

**PROGRAM COMMITTEE UPDATE**

**September 2004**

**June M.M. Strand, Extension Educator, Nutrition & Family Resource Management**

Educational Program	Impact
<p><b>Nutrition Education Programs</b></p> <ul style="list-style-type: none"> <li>■ <b>EFNEP</b> (Expanded Foods and Nutrition Program)</li> <li>■ <b>ESNY</b> (Eat Smart New York)</li> <li>■ <b>Regional EFNEP</b></li> <li>■ <b>CHHC</b> (Community Heart Health Coalition)</li> <li>■ <b>FMNP</b> (Farmers Market Nutrition Program)</li> <li>■ <b>Consumer Nutrition Education Outreach</b></li> </ul> <p><b>Family Resource Management Programs</b></p> <ul style="list-style-type: none"> <li>■ <b>FBEP</b> (Family Budget Education Program)</li> <li>■ <b>ESNY</b> (Financial Education for Food Security Issues)</li> <li>■ <b>Consumer Financial Education Outreach</b></li> <li>■ <b>Housing</b></li> </ul>	<p>September signals the end of seasonal nutrition education programs, including the Farmers Market Nutrition Program, youth nutrition programs, and programs providing seasonal produce to our program families. The ESNY and EFNEP nutrition teaching assistants have reached over 688 adults at the Farmers Markets and 391 youth in 2003-2004.</p> <p><b>FMNP</b> Demonstrations featuring the nutritional value, recipes, and tasting sessions of market produce were provided in Highland, New Paltz, Saugerties and Kingston Farmers Markets. CCEUC provided the educational component of Farmers Market Nutrition Program and the FMNP coupons are distributed via WIC and OFA to eligible families and seniors. Selection of markets to be served was based on number of FMNP coupons distributed in the area served by the market and clients eligible for our nutrition education programs..</p> <p><b>Nutrition Program Families and Individuals Reap the Harvest of UC Fresh Produce</b> Tomatoes, beans, beets, Swiss chard, zucchini...the list is endless off the variety of fresh produce provided to Nutrition program participants this summer. The nutrition teaching assistants carried the fresh produce into the homes and often the produce-of-the-day would be a new experience for the family. However, the nutrition educator would cook with the family, provide recipes and nutritional information to encourage them to use the produce and increase the consumption of our bountiful harvest in the Hudson Valley. The fresh produce was made available to our families and youth through The Phillies Bridge Farms, "Farm to Families" and CCEUC Plant a Row for the Hungry programs. "Eating regionally and seasonally" has been an on-going outreach through our nutrition programs, the FMNP and our general consumer outreach.</p> <p><b>UC Homeownership Program.</b> "Strengthening Housing Programs with Homeownership Counseling and Home Maintenance Workshops" is a co-workshop I will be presenting at the Governor's Office for Small Cities' Annual Community Development Workshop, September 28<sup>th</sup>, in Lake Placid, NY. The workshop will provide information to state and local government officials from eligible Small Cities communities plus community developers on the development and implementation of home maintenance programs and its various components. The program in Ulster county just received an extension to November 30, 2004.</p>