

Team	Nutrition, Food Safety and Health
Program Title	Stretching Your Food Dollar
Program Coordinator(s)	Megan Ness, EFNEP/FNP Coordinator
Situation	Low-income adults and families tend to have poorer diets, consuming fewer fruits, vegetables and whole grains than higher-income adults and families. Healthful foods, including fresh fruits and vegetables, lean sources of protein and whole grains, can be more expensive and less available than less healthful fare. Improving meal planning, grocery shopping and related skills can help those on a limited budget improve their diets.
Objectives	The objectives of this curriculum are to increase planning for meals, improve grocery shopping skills, increase usage of unit prices and improve overall eating habits.
Extension response (planned activities – meetings/ workshops, bulletins, field days, etc.)	The curriculum is taught to adult SNAP (Supplemental Nutrition Assistance Program) recipients and eligible people in SNAP-Ed participating counties. The curriculum includes five weekly lessons focused on interactive learning with hands-on activities to practice new knowledge and build self-efficacy.
Evaluation plan/tool	Pre/post surveys for adult participants are used to evaluate this program.
Anticipated impacts	Anticipated impacts are expected to closely follow reported impacts. Survey results collected for program year 2010 include the following: <ul style="list-style-type: none"> • 61.7 percent of adults sometimes/always planned meals after lessons, compared with 52.5 percent on the presurvey. • 72 percent of adults sometimes/always shopped with a food list after lessons, compared with 65.6 percent on the presurvey. • 65 percent of adults sometimes/always used unit price to compare between similar products after lessons, compared with 47.6 percent on the presurvey. • 84.8 percent of adults sometimes/always had foods on hand for quick meals or a snack after lessons, compared with 73.7 percent on the presurvey. • 63.3 percent of adults sometimes/always used leftovers and planned-overs after lessons, compared with 58.8 percent on the presurvey. • 85 percent of the participants indicated they sometimes/always have spent their food dollars more wisely following completion of the lessons.