



The Nutrition Connections program consists of two federal nutrition initiatives, EFNEP (Expanded Food and Nutrition Program) and SNAP (Supplemental Nutrition Assistance Program, formerly known as the Food Stamp Nutrition Education Program), whose key mission is to provide life skills education to low-income audiences in the subject areas of nutrition, food budgeting/shopping, cooking, and food safety. Because we are able to work with people of all ages, the form and content of our programs vary greatly. We are also able to adapt our program to accommodate the needs of specific populations.

Programming for the current year includes the following:

- Working with youth to address childhood nutrition and obesity with lessons, food activities, and take-home information presenting easy ways to make healthy eating fun and affordable. Participants include Conway Area Head Start, Ossipee Area Head Start, the Paul School, Ossipee Central School, Conway Elementary School, and N. Conway Day Care Center.
- These same youth also receive lessons on basic food safety and physical activity, with opportunities to engage in an assortment of games and activities to promote more exercise.
- Working with adults of all ages, single and with families, to provide them with information on nutrition, food resource management, food safety, and physical activity. Cooperation with area agencies is one key to success in reaching these participants, and is on-going.
- Several agencies make referrals for participants who need education in life skills in the areas of basic nutrition, meal planning and shopping, and cooking. This programming is tailored to accommodate the needs of the specific individuals involved.
- Exit survey results from the last program year for behavior change of adults enrolled in a series of classes yielded the following:
 - o 77% more often used the “Nutrition Facts” on food labels to make food choices.
 - o 45% more often planned meals in advance.
 - o 82% more often thought about healthy food choices when deciding what to feed their family.
 - o 59% more often compared prices when shopping.
 - o 64% more often followed the recommended practice of not thawing foods at room temperature.
 - o 71% showed an improvement in daily physical activity.

Nutrition Connections sends out a nutrition education newsletter, Smart Choices, three times each year to food stamp recipients under age 62. Each time the newsletter was sent out this past year, 26,883 food stamp households were reached, state-wide. Those over age 62 receive

three Senior Smart Choices newsletters, with 4,124 food stamp households reached state-wide with each issue.

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