

Farmworker Institute of Education & Leadership Development Partners with EFNEP to Provide Participants GED Credit

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Introduction

- The Expanded Food and Nutrition Education Program (EFNEP) and the Farmworker Institute for Education & Leadership Development (FIELD) in Butte County, CA work together by combining FIELD's text book curriculum and EFNEP's hands on nutrition lessons to fulfil the credit requirements for participant's to earn their High School Diploma and participate in FIELD's annual High School Graduation.
- Participants earn a total of 5 credits for participating in the EFNEP nutrition lesson series.

Methods

- Together with their shared vision, EFNEP and FIELD are able to offer credits to students for participating in series-based nutrition lessons offered by EFNEP educators.
- Credits earned contribute toward the fulfilment of the health and life skills credit requirements for students to earn their high school diploma and participate in FIELD's annual high school graduation.
- The curriculum that is used to teach the EFNEP nutrition lesson series (9 lessons) is *Eating Smart, Being Active!*



Background

- FIELD's mission is to promote economic and social prosperity in rural communities for Latinos, working people, and their families.
- FIELD provides basic education and skills upgrade training to immigrants, farm workers, and low-skilled workers in rural communities to give them the confidence to realize their dreams.
- FIELD works with education, employers, colleges, and community-based organizations to provide services that improve the basic skills and confidence of community members.
- FIELD is an educational site through the John Muir Charter School, a non-profit public benefit corporation that offers English as Second Language and a High School Program.
- FIELD was founded by Cesar E. Chavez in 1978.
- EFNEP aims to address critical societal concerns by employing paraprofessional staff and influencing nutrition and physical activity behaviors of low-income families, particularly those with young children.
- Through a community-based, relationship-driven, hands-on educational approach, EFNEP has directly impacted economic, obesity, and food insecurity challenges that hinder the health and well being of this nation.
- Together EFNEP and FIELD have developed a shared vision for improving the lives of low-income families and individuals in Butte County.

Results

- Since the partnership between EFNEP and FIELD began in October 2013, EFNEP has successfully graduated a total of 314 participants from FIELD in Gridley, CA.
- As a result of participating in EFNEP's *Eating Smart, Being Active* lesson series, FIELD students have improved their nutrition practices, food resource management practices, food safety practices, made positive changes in their physical activity behaviors, and earned their high school diplomas.

Client Testimonials

- I give more vegetables to my children, and I drink more water and try to use less salt to my meals, I cook with less oil and exercise with my children using the Cardio Pyramid. - **Maria Pintor**
- Important changes in my home with what I learned in my nutrition class: We eat more vegetables and children drink more water, eat less candy, and eat less red meat to be healthier. - **Maria Acosta**
- I changed to use oils to cook, drink more water and eat more vegetables, walk every day for 30 minutes and eat more at home to eat together with my family. - **Yanira A. Nararro**
- I drink more water, I cook with less oil, do more exercise, eat more vegetables and fruits, whole grains, I organize myself in my food buying using the grocery list and I buy store brand products safe money. - **Liduvina Estrella**
- Students who participate are all adults earning their High School diploma. Many of them are parents and are learning more about nutrition for their families. In association with EFNEP's lessons the students will be building a classroom cookbook of healthy recipes using their cultural preferences and a better understanding of nutrition. - **Dominique Chastain, Head Teacher at FIELD**

Future Directions

- EFNEP and UC CalFresh staff recently partnered to enhance the adult nutrition education being offered at FIELD by combining EFNEP's *Eating Smart, Being Active* lesson series with UC CalFresh *Making Every Dollar Count* (MEDC) money management lessons series.
- As a result of this partnership, FIELD's text book curriculum now includes the EFNEP *Eating Smart Being Active lessons*, and the UC CalFresh MEDC lesson series.
- Successful completion of these nutrition and money management curricula fulfills the health and life skills credit requirements for students to earn their high school diploma and participate in FIELD's annual high school graduation.
- This collaboration highlights the flexibility and commitment of Butte Cluster staff to work together to provide needed resources to our target population and strengthens a community partnership with a program implementation model that is innovative.

