

502	New and Improved Food Products	5%		
				0%



**%"GhUbXUfX'c i h d i h' a YUg i fYg**

&\$%,	8]fYWh'7 cbhUWhg 5Xi`hg	-bX]fYWh'7 cbhUWhg 5Xi`hg	8]fYWh'7 cbhUWhg Mcih\	-bX]fYWh'7 cbhUWhg Mcih\
5Wh i U'	10001	554895	2280	29205

**&"B i a VYf'cZ' DUhYbh'5dd']WUh]cbg'G i V a ]hhYX'flGhUbXUfX' FYgYUfW\`C i h d i h k  
DUhYbh'5dd']WUh]cbg'G i V a ]hhYX**

Year: 2018

Actual: 0

**DUhYbhg`']ghYX**

**'""DiV']WUh]cbg'flGhUbXUfX' ; YbYfU`C i h d i h' AYUg i fYl**

**B i a VYf'cZ'DYYf'FYj]YkYX'DiV']WUh]cbg**

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5Wh i U'	1	0	1

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**C i h d i h'AYUg i fY**

Output 1: Extension faculty will offer workshops in a wide range of home economics and family and consumer science topics. Measure will be the number of workshops.

MYUf	5Wh i U'
2018	105

**C i h d i h'&**

**C i h d i h'AYUg i fY**

Output 2: Extension district offices will update emergency planning for internal operations and constituent communities. Measure will be the number of offices and constituent communities who have updated plans.

MYUf	5Wh i U'
2018	9



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**Ciidh'AYUgify**

Output 8: Extension faculty will offer workshops in food safety. Counting number of workshops.

**MYUf**  
2018

**5WhiU'**  
62

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**J" GhUhY' 8YZ]bYX' C i hWc a Yg' HUV' Y' cZ' 7 cbhYbh**

<b>C" Bc'</b>	<b>CIH7CA9'B5A9</b>
1	Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.
2	Outcome 2: Increase consumer knowledge about home energy efficiencies.
3	Outcome 3: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.
4	Outcome 4: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.
5	Outcome 5: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.
6	Outcome 6: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.
7	Outcome 7: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.



going on three years. He told one of the organizers of the original activity, "you saved my life."

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703	Nutrition Education and Behavior
724	Healthy Lifestyle

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Outcome 2: Increase consumer knowledge about home energy efficiencies.



Participants learned about what potential sources of energy they might use to lower heating costs and how to balance those choices with protecting their health. The Alaska wood energy website received 52,976 hits and there were 239 visits to the Alaska Wood Energy Conference website. Clients performed tests in their homes and shared the results with the energy specialist, who continued to track levels across the state and offer mitigation advice. Further information on

**FYg i`hg**

Participants in food preservation classes immediately build skills through hands-on training with equipment. The majority of respondents surveyed after food preservation and safety classes indicated increased knowledge and confidence. Clients had 450 canner gauges tested with many needing adjustment and some needing replacement, highlighting the importance of this service. X-rays of muscles from animals killed using lead ammunition demonstrated a high degree of intra-muscular lead fragmentation, resulting in an heretofore unconsidered source of dietary lead consumption among subsistence hunters and their families.

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<b>?5`7cXY</b>	<b>?bc k`YX[Y`5fYU</b>
502	New and Improved Food Products
504	Home and Commercial Food Service
723	Hazards to Human Health and Safety

**CihWcaY` (**

**%`C i hWc a Y`AYUg i fYg**

Outcome 4: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.

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1862 Extension

**'U`C i hWc a Y`HmdY.**

Change in Action Outcome Measure

**'V`E i Ubh]hUh]jY`C i hWc a Y**

<b>MYUf</b>	<b>5Wh i U`</b>
2018	7

**'W`E i U`]hUh]jY`C i hWc a Y`cf`= a dUWh`GhUhY a Ybh**

**-gg i Y`fK`c`WUfYg`UbX`K`mL**

Alaskans are demanding more locally grown and sourced options. Advocacy for local foods has led to state incentives such as farmers market vouchers for SNAP participants and a program that assists school districts in purchasing local products. The state budget crisis has highlighted the need for economic diversification. However, the cost of shipping supplies to Alaska is expensive and can be cost-prohibitive to entrepreneurs. Ventures like small farms and small foods businesses deserve increased support if we hope to improve food security in the state.

**K`Uh`Ug`VYYb`XcbY**

Extension maintains a DEC-certified test kitchen in Fairbanks that is open to the public for



Six nutrition educators based in Anchorage, Bethel, Fairbanks, Palmer, Soldotna and Tok presented USDA-approved curricula and activities in one-time and multipart programs at public schools, Head Start programs, shelters, WIC programs, community centers, public housing and libraries that reached a combined total of 1957 adults and youth. Agents provided six workshops for 151 contacts on menu planning, 15-minute meals, vegetables, beans and more.

**FYgihg**

Nutrition educators delivered 80 single-session courses and 93 series-based sessions. A total of 657 youth and 35 adults involved in series completed pre-post surveys in FY18. Among youth, almost a third of students in grades 3-5 and more than half of students in grades 6-8 reported increased vegetable consumption as a result of their participation. Fruit consumption rose 28 percent in the grades 3-5 group and 40 percent in the grades 6-8 group. Adults also showed a moderate increase in healthy food choices, with about 30 percent increasing vegetable intake and 40 percent reporting increased fruit consumption.

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<b>?5`7cXY</b>	<b>?bc k`YX[Y' 5fYU</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

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**%"" CihWcaY`AYUgifyg**

Outcome 6: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.

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1862 Extension

**'U"" CihWcaY`HmdY.**

Change in Action Outcome Measure

**'V"" E i Ubh]hUh]jY`CihWcaY**

<b>MYUf</b>	<b>5WhiU`</b>
2018	50

**'W"" E i U`]hUh]jY`CihWcaY`cf` = a dUWh`GhUhY a Ybh**

**=gg i Y`fiK \c`WufYg`UbX` K \mL**

Aside from an increased likelihood of becoming overweight adults, children and adolescents who are overweight or obese are at increased risk for a variety of negative physical, social and emotional problems. According to one survey, 77 percent of Alaska elementary students eat breakfast every day. Families have an important influence on making healthy food choices available and enticing to youth.

**K \Uh \Ug VYYb XcbY**

The nutrition educator in Anchorage managed community gardens with several housing sites, where garden produce is shared with facility residents. In addition to nutrition lessons and food demonstrations, the educator used a tasting "passport" system to incentivize youth to try new vegetables. 4-H leaders also assisted 39 youth with nutrition projects, and nutritious food preparation was modeled at camps and after school activities. The Juneau agent led four "wild kitchen" sessions, and the recipes and walks helped 80 adults and youth increase their ability to identify and prepare foraged foods.

**FYg i`hg**

The Bethel nutrition educator provided direct education to a learning academy and farm-to-meal program at a 4-H garden, including a 10-session nutrition course with a youth cooking club. Feedback included that "After planting pea seeds, some kids requested peas over corn, which had never happened before." Community partnerships in Bethel led to new locations for a food bank and summer meal program, as well as increased fruit and vegetable access for shelter residents. Half of youth encouraged to try radishes at a tasting passport event ate more than one. Comments from adult participants in nutrition education with positive attitude change included, "It's been very helpful to understand what's good for us and why we need it, to feel better, think better." A grandmother in the Mat-Su area who cooks for a family of 10 said she was excited to introduce new vegetables to her grandkids.

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<b>?5`7cXY</b>	<b>?bc k`YX[Y`5fYU</b>
504	Home and Commercial Food Service
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management

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Outcome 7: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

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1862 Extension

**'U"" C i hWc a Y`HmdY.**

Change in Knowledge Outcome Measure

**'V"" E i Ubh]hUh]jY`C i hWc a Y**

<b>MYUf</b>	<b>5Wh i U`</b>
2018	4012

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The 2015 Youth Risk Behavior Survey published by the Department of Health and Social Services found that Alaska youth are less active than their peers, with only about 21 percent compared to a national average of 29 percent reporting physical activity for at least 60 minutes on each of the past seven days. There has also been a significant increase since 2007 in the time spent on gaming or other non-school computer use for three or more hours a day. Alaskan youth are in need of education and encouragement regarding physical activity to combat these trends.

### **K \Uh' \Ug'VYYb'XcbY**

Nutrition educators discussed the importance of being active every day as well as led physical activity demonstrations, reaching 1468 youth. Educators also worked with teachers and staff to encourage activity among youth at eligible low-income sites. The Alaska 4-H program offered 2544 youth across the state in clubs, camps and afterschool programs a number of projects that emphasized physical activity, including fitness and sports skills and healthy living. Activities included hiking, dance, shooting sports, rock climbing, skiing, camping, martial arts, dog mushing, yoga and more.

### **FYg i`hg**

Nutrition educators delivered 80 single-session courses and 93 series-based sessions using an evidence-based curricula with a physical activity component. A total of 657 youth and 35 adults involved in series completed pre-post surveys in FY18. Among youth in grades 3-8, 21 percent

state. Between 2014 and 2018, the university system's budget dropped from \$378 million to \$317 million. SNRE, in particular, has faced difficulties with the combination of budget cuts and fixed-cost increases. Services like nutrition labeling and recipe development remain discontinued. FY18 saw the retirement of a home economist that had been with the program for decades, and the departure of the Nome agent who had provided outreach on issues of family safety and diversity. Neither position was replaced.

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Of the nine participants in a fall food preservation basics workshop, eight responded and rated the instructor's approach as engaging and feedback as useful (4.43 and 4.71 on a 5-point scale with 5 as strong agreement). Feedback from respondents included that several were new to canning and felt they had gained skills and confidence. Six stated an intent to do more canning after the class. There was a positive change in knowledge on all five stated objectives including how to create a safe product, correct temperatures and processing time, steps for boiling water canner use, jar storage and confidence in using a canner.

Of eight participants responding to another post-workshop survey on food preservation, seven rated themselves as quite or very confident about preserving food safely after the hands-on class, with the other participant indicating they were somewhat confident. Six of the participants reported using a boiling water canner to preserve food during the year, and five used a pressure canner. Food preserved after the class by participants included home grown vegetables, fish, game and wild and garden-grown berries. Changes to practices reported after the class included keeping better records, being more cautious with recipes, and starting or continuing food preservation with more confidence.

Twelve out of 13 attendees in a jarred fish workshop responded to a survey and all rated the workshop as very good or excellent. Eight stated an intention to use the information within the next

Attendees continue to improve job prospects through food safety trainings. Nutrition educators reached out to underserved groups and improved the physical activity frequency and vegetable and fruit consumption of clients. Extension continues to provide resources that allow small foods businesses to flourish.