

**Ohio 4-H Foundation
Grant Impact Report**

Title of Grant: **Get a Head Start in Nutrition**

Applicant Name & Title: **Pat Brinkman, OSU Extension Educator, Family & Consumer Sciences and Community Development**

Unit Reporting: **OSU Extension Fayette County**

Amount Funded: **\$2,300**

Amount Used: **\$1,558.36**

Grant Funds Remaining: **\$741.64**

Calendar Year of Grant: **2008**

Type of Grant (please mark all that apply):

State Grant

Cashman Grant

Cleveland Grant

Helt Family Grant

Sauder Grant

Ulrich Grant

Priority Area Grant

Lewis/Barnhart/Jenkins Grant

Ebling Urban Extension Grant

Nationwide Volunteer Development Grant

Wadlington Grant

Please use as much space as needed to answer the following requests for information.

Please give an overview of your project. Assume the reader knows nothing about the program.

Please list the objectives of the project and evaluate the measurable objectives achieved. Explain how you measured those objectives.

Describe the population(s) or target audience(s) served. List how many individuals benefited or were impacted by this program.

Which of the 8 critical elements were realized in the program and how was this accomplished?

Provide a **detailed** budget and actual expenditures. Original receipts or copies are not necessary, but be sure that your expenditures are detailed with specific dollar amounts.

If this is a continuing program, please describe future plans/program objectives.



Grant Recipient Signature

12/30/08

Date

2008 4-H State Grant - Get a Head Start in Nutrition

The goal of this project was to increase literacy and nutrition knowledge by helping children and families to make healthier food choices by eating more fruits and vegetables, whole grains, and dairy.

To achieve this goal the plan was to have 4-Hers work with a Head Start student. The 4-Her read a book to the student or students. As a group the 4-Hers taught the Head Start students a short nutritional lesson which included making an easy nutritious snack. The 4-Her engaged the student in some physical activity to emphasize that we need make healthy food choices and do physical activity to stay healthy. I changed the order of the activities after we did them for a month to make it flow better.

These activities took place monthly during the Head Start Parent meetings during the school year. At the end of the parent meetings the parents participated in a Family Nutrition Program (FNP) which emphasized the same nutrition message and provided recipes to go with that message. The FNP program assistant (The FNP program works with parents from the Head Start program.) demonstrated the recipe the children had completed. This provided children and parents with the same nutritional message and encouraged each to try the recipe at home. This should provide better results in increasing fruit and vegetable, whole grain, and dairy consumption.

A pre-survey was given to the parents at the beginning of the program. Due to unseen circumstances the program was not started until March. (January the educator had a death in her immediate family. February was canceled due to snow. March was rescheduled to due to snow.) The post-survey was not given in April because it had just been given in March. The new school year started in September and the pre-survey was given. Parents will answer the post-survey in March. This pre and post-survey was approved through the IRB. I will gladly provide survey results in March.

The objectives of the program were:

- 4-Her's will read a book to Head Start student and give the book to the student to take home. Increasing the student's interest in reading and increasing the books available to the student to read in their home. (Head Start students are identified as low income families.)

Achieved – 4-Her's read a different book each month to Head Start students and the student too the book home. Students and parents were happy to have the books to take home.

- 4-Hers will teach a short nutrition lesson and help the student prepare a nutritious snack to eat. The student will receive a handout on the lesson with the recipe.

Achieved - 4-Hers taught or helped teach a short nutrition lesson. Lessons were taught by magic acts, skits, putting together puzzles, games and touching. Students learned about different fruits and vegetables, how nutritious they are, and importance of eating different colors of fruits and vegetables. Food Safety issues of handwashing, clean utensils, knife safety and keeping things hot or cold were also addressed. Head Start

students were attentive and gained knowledge of different fruits and vegetables during the lessons. They helped make the snack and all of them tried the snack.

- 4-Hers will participate with the student in an activity to promote physical fitness. Low-cost equipment should as balls, jump ropes, and hula-hoops would be given to students to promote physical fitness at home.

Achieved – 4-Hers did participate in different activities to promote physical fitness with the Head Start students. Head Start students did take home some low-cost equipment to play with at home.

- The Head Start population is typically not involved in the 4-H program in Fayette County. This would help them become aware of 4-H and increase the membership of the Cloverbud program in the county.

Achieved - 4-H Cloverbud information was given out to parents and Head Start students were told they could be a part of 4-H in the future and do things just like the 4-Hers helping them have fun. This will have to be measured in the future as the students have to be in kindergarten before they can enroll in Cloverbuds.

- Parents of the Head Start student will participate in an FNP program with the same nutrition message, demonstration of foods and given recipes to support the nutrition message.

Achieved – The Family Nutrition Program Assistant taught the parents a nutrition lesson with the same nutrition message. Parents saw an example of the snack the students were making and explanation on how to make it at home. Recipes and sample tastings were given to parents.

The pre-survey of parents on their eating habits and their child's will be given as a post-survey in March. This will tell us the impact we had on eating behaviors.

Target Audience Served:

Head Start students come from low-income families who usually have lower literacy levels and lack books in the home. This grant enabled us to provide a monthly book to go home with the student increasing the books available at home.

Fayette County follows the pattern of studies that have shown that low-income families have a high rate of overweight and obesity in the family and among the children. A lack of healthy choices and portion sizes increases this risk of obesity for the children. This grant taught nutritional lessons to increase the consumption of fruits and vegetables, whole grains, and low-fat dairy products. Parents received information about portion size and explaining how unhealthy choices can us. Nutritious recipes were prepared by the students to provide a healthy snacking choice.

My 4-H volunteers numbered eighteen although not all of them were able to be there every month. I usually had about twelve each month helping. The number of Head Start students also varied from month to month with a high of 31 and a low of seven. The Head Start students benefited by working with a 4-Her and learning more about nutrition, and food safety. They had a positive role model to follow as the 4-her ate the snack also.

They also learned how to make some snacks and participate in some physical activities they may not have participated in before.

The 4-Hers gained knowledge about nutrition and were excellent positive role models for the Head Start students.

The parents of the Head Start student were also impacted by this program. They learned more about nutrition and gained some new recipes. Their home now has more books to read and physical activity resources to use.

Critical Elements Realized:

4-Hers experienced a "Positive Relationship with a Caring Adult" through my interactions with them on working in this program. I did a training with them, sent reminders, explained the monthly programs and guided the program as it progressed each month. The 4-Hers acted established "positive relationships" with the Head Start Students as they interacted with them. The 4-Hers also encouraged the Head Start students to read books as I often heard them say "Reading books is fun."

4-Hers and Head Start Students both had the "Opportunity for Mastery/ Competence." Both gained knowledge on nutrition. The 4-Hers gained knowledge on how 3 and 4 years act and react.

The 4-Hers did have the "Opportunity to Value and Practice Serve for Others." By helping in the program they provided serve to the Head Start students and their parents.

The 4-Hers saw they could impact the Head Start students by the activities we did with them. The 4-Hers saw they have "Opportunity for Self-Determination" through their actions.

The 4-Hers experienced "An Inclusive Environment" where they experienced success for helping Head Start students learn more about nutrition and participate in physical activities.

Through these monthly sessions the 4-Her had a "Opportunity to See Oneself as an Active Participant in the Future." They saw that they could impact others by their service and actions.

Both the 4-Her and the Head Start Students experienced "Engagement in Learning." Some 4-Hers did not have much nutrition knowledge and they learned more about nutrition. The 4-Her learned about how 3 and 4 year olds behave and how to work with them.

"An Emotionally and Physically Safe Environment" was provided by this program for both the 4-Her and the Head Start student. Sessions were held in a Head Start classroom.

Detailed budget

Requested Budget included:

30 students for 9 months (Monthly sessions would be in January-April, September-December. Head Start does not have meetings in May-August.)

- Book costs about \$5 a book. Totaling \$1350 for book costs.
- Food costs, stickers, fruit and vegetables tattoos for Head Start students would be approximately \$350.
- Physical Activity equipment such as balls, jump ropes, hula hoops would be \$300.
- Recognition for 4-Hers – String Bags (Screen Printed), Luncheon and certificates -\$450

Requested:

Books -	\$1350
Food costs -	\$ 350.
Physical Activity Equipment costs -	\$ 300
Recognition of 4-Hers -	<u>\$ 450</u>

Grant used:

745.78
176.63
267.18
<u>368.77</u>

Total Request and grant	\$2,300	Total	\$1558.36
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In-kind Donations include:

- Extension Educator's time
- OSU Extension Fayette County provided paper and copying costs for lessons and recipes for students.
- Cost for parents program were provided by Family Nutrition Program grant.

Future Plans

The program will continue through this school year for Head Start. I am looking for grants to continue the program in future years.