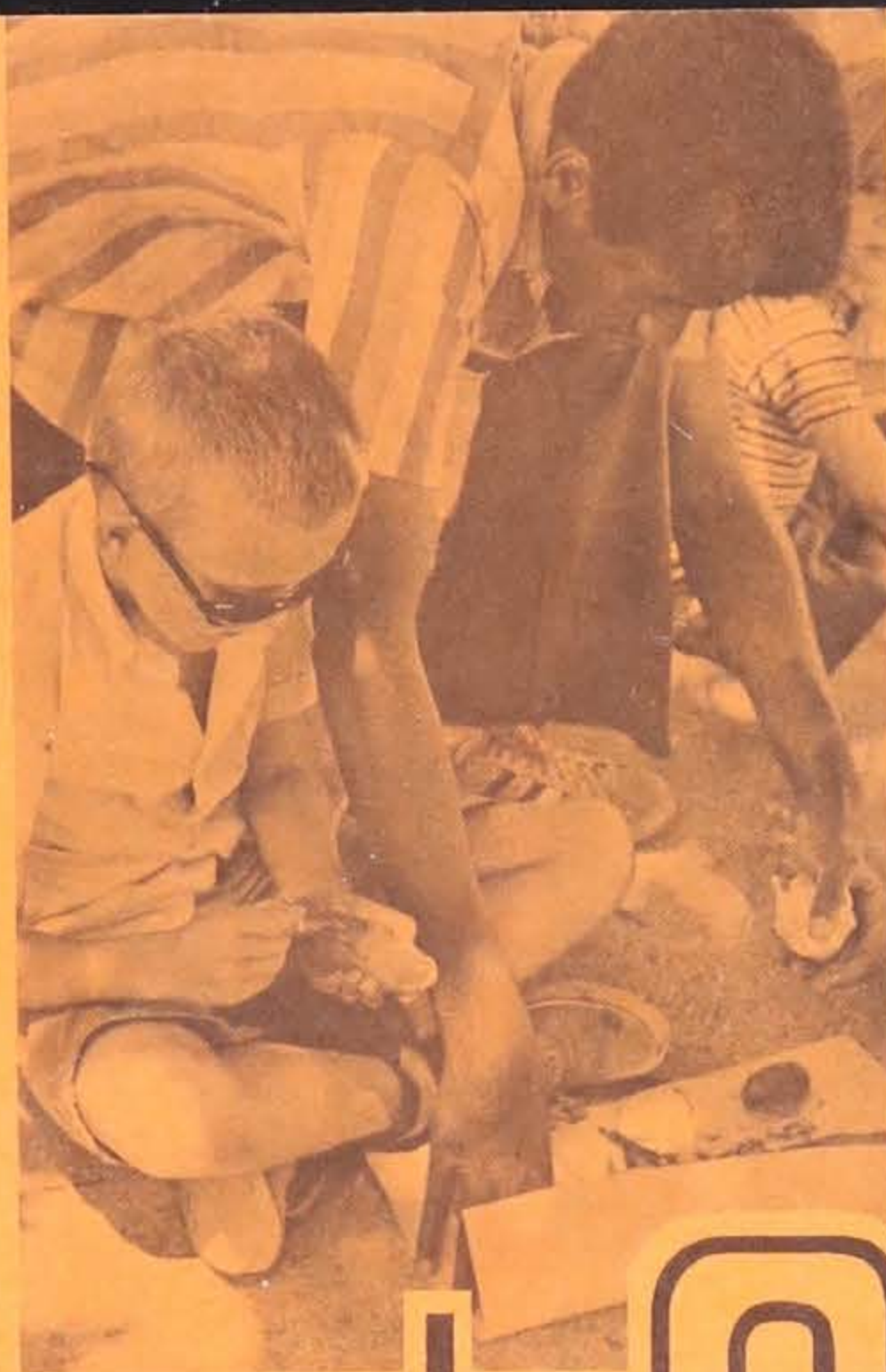


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# Step by Step

## The Expanded Nutrition Program in IOWA

IOWA STATE UNIVERSITY of Science and Technology  
Cooperative Extension Service  
Ames, Iowa . . . September 1971 . . . Pm-519





"There are two preschool children and another on the way. The father's out of work. We're going to check on food stamps tomorrow."

"She enjoys having me come but doesn't seem to use what we've done together yet. People are slow to change."



## Moving

From the first, Iowa's Extension Service has been concerned with the welfare of all members of the family. Initially, this concern was expressed in rural areas. Since there are now few boundary lines between "rural" and "urban," Extension is called upon to serve individuals regardless of place of residence.

## STEP BY STEP

Old patterns of life are shattered and new ones are yet to emerge. Priorities? Where are our priorities? The problems of the cities become the problems of the rural area as the people from the two areas merge.

The problems of the cities often are visible—deteriorating neighborhoods, unemployment, crime, school dropouts, pollution, alienation, frustration, isolation in the crowd. Out in the country, educational and health services are limited, young people leave, jobs are scarce.

## STEP BY STEP

Where is tomorrow? It's in training in using available resources, concern, esteem for self, better health, hope for youth—tomorrow's people, hope for their parents—today's channel to tomorrow.

Iowa's Extension Service has a very special program: the Expanded Food and Nutrition Education Program. We usually shorten the name to Expanded Nutrition Program or ENP.

It is helping low-income lowans move toward a better life through better nutrition. The road used is *education*; no food or funds are given away.

The Expanded Nutrition Program has two prongs, two approaches.

## STEP BY STEP

One is the youth phase. Its primary goal is to help youth from low-income families—wherever they are—not only to cope with their



# g With The Times

present surroundings in a rational way but to grow in personal development, interests, knowledge, values.

The youth phase is centered in activities. And these within groups, primarily. Subject matter must be of interest and immediately useful. Nutrition (survival) and improved health are the focus. A continuing group brings security; the youth learns he belongs.

The youth phase is detailed on pages 4 and 5.

## STEP BY STEP

Low-income homemakers are a special audience that needs what Home Economics has to offer. They respond to the opportunity to learn in their homes on a one-to-one basis or in small informal groups with family food aides.

Recruited from the neighborhoods in which they will work, aides are trained by Iowa State University in nutrition and other areas of family concern.

The family phase is detailed on pages 6 and 7.

"Now we have a place to go after school."



"Sometimes I fall asleep in class 'cause it's noisy at home."

"She had never really figured out what she spent on groceries. Now she even plans menus."





# Move With Tom



"Hey, it grew! It didn't die!"

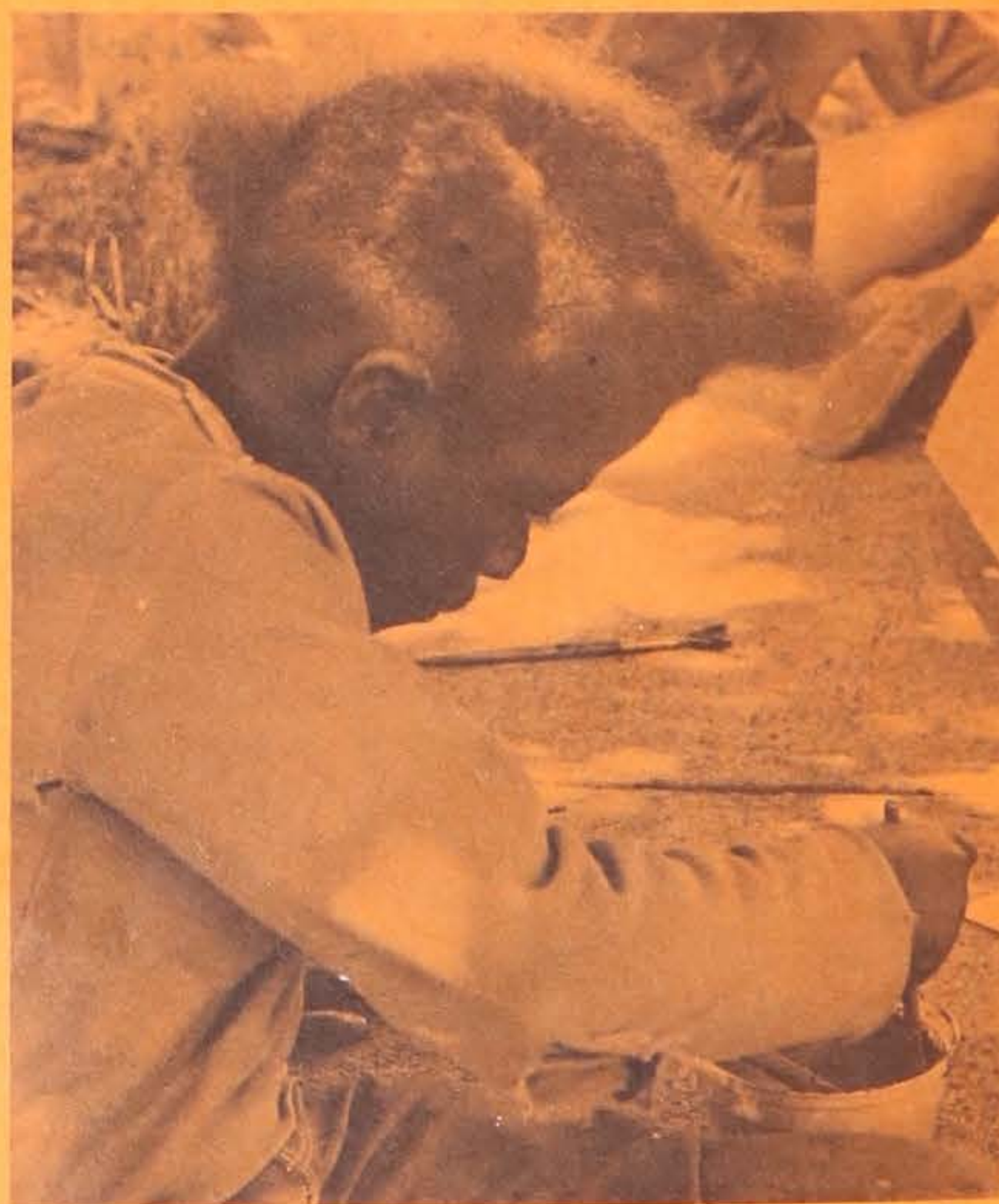
The Expanded Nutrition Program comes from the new world, from changes and chances. It comes from rural and urban areas where tomorrow's people are growing up. It comes from a recognition by Extension that a need exists here. There aren't any good old days there—just a look for the tomorrows that come too quickly.

The youth phase takes a lot from 4-H and adapts it. The goals are much the same—both strive for better citizens. The youth phase of ENP is more specific in goals and audience. Through the program,

- \*Kids get the opportunity to learn about nutrition*
- \*Young people can grow in personal development and*
- \*Families' diets can be improved by what the youth learn.*



"Last night I made a salad for my brothers. We didn't used to eat vegetables until I learned how to fix them."



"See, I can do it by myself."



# Tomorrow's People

Each group starts where the kids are at that point in time. Personal development is the goal and the channels are many. Topics must be relevant and useful—now. "Home experiences" are emphasized; do something new, help out, try a new food, and so on. The growth of the kids is the focal point. They should be able to succeed at something in the one or two hours they meet; they've been turned down enough, maybe at home, maybe at school. Cooking gives immediate rewards, you can eat the nutritious results! Gardening is good, too—it's hard to measure the pride in a kid's face when he holds his first crop of carrots.

There is no one, over-all program approach. Techniques are adapted to the local situation and the particular group of youth. They all learn by doing; occasionally there will be a demonstration, but more is learned through

participation. They learn by working together with others. Field trips and outdoor day camps are popular methods for youth whose horizons sometimes don't reach beyond city limits; it's easier to remember the origin of those nutritious dairy products when you've visited a dairy farm. A picnic may not be too thrilling unless it's the first you've ever been on.

Staff members for the youth phase are a special mix. Some are trained in the social sciences, others in education or home economics. Many are experienced in social action programs; some got extra training on the firing line of the Peace Corps or another foreign service; others have worked with 4-H, one had been a family food aide. All receive regular training at the University and are backed by specialists and research staffs.

The urban youth workers rely on the expertise of other extension workers or volunteers. These volunteers, too, are a diverse group. Their neighborhoods and talents vary (from phoning to auto mechanics), but they're all a valuable part of the Expanded Nutrition Program.



"You've got to make the kids feel they matter to you."



# Focusing on Families

The family food aides are a unique group. There are now about 170 of them in Iowa.

They understand frustration and the difficulties of poor housing, one-parent homes and very limited budgets—they understand because they've walked the same road themselves.

They vary in education from less than eighth grade to college training. Some have very special abilities: they speak Spanish,

have a knack for gardening, sewing or cooking ethnic meals, or maybe have an artistic flair.

The aides have something more—a belief in education and a belief in the family as well as the ability and desire to work with others. They have a drive to improve their situation.

They also have training—in basic nutrition, food preparation, buymanship, storage, and sanitation, money management, child development and use of available community resources.

The aides, trained by extension home economists and youth workers, are now at work bridging the gap between those who need nutrition assistance and those who can help. Even after they are on the job, they attend regular training sessions with the extension staff.

An aide works with 35 or more families at a time, and may have contacted 100 families in a year. She finds these families through other community agencies and by doing a lot of door knocking.

An aide learns early that nutrition education may be her primary task, but it is not always the place she begins. There are so many other problems to be solved, too.

The kind of education and assistance the family food aide offers can bring many changes. It may give families a new sense of worth, a feeling of accomplishment, motivation to learn and to do new things for themselves, a new pride and hope.

Helping a homemaker make a grocery shopping list and use it in a store may seem simple, but it means a great deal to the family.

It can mean better meals for less money. It can also mean a homemaker who feels more capable and useful.

Success stories come a chapter, a sentence, or even a word at a time with willingness to



"I'm blind but my aide helps me learn to get along better. One thing we've done is to put my daughter's favorite recipes into Braille."



try a new recipe, clean cupboards, apply for a job or aid program, lose weight, make menus, or put more milk into meals.

The Expanded Nutrition Program broadens its influence by referring needy families to agencies with resources to provide assistance. These include donated food and food stamp programs, school lunch program, health and social services and job training services. ENP, for example, can teach program families how to use the food stamps they receive.

The aides can add a postscript on what ENP has meant to *them*. There is deep satisfaction in helping others, but there is something personal for the aides. Self-confidence results from training and experiences with homemakers. The aides' own families feel the benefits, too: yes, the paycheck but, much more, new abilities and a feeling of worth. The aides' personal development is also being felt in their communities, where an urgent need is evident for knowledgeable and capable leaders who know the realities of life among the less affluent.

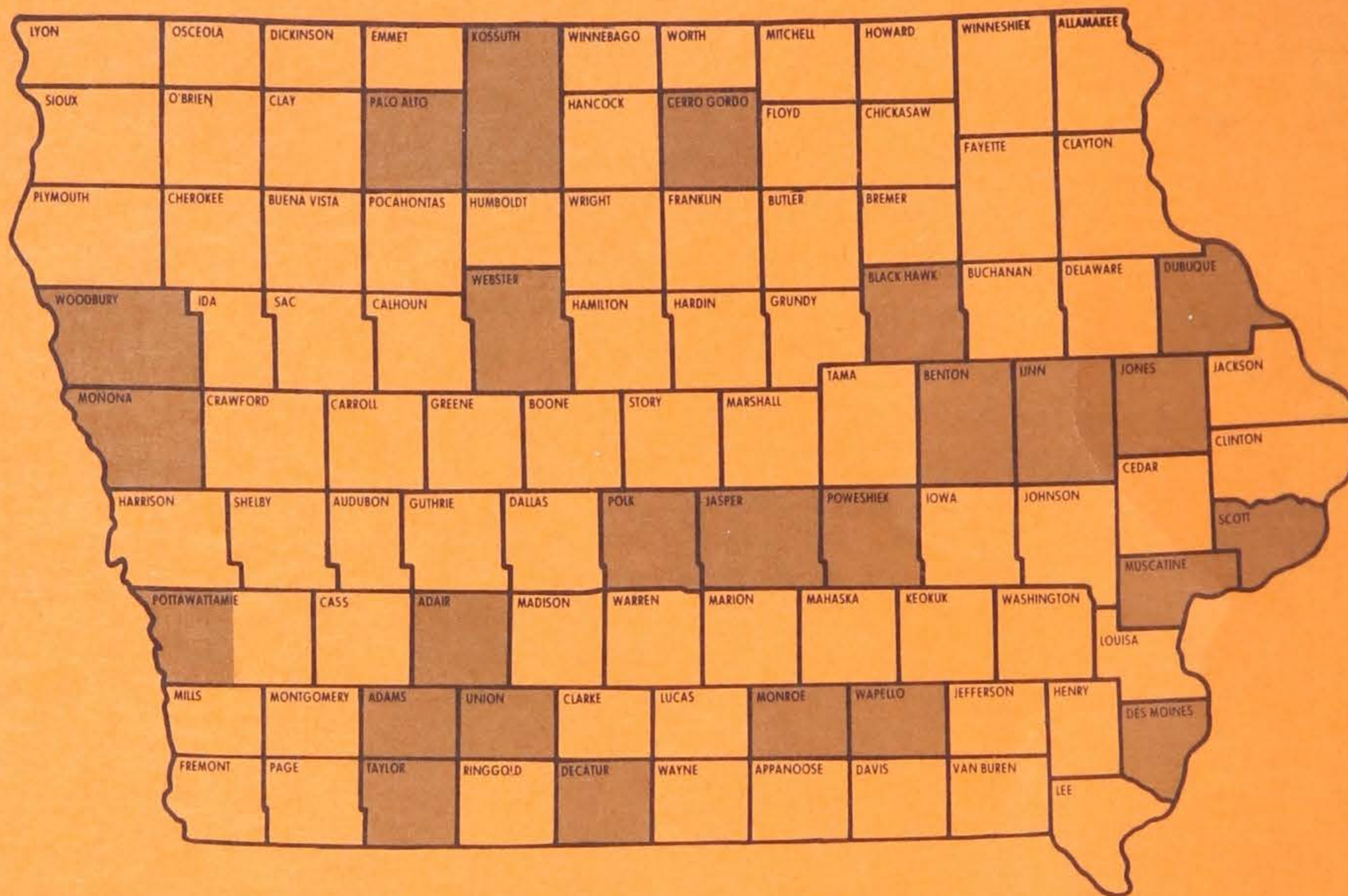


"Why is it easy for poor people to get fat? Because they can only afford starchy things."

"A lot of homemakers don't get out much because they have kids. I think they enjoy coming to my house for a lesson."







# IOWA *STEPS AHEAD!*

There are now 25 Iowa counties participating in the nationwide, federally funded Expanded Nutrition Program of the Cooperative Extension Service. By mid-1971, 18 counties had professional youth workers.

The Iowa ENP is a part of the Cooperative Extension Service program at Iowa State University, Ames, and of the County Extension Councils. The family phase began in the winter of 1969, with the youth phase activated in the spring of 1970.

As members of the ENP families progress in self-confidence and self-sufficiency, they are graduated from ENP into groups or other parts of the extension program.

Youth, for example, have the opportunity to form their own groups or to join established 4-H clubs. Homemakers might become involved in workshops given by extension home economists or volunteers.

Meanwhile, the Expanded Nutrition Program is a step ahead—finding new families, starting new youth activities. There is always a demand and tomorrow is just down the road.

Sometimes the pace is quick—progress. Sometimes it is slow. The Extension Service of Iowa moves toward better tomorrows by helping people help themselves today.

Cooperative Extension Service, Iowa State University of Science and Technology and the United States Department of Agriculture cooperating. Marvin A. Anderson, director, Ames, Iowa. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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