interactive workshops to help participants improve food and physical activity behaviors, food resource management, food safety, and food security.

**359**

Participants

**301**

Graduated

**84%**

Completion rate

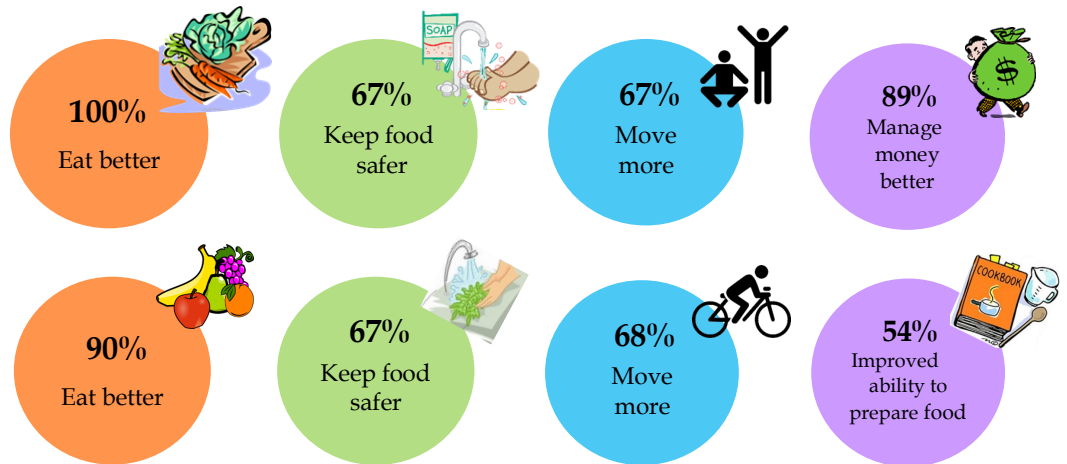
**492**

Family members served

**0**

Volunteers

**Adults** who completed *Eating Smart \* Being Active* curriculum



**Partnerships:** Pandemic mandates and restrictions for Hawai'i resulted in a state of uncertainty among agencies on how to proceed with programming. Hawai'i EFNEP continued to provide virtual classes to agencies to comply with the State mandates and restrictions. Agency responses to the mandates and restrictions were varied. A few agencies were able to continue providing services to their clientele and were able to support clientele with sufficient resources to have virtual classes. The majority of the agencies which Nutrition Educators worked with in the past decided to wait until the pandemic subsided instead of having in-person classes. Mahalo to our partners at Waimanālo Elementary and Intermediate School, 'Aiea High School, Jarrett Middle School, REIS Pediatric, Ka Pa'alana Preschool, Hope Education Center, Institute for Human Services, Salvation Army, and Hawaiian Beaches Head Start for their continued support throughout the year.

**Policy, System and Environmental (PSE) Projects:** Professional staff collaborated with the following organizations to develop or enhance initiatives: Kalihi Kokua Valley Community Health Center to establish a community garden; Parents And Children Together to enhance their Summer Feeding program; Hawai'i Department of Health and University of Hawai'i - Children's Healthy Living Program to develop a preschool wellness training to encourage implementation of healthy eating and physical activity among early child care staff and adhere to the Early Child Care Wellness Guidelines. Professional staff promoted EFNEP classes among agency networks and referred class inquiries to Nutrition Educators.



The Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a federally funded grant program that provides evidence-based nutrition education, messaging, and policy, systems, and environmental interventions through community/public health approaches to increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans and Food Guidance System.

## Direct Education Classes

**Curriculum:** *Food and Money Basics* (adults) is a practice-based learning curriculum which teaches participants practical life and food skills. The *Hawai'i - Food and Lifeskills for Youth (HI-FLY)* curriculum engages youth in grades 6 to 12 in healthy eating and active living behaviors to provide the foundation and skills necessary to live a long healthful life.

**299**

Participants  
(adults and youth)

**Nutrition**

**95%**

Adult participants  
showed  
improvement



**259**

Graduated

**Food Safety**

**51%**

Adult participants  
showed  
improvement



**87%**

Completion rate

**Budgeting**

**92%**

Adult participants  
showed  
improvement



**430**

Family members  
served

**Fruits/Veggies**

**36%**

Adult participants  
showed  
improvement



**2**

Volunteers

**Physical Activity**

**47%**

Adult participants  
showed  
improvement



## Policy, System, and Environmental Interventions

- **GROW O'ahu Professional Development:** Provided professional development to 23 Title I school teachers and administrators.
- **GET Local Hawai'i Farm to School Toolkit Website:** Data analytics found that in FY 2022, the website received a total of 5804 page views with 4017 unique page views.
- **HIDOE Farm to School (F2S) Implementation:** Provided support and technical assistance to 4 school administrators from different schools regarding new Farm to School policies (Act 258 and Act 175).
- **Ho'opili 'Ai Campaign:** The farm to school coordinator was interviewed by Hawaii Public Radio (HPR) to promote the campaign. HPR reaches approximately 17,499 online readers and 17,800 listeners statewide.
- **Ho'o'ulu'ai (Molokai Focused Garden Educator Training):** 12 principals/heads of different schools (public, private, charter, and ECE) participated in this course. The course explored the practices of integrating school learning gardens as living classrooms to provide 'āina-based education for teachers, students, and communities.
- **UH Food to Grow:** *Food to Grow* reached out to low-income populations to provide them with vegetable starter kits to grow their own home gardens. Each kit included a bush-variety green bean seedling in a paper pot, extra bean seeds, and a pamphlet with information on SNAP benefits, detailed green bean growing directions, and a tasty local recipe. A total of 1,703 SNAP-Ed participants were reached at 23 agency events. From surveys obtained, 69% didn't previously know about using EBT for seeds and plants that grow food and 35% had never grown fruit or vegetable plants before.
- **Got EBT?:** To promote the purchase and consumption of fruits and vegetables, farmers markets in low-income areas continued to display *Got EBT?* signage which explained the acceptance of EBT cards at the markets.
- **FMB Mini Lessons:** Conducted a series of classes developed to provide educational information at sites where SNAP-Ed eligible participants learn. During the 2022 fiscal year 91 families from 6 different sites received the mini lessons.



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