2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

- Project 54 – Tarrant County WIC Program

Title of OPMG Project:

- Small Changes Adding Up – Meal Planning

Contact Person:

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Project Overview

List target audience and number of participants seen:

- WIC participants in 11 Clinics, approximately 900 participants
- WIC Staff of approximately 100

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

- Group Class with Discussion and Activities

Overall goal for this project:

- To empower WIC participants and Staff to plan and prepare healthy meals.

Objectives for this project:

- 70% of the participants can correctly identify ways to use ChooseMyPlate in their meal planning in a post survey. 50% in the 3 month survey.
- 70% of the participants can identify Smart Food Choices (nutrient-dense foods) to use in their meal planning in a post survey. 50% in the 3 month survey.

Project description:

- Small Changes Adding Up – Menu Planning class, scheduled in 11 WIC clinics and at one Staff meeting for WIC Staff - Classes were scheduled March through Sept. 2012.

- The classes are Facilitated Discussion Groups with Meal Planning Activities to teach how to plan healthy meals using ChooseMyPlate guidelines. Each participant received and practiced using their Meal Planning Portfolio which included meal planning blank sheets, meal planning ideas, using planned-overs, sample menus, healthy shopping lists, chooseMyPlate Tip Sheets on Building a Healthy Meal, Eating On a Budget and Smart Shopping, cooking with herbs and spices, and healthy recipes.

- The activities included planning several meals as a class. Using 5 or more smart food choices that the class had mentioned in each food group, the class plans meals their family would eat. These are written on the easel pads and the participants are encouraged to write some of them on their meal planning sheets from their portfolios to get them started on their Family Meal Plans.

List results and objectives met:

- Objective 1 Goals: 70% of the participants can correctly identify ways to use ChooseMyPlate in their meal planning in a post survey. 50% in the 3 month survey.

  - Results: 92.4% of post-class respondents correctly identified each of the ways to use ChooseMyPlate in their meal planning among the five options presented

  - Results: 91.4% of 3-month class respondents correctly identified each of the ways to use ChooseMyPlate in their meal planning among the four options presented

- Objective 2 Goals: 70% of the participants can identify Smart Food Choices (nutrient-dense foods) to use in their meal planning in a post survey. 50% in the 3 month survey.

  - Results: 77.1% of post-class respondents correctly identified each of the Smart Food Choices (nutrient-dense foods) among the eight options presented

  - Results: 78.2% of 3-month class respondents correctly identified each of the Smart Food Choices (nutrient-dense foods) among the eight options presented.

- Objectives were met: *Analysis by Micky M. Moerbe, MPH, CPH, Biostatistician, Division of Epidemiology & Health Information, Tarrant County Public Health, Fort Worth, TX – Note: WIC Nutritionists Surveys were not included in the results.*

List curricula, kits or other educational materials used:

- GN-054-03 Small Changes Adding Up – Meal Planning Facilitated Discussion Lesson available from debash@tarrantcounty.com or mfcummings@tarrantcounty.com
- Meal Planning Portfolios that we made for each participant.
- My Plate Bulletin Boards, My Plate Posters and Cut Out Plates
- Easels and easel pads
- My Plate Displays with food models
- ChooseMyPlate Coloring Sheets and ChooseMyPlate stickers for the Children

List other resources used, if applicable:

- ChooseMyPlate Tips Sheets #1, 7, 9 and 16 from http://choosemyplate.gov/

List collaborating agencies or individuals, if applicable:

- Resource Connection Community/Demonstration Garden (helped us plant and maintain one of our incentives, 2 gallon culinary fresh herbs – No WIC participant contact.)
- Live a More Colorful Life, TCPH DSHS Obesity Prevention Grant (helped us with one of our incentives, producing the DVD on cooking techniques – No WIC participant contact) http://liveamorecolorfullife.org/
- Tarrant County AgriLife Extension Service (helped us with producing the DVD on cooking techniques and the recipes we used as one of our incentive choices – No WIC participant contact)

List the type of incentives that were given:

- Meal Planning Portfolios were our Educational Materials for each participant.

In addition the participants could choose from the following items:

- Grocery/Farmers Market Shopping Bags
- Grocery notepad
- MyPlate Recipe Booklet and Menu Plan Booklet
- ChooseMyPlate Bookmarks
- Container for planned-overs
- Live a More Colorful Life DVD of cooking techniques and recipes
- Fresh herbs

Helpful ordering information for materials or incentives (if available):

Materials and Incentives:

- Staples #614457 Slide file with 4 pockets ($3.88 each - Used to make Meal Planning Portfolios)

- www.pbhcatalog.org #MM-GROCNT Grocery Notepad / MM-MYPRB MyPlate Recipe Booklet / MM-PLANB Menu Plan Booklet
- www.learningzoneexpress.com bookmarks #910090, #910081 and stickers #91650.
- http://oklahomabusinessforms #D-5841 - Container for Planned-overs with the word "Planned-overs" printed on each container.

Materials for classrooms:

- www.learningzoneexpress.com ChooseMyPlate Posters #410123, #410106, #460017, #460014, #910116
- http://enasco.com/nutrition #WA29164HR ChooseMyPlate plates, displays and food models.
- http://HealthEdco.com #75077 Milk Fat Comparison Display

Tips for Other Agencies

What worked well for this project?

- The topic Menu Planning worked well. Participants were interested in the subject and wanted to plan healthier meals for their families.
- Menu Planning in class as an activity worked well.
- The Meal Planning Portfolios, with all the meal planning information in one place for each participant worked well.

What were the challenges?

- Preparing for 1000 participants in 11 WIC Clinics.

What changes would be made for next time, if any?

- Planning ahead for more help to put together 1000 Meal Planning Portfolios.