

NUTRITION AND FAMILY RESOURCE MANAGEMENT PROGRAM HIGHLIGHTS : MARCH 2006

- ❖ ESNY recently completed a series of demonstration sessions at the Family Inn homeless shelter. Through participatory demonstrations led by Joan Baglio and Deanna Young, the participants learned how to prepare healthier foods and meals within the environment of their temporary living situation. The participants were encouraged to contact ESNY when they moved from Family Inn, so that sessions on healthy eating and managing basic household finances in their new living situation could be continued.
- ❖ In an innovative approach to integrate participatory photography and computer-assisted learning into nutrition programs, the issue leader provided technical guidance for a special EFNEP project. The project was piloted with a Kingston Parks & Recreation youth group at the Rondout Neighborhood Center. The nutrition program series at the Rondout Center, led by Ron Baatz with assistance of Eileen Polk, consisted of seven sessions, each of which included some food preparation and introduction of new foods. Young people attending the Nutrition Sessions were given disposable cameras to determine their perceptions of healthy and unhealthy nutrition, assess what they had learned during their sessions and also to encourage discussion of nutrition issues, creativity and ownership of the program. The young people were given instructions to take photos of 9 healthy food choices, 9 unhealthy food choices and 9 photos of anything related to nutrition. In another special session, laptop computers were set up here at CCEUC, and the young people delved into interactive programs that gave them the nutritional facts about all kinds of fast foods. They also played computer games that included coming up with their own recipes as well as information on physical activities.
- ❖ Eileen Polk, Nutrition Education Program Coordinator, exhibited materials on "Tax Bonus Day", February 18, at the Business Resource Center. Sixty low income (less than \$37,000/yr.) workers had their income tax prepared by IRS trained volunteers. They were given a budget worksheet and a goal-setting newsletter, as well as information on other programs available through CCE Ulster.
- ❖ The CCEU Nutrition team visited their counterparts working in the Bronx on March 27, the first activity in a sharing and learning exchange experience planned by their respective program leaders, JM Alexis Smalec and Evalina Irish-Spencer. CCEU nutrition educators were particularly interested in seeing different teaching techniques in practice, observing the methods used by the Bronx team with participants for effective interaction in the field, and seeing 'Navigating for Success' techniques being implemented. Aware of some of the challenges facing nutrition educators in the Bronx, CCEU staff wanted to better understand these issues and observe the approaches used by the Bronx team to help ensure success. Later in the year the nutrition team in the Bronx will visit CCEU to observe our staff in action.
- ❖ Tom Heffernan, FE, spoke to Kingston and Ellenville 'Youth Build' students about money and credit card management. Youth Build is an organization for 'at-risk' youth of low-income background who lack a high school diploma.
- ❖ The UC Home Ownership Program has been funded for a second term. To refine the program, home owners from 'Term 1' were asked to provide feedback on the information presented thus far in the Home Owner Welcome Packets and various seminars, and to suggest topics from which they would benefit, now that they have been living in their new homes for some time. To this end, a question guide was designed and a mini-survey conducted, the results of which will be used to refine the program. Respondents made mention of the need for more 'hands-on' sessions rather than 'lectures'. Topics mentioned as being very important were:
 - Working with contractors and building professionals--particularly for follow-up after moving in
 - Window replacement
 - Hooking up new appliances--propane stoves, dryers
 - Plumbing-faucets, leaks, basement
 - Maintenance of the exterior-putty windows, painting
 - Insulation
 - Furnace/Boiler replacement
 - Tile replacement
 - Kitchen cabinet replacement
 - Post-home ownership financial planning---problems meeting payments

These results and other feedback obtained, will serve as a basis for redefining the educational sessions and updating the Home Owner Welcome Packets.

Team Members

Nutrition: Coordinator-Eileen Polk; NPEs-- Ron Baatz, Joan Baglio, Denise Reed, Pablo Shine, Deanna Young

Family Resource Management: FEs--Tom Heffernan, Ruth Hirsch,

Team Secretary: Barbara Grumberg

Issue Leader: JM Alexis Smalec