

MAKING A DIFFERENCE



Grand Challenges

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- Developing Tomorrow's Leaders

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Grand Challenge: Health

Title: Shawnee County Nutrition Education in Middle Schools

Why is this issue important?

In 2021, 51.6% of U.S. children and adolescents aged 5-17 received free or reduced-cost meals at school. According to the Kansas Department of Education Free or Reduced Lunch, the percentage of students who receive free or reduced-cost meals at USD 501 Topeka Public Schools is higher than >64.2%

How did Extension address this issue?

The Shawnee County EFNEP educators provided Teen Cuisine lessons to over 110 seventh graders at French Middle School. Teen Cuisine aims to empower teens to adopt healthier lifestyles while teaching them about skills needed to prepare nutritious and delicious meals and snacks.

The partnership with the Family and Consumer Science teacher at French allowed us to teach the curriculum at the school on Tuesdays and Thursdays during the month of February, where we were able to provide the cooking lessons, food safety, and hands-on experience during the class period.



What was the impact?

Diet Quality

- 82% of youth improved their abilities to choose foods according to Federal Dietary Recommendations

Food Safety

- 71% of youth use safe food handling practices more often

Physical Activity

- 81% of youth improved their physical activity practices

Food Resource Management

- 46% of youth improved their ability to prepare simple, nutritious, affordable food.