

# IMPACT



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## Juvenile Intensive Probation Program Benefits from EFNEP

### *The Situation*

The Bannock County Juvenile Intensive Probation Program asked University of Idaho Extension to teach Expanded Food and Nutrition Education Program (EFNEP) lessons as part of the life skills education for their participants. Many of the youth in the probation program are responsible for preparing their own food, and some of them are also responsible for the food preparation for their whole family.

### *Our Response*

The adult EFNEP curriculum was adapted so youth could have plenty of activities with each of the lessons to reinforce what we were teaching. Because these classes used hands-on cooking experiences and the youth got to eat what they prepared, they all looked forward to each Wednesday when they had EFNEP classes. The classes lasted for ten weeks, and each class lasted for an hour and a half.

### *Program Outcomes*

At the first class we asked the youth how much they knew about safe food handling, reading labels, food buying, and reading and following a recipe. It was evident right from the start that they didn't have knowledge or experience in any of these areas. Every week we made a point of teaching the lesson and then doing a hands-on activity to reinforce what we were teaching. We cooked quesadillas, lasagna, and tamale pie for main dishes. We made cookies so they could

learn how to properly measure dry and wet ingredients and learn how to cream shortening and sugar together. These youth were very excited to learn and said they went home at night and practiced cooking with their families. They learned proper hand washing and proper storage and handling of various foods. They learned how much fat and sugar is in many of the fast food items they had previously been eating, and how many calories are in super-sized orders. We actually measured out how many grams of fat that is in the different fast food items. They could hardly believe their eyes when they measured out the amount of fat in a super-size order of fries and found it was more than one-half of a stick of margarine. They all agreed that they would be better off eating less fast food.

Ten of the twelve youth that we worked with completed the program and got a certificate of EFNEP graduation. They felt very successful and proud of themselves for all they had learned during the time they spent in EFNEP classes.

### *The Future*

Nutrition Advisors are currently working with many different groups in the community. We look for opportunities to work with agencies when it can benefit their clients and when it allows us to work with the population we have targeted for EFNEP.

## ***For More Information***

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