

CREATING EFNEP EDUCATOR TRAINING MATERIALS COLORADO STATE UNIVERSITY

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PROJECT INTRODUCTION

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program that assists limited-resource audiences in improving behaviors in nutrition, physical activity, food resource management, food safety, and food insecurity. EFNEP utilizes a peer educator model.¹

Eating Smart • Being Active (ESBA) is an evidence-based, healthy eating and active living curriculum developed by Colorado EFNEP. This 9-lesson curriculum is used by nutrition education programs in 40 U.S. states and territories. Each lesson features a hands-on recipe preparation to encourage participants to prepare more meals and snacks at home, avoid convenience foods and limit eating out.²

Most EFNEP educators have not received formal culinary training and therefore, lack the knowledge, skills and confidence to proficiently teach their participants safe and proper knife skills and cooking techniques. Comprehensive training resources on kitchen safety, knife skills and instructions for purchasing, washing, and preparing ingredients featured in the curriculum recipes ensure educators effectively teach their participants how to prepare, healthy inexpensive meals for their families.

INTERNSHIP GOALS

Objectives of this project were to create a series of supplemental training materials to help educators facilitate the preparation of *ESBA Let's Cook!* cookbook recipes with adult participants. The end-product was PowerPoint presentations that featured step-by-step picture instructions for individual ingredient preparation.

WHAT YOU LEARNED

Development of comprehensive detailed training materials is an efficient use of program resources because they can be used multiple times as a review in a variety of settings. Time invested in project organization and planning also allows for more efficient use of time and resources. Photo sessions require thought and preparation beforehand to ensure the session runs smoothly and no photos are overlooked.

APPLICATION TO MY EDUCATION

I am passionate about community nutrition and this experience allowed me to be involved in an evidence-based nutrition education program and contribute to the development of new training resources to support that program.

WHAT YOU DID

I created a collection of PowerPoints that can be used as a training resource for ESBA nutrition educators. These PowerPoints contain photos of knife skills needed for each recipe that new educators will need to teach in their future classes. These slides can be used as a reference for educators who need to review different cuts (chop, dice, mince) and how to safely hold a knife. This will hopefully give educators more confidence when teaching participants.

- Step 1:** Reviewed recipes and identified knife skills needed for each recipe
- Step 2:** Prioritized images to succinctly convey the knife skills
- Step 3:** Conducted a photoshoot where my mentor took pictures of me performing specific knife skills
- Step 4:** Formatted the pictures and paired them with instructions to create the PowerPoint training modules

Examples include demonstrating:

- How to **dice** an onion versus how to **chop** an onion
- Proper knife skills to prevent injury and effectively cut foods



Photos of appropriate cut sizes



Demonstration of safe knife holds



ESBA *Let's Cook!* cookbook



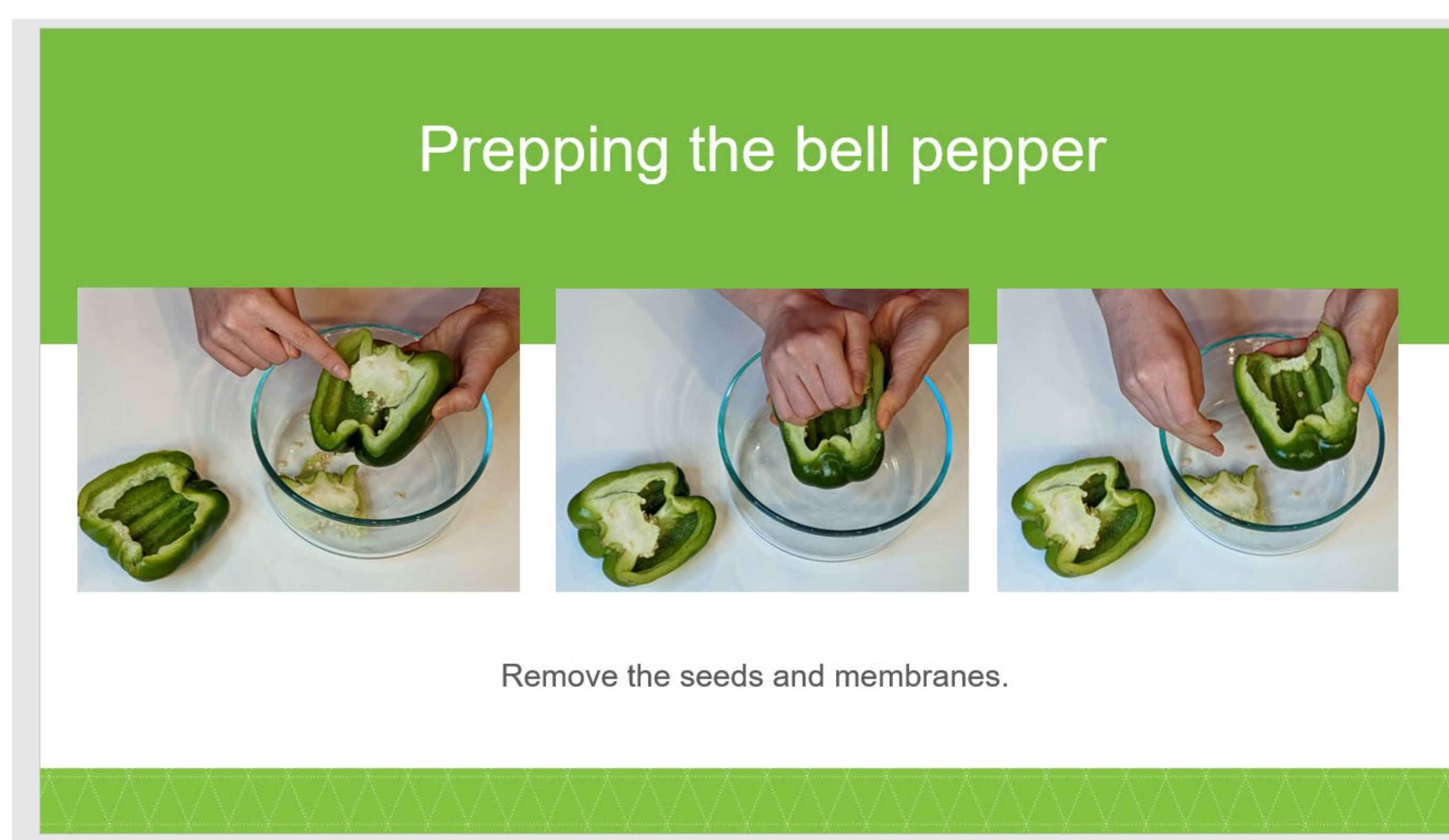
**EATING SMART
BEING ACTIVE**

ESBA logo

NEXT STEPS

During my project a process and template was created, and PowerPoint training modules for lessons 1 & 2 were completed. Development of lessons 3-9 remain to be completed.

EFNEP educators will be surveyed on the utility of these PowerPoints to their training and confidence in teaching recipes.



Example of PowerPoint slide on how to prepare bell pepper

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