

2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



HYATT REGENCY CRYSTAL CITY
2799 JEFFERSON DAVIS HWY, ARLINGTON, VA
MARCH 16-19, 2015



EFNEP
Expanded Food and Nutrition Education

***We would like to express our sincere appreciation to the
National 2015 EFNEP Coordinator's Conference***

Planning Committee members:

(Alphabetical by first name)

*Candy Gabel, University of Missouri
Elise Gurgevich, Penn State University
Eunice Bonsi, Tuskegee University
Heli Roy, Louisiana State University
Janice Smiley, Oregon State University
Lisa Sullivan-Werner, University of Massachusetts
Lois Sanders, University of the Virgin Islands
Marly Diallo, USDA-NIFA
Naomi Kanehiro, University of Hawaii
Paula Scott, Utah State University
Sandy Procter, Kansas State University
Sharon Porter, USDA-NIFA
Stephanie Blake, USDA-NIFA (co-chair)
Sue Snider, University of Delaware (co-chair)
Sylvia Montgomery, USDA-NIFA (co-chair)*

***Thank you for all of the time and energy you committed to
making this year's conference a success!***

2015 National Coordinator's Conference Expanded Food and Nutrition Education Program (EFNEP)

Hyatt Regency Crystal City
2799 Jefferson Davis Hwy, Arlington, VA 22202

March 16-19, 2015

Monday, March 16th (pre-conference)

AM...Educational Visits with Partners and Stakeholders (optional)

1:00pm – 3:00pm... 1890 Coordinator's National Meeting (**Potomac 2**)

3:30pm – 5:30pm... Educating not Advocating – Hill Visits for a Lasting Impression* (**Potomac 2**) Presenters: Jane Schuchardt, Candy Gabel, Lorelei Jones, Jo Britt-Rankin, Janice Smiley, Sue Snider, Debra Garrard

5:00pm – 6:30pm... Registration (**Regency Atrium Wall**)

6:00pm – 7:30pm...Welcome Reception (**Chesapeake View**)

**Note: this session is being organized by the universities, NIFA staff is not involved*

Tuesday, March 17th

7:00am – 9:00am...Breakfast Buffet (**Regency AB Corridor**)

8:00am – 9:30am... Registration (**Regency Atrium Wall**)

9:00am – 9:15am...Welcome/Announcements/Ice Breaker (**Regency AB**) Ice Breaker Lead: Elaine Freeney

9:15am – 10:15am...Keynote Address (**Regency AB**) - TOPIC: Health in America: A Framework for Extension's Second Century. Moderator: Sue Snider. Presenter: Michelle S. Rodgers

10:15am – 11:15am...General Session (**Regency AB**) - TOPIC: Discussion with NIFA Senior Leadership.

Moderator: Helen Chipman. Presenters: Sonny Ramaswamy, Meryl Broussard, Dionne Toombs

11:15am – 11:30am...Morning Break (non-beverage)

11:30am – 12:30pm...General Session (**Regency AB**) - TOPIC: Looking at WebNEERS Through a Set of New Eyes.

Moderator: Sandy Procter. Presenters: Korrin Vanderhoof, Michelle Scott-Pierce

12:30pm – 1:30pm...Lunch (**Regency AB**)

1:45pm – 2:30pm...Breakout Sessions A

- (**Regency AB**) - Issues Facing Coordinators: Rebuilding a Stronger and Bolder EFNEP Program: Minnesota's Journey. Presenters: Trina Barno, Amanda Corbett, Cassandra Silveira
- (**Potomac 1**) - Paraprofessional Engagement: EFNEP Chopped Activity. Presenter: Keith Cleek
- (**Potomac 2**) - The Agriculture and Food Research Initiative (AFRI) and Other NIFA Funding Opportunities. Moderator: Sylvia Montgomery. Presenters: Aida Balsano, Deirdra Chester, Caroline Crocoll, Susan Shockey, Bonita Williams

2:30pm – 3:00pm...Exhibits/Posters Session (beverage/snack break) (**Regency AB Corridor**)

3:00pm – 3:45pm...Breakout Sessions B

- (**Regency AB**) - Inspiring Educator Performance. Presenter: Jovita Lewis
- (**Potomac 1**) - Interpreting the Diet Summary Report for Coordinators. Presenter: Marilyn Townsend
- (**Potomac 2**) - Think Tank on Supervisor Roles. Facilitator: Helen Chipman

- 3:45pm – 4:00pm...Physical Activity Demo **(Regency AB)** - Veggie Believer. Leaders: Cheryl Bush, Sarah Bercaw
- 4:00pm – 5:15pm...General Session **(Regency AB)** - TOPIC: Youth Evaluation. Moderators: Eunice Bonsi, Heli Roy.
Presenters: Audrey Adler, Virginie Zoumenou, Marilyn Townsend
- 5:15pm – 5:30pm...Closing Remarks **(Regency AB)**

Evening Events/Meetings

- 5:30pm...North East RNECE Stakeholders Advisory Committee (meet in the back of the LobbiBar, 1st floor)
- 6:45pm...North East Regional Dinner (meet in lobby at 6:30)

Wednesday, March 18th

- 7:00am – 9:00am...Breakfast Buffet **(Regency AB Corridor)**
- 9:00am – 9:05am...Announcements/Ice Breaker **(Regency AB)** Ice Breaker Lead: Leslie Speller-Henderson
- 9:05am – 10:00am...General Session **(Regency AB)** - TOPIC: A New Behavior Checklist – What It Means for You.
Moderator: Lisa Sullivan-Werner. Presenters: Susan Baker, Karen Barale, Karen Franck, Tarana Kahn, Jennifer Walsh
- 10:00am – 10:45am...Breakout Sessions C
- **(Regency AB)** - EFNEP Goes Grocery Shopping in the Classroom. Presenter: Ellen Howard de Perez
 - **(Potomac 1)** - Ensure EFNEP's Future – Telling Our Story Effectively. Presenters: Susan Baker, Katie McGirr
 - **(Potomac 2)** - Ups and Downs of Partnering with 4-H Special Grants. Presenter: Sue Snider
- 10:45am – 11:00am...Morning Break (non-beverage)
- 11:00am – 12:30pm...General Session **(Regency AB)** - TOPIC: National Update & Awards. Presenters: Helen Chipman, Stephanie Blake
- 12:30pm – 2:30pm...Lunch & Regional Meetings - Box Lunch Pick-up **(Regency AB Corridor)**
- **(Regency AB)** - Southern Region
 - **(Potomac 1)** - North East Region
 - **(Potomac 2)** - Western Region
 - **(Chesapeake View)** - North Central Region
- 2:30pm – 3:00pm...Exhibits/Posters Session (beverage/snack break) **(Regency Corridor)**
- 3:00pm – 4:00pm...General Session **(Regency AB)** - TOPIC: The New Food Recall Report. Moderator: Paula Scott.
Presenter: Andrea Talbot
- 4:00pm – 4:15pm...Physical Activity Demo **(Regency AB)** - Instant Recess. Leaders: Sandy Procter, Candy Gabel
- 4:15pm – 5:25pm...General Session **(Regency AB)** - TOPIC: Social Media. Moderator: Janice Smiley, Lois Sanders
- Part I: Social Media and Me – Innovative Strategies for EFNEP. Presenters: Jamie Seger, Erin Braunscheidel Duru, Lauren Tobey
 - Part II: EFNEP Social Media Committee: Coordinators Needs Assessment & Future Directions.
Presenters: Austin Brooks, Emily Foley
- 5:25pm – 5:30pm...Closing Remarks **(Regency AB)**

Evening Events/Meetings

- 6:30pm...North Central Regional Dinner (meet in lobby at 6:15pm)

Thursday, March 19th

- 7:00am – 9:00am...Breakfast Buffet **(Regency AB Corridor)**
- 9:00am – 9:05am...Announcements **(Regency AB)**
- 9:05am – 9:45am...General Session **(Regency AB)** - TOPIC: ECOP Update. Presenters: Delbert Foster, L Washington Lyons

9:45am – 10:45pm...General Session (Regency AB) - TOPIC: Food Label Laws, Food & Drug Administration (FDA).

Moderator: Candy Gabel. Presenter: Crystal Rasnake Rivers (Regency AB)

10:45am – 11:00am...Break (non-beverage)

11:00am – 11:10am...General Session (Regency AB) - Technology Team Update. Presenter: Jennifer McCaffrey

11:10am – 11:50am...General Session (Regency AB) - PROGRAM HIGHLIGHT: EFNEP Turns 50 in Alabama.

Moderator: Sylvia Montgomery. Presenters: Jovita Lewis, Stephanie Helms, Andrea Morris, Terence Martin, Eunice Bonsi

11:50am – 12:00pm...Closing Remarks, Conference Adjourns (Regency AB)

PM - Educational Visits with Partners and Stakeholders (optional)

Friday, March 20th

AM/PM - Educational Visits with Partners and Stakeholders (optional)

Detailed Agenda

Monday, March 16th (Pre-Conference)	
TIME & LOCATION	DESCRIPTION
AM	Educational Visits with Partners and Stakeholders (optional)
1:00 pm – 3:00pm Potomac 2	1890 Coordinator’s National Meeting
3:30pm – 5:30pm Potomac 2	<p>Educating not Advocating – Hill Visits for a Lasting Impression*</p> <p>Presenters: Jane Schuchardt, Association of Public and Land Grant Universities (APLU); Candy Gabel, University of Missouri; Lorelei Jones, North Carolina State University; Jo Britt Rankin, University of Missouri; Janice Smiley, Oregon State University; Sue Snider, University of Delaware; Debra Garrard, Oklahoma State University</p> <p>Abstract: Join us for a lively discussion that focuses on communicating with legislators and promoting EFNEP at the national, state, and local level. Learn more about why it is important to meet legislators, as well as some guiding principles to make a lasting impression on the Hill. Panel members with several years of experience will share tips about how they prepare for Hill visits, including talking points and EFNEP impact sheets. Please bring impact sheets from your state to share with other state coordinators. Let’s learn from each other!</p> <p><i>*Note: this session is being organized by the universities, NIFA staff is not involved</i></p>
5:00pm – 6:30pm Regency Atrium Wall	Registration
6:00pm – 7:30pm Chesapeake View	Welcome Reception
Tuesday, March 17th	
TIME & LOCATION	DESCRIPTION
7:00am – 9:00am Regency AB Corridor	Breakfast Buffet
8:00am – 9:30am Regency Atrium Wall	Registration
9:00am – 9:15am Regency AB	<p>Welcome/Announcements/Ice Breaker</p> <p>Ice Breaker Lead: Elaine Freeney, Prairie View A&M University</p>

<p>9:15am – 10:15am Regency AB</p>	<p>Keynote Address - TOPIC: Health in America: A Framework for Extension’s Second Century</p> <p>Moderator: Sue Snider, University of Delaware Presenter: Michelle S. Rodgers, University of Delaware</p> <p>Abstract: In 2014, ECOP accepted the Task Force report and recommendations for The Extension National Framework for Health and Wellness. Later that year, the 5 policy groups of the Board of Agricultural Assembly endorsed the Health Initiative and agreed to an integrated research and extension effort. This session will share the findings and recommendations for the Extension National Framework for Health and Wellness and begin discussion of the integration of EFNEP with the ongoing work in Extension Health and Wellness.</p>
<p>10:15am – 11:15am Regency AB</p>	<p>General Session - TOPIC: Discussion with NIFA Senior Leadership</p> <p>Moderator: Helen Chipman, USDA-NIFA Presenters: Sonny Ramaswamy, Meryl Broussard, and Dionne Toombs, USDA-NIFA</p> <p>Abstract: This session will be an opportunity for audience to hear from Senior NIFA leadership regarding pressing program issues. The audience will leave with a greater sense of knowledge and with an understanding of the vision for EFNEP by the federal administration.</p>
<p>11:15am – 11:30am</p>	<p>Morning Break (non-beverage)</p>
<p>11:30am – 12:30pm Regency AB</p>	<p>General Session - TOPIC: Looking at WebNEERS Through a Set of New Eyes</p> <p>Moderator: Sandy Procter, Kansas State University Presenters: Korrin Vanderhoof, The Ohio State University; Michelle Scott-Pierce, Cornell University</p> <p>Abstract: This session will look at the Institutional Level of WebNEERS to identify key, practical features of the system that facilitate state level use. An infographic template will provide an opportunity to apply what is learned.</p>
<p>12:30pm – 1:30pm Regency AB</p>	<p>Lunch</p>

<p>1:45pm – 2:30pm</p>	<p>Breakout Sessions A</p>
<p>Regency AB</p>	<p>Issues Facing Coordinators: Rebuilding a Stronger and Bolder EFNEP Program: Minnesota’s Journey</p> <p>Presenters: Trina Barno, Amanda Corbett, and Cassandra Silveira, University of Minnesota</p> <p>Abstract: In FY 2014, in close proximity to the release of the 2013 EFNEP policy document, University of Minnesota Extension Health and Nutrition programs, including EFNEP, underwent a significant restructuring process. The process allowed Minnesota to "start over" with the EFNEP program, guided by the updated policies, and wrestle with the model and its core tenets, to be delivered by a new staff, in a new geographic programming region (twin cities metropolitan area), and with a new administrative model. A thorough program assessment and implementation study process was undertaken with the goal of developing recommendations for the design and operation of a premiere EFNEP program for Minnesota. Several recommendations from the study have pushed Minnesota to grapple with some of the more challenging aspects of the EFNEP model. This session will describe U of MN Extension’s EFNEP restructuring process, explore the recommendations from the Minnesota study, and invite dialogue around the challenges and opportunities with implementing the EFNEP program.</p>
<p>Potomac 1</p>	<p>Paraprofessional Engagement: EFNEP Chopped Activity</p> <p>Presenter: Keith Cleek, University of Arkansas & University of Arkansas at Pine Bluff</p> <p>Abstract: In an effort to build morale, promote teamwork, and improve food demonstration skills the Arkansas EFNEP State Team adapted a version of the popular television show Chopped. The activity began in 2013. Playing off the 2013 National EFNEP Conference’s theme “Stepping Up to the Plate”, the activity consisted of three paraprofessional teams from across the state. The teams were given jerseys representing three Arkansas University campuses; University of Arkansas at Fayetteville, University of Arkansas at Little Rock, and University Arkansas at Pine Bluff. The State EFNEP Team worked with local and state food pantries to identify commonly distributed foods then paired those foods with EFNEP recipes. The paraprofessional teams were identified and given their assignments to compete in the Chopped food demonstration skills and recipe tasting contest. The teams were also given the task to create a video used to encourage friendly competition for motivation and as an EFNEP recruitment tool and professional skill building activity. In this session we will share with you the EFNEP Chopped videos, detail the steps and processes involved in development of the activity and the outcomes we have identified associated with the activity.</p>

<p>Potomac 2</p>	<p>The Agriculture and Food Research Initiative (AFRI) and Other NIFA Funding Opportunities</p> <p>Moderator: Sylvia Montgomery, USDA-NIFA Presenters: Aida Balsano, Deirdra Chester, Caroline Crocoll, Susan Shockey, and Bonita Williams, USDA-NIFA</p> <p>Abstract: This will be an opportunity for conference attendees to learn more about potential funding opportunities such as the Agriculture and Food Research Initiative (AFRI). Presenters will discuss how these opportunities potentially connect to EFNEP.</p>
<p>2:30pm – 3:00pm Regency Corridor</p>	<p>Exhibits/Posters Session (beverage/snack break) See p. 17 for descriptions of posters and exhibits.</p>
<p>3:00pm – 3:45pm</p>	<p>Breakout Sessions B</p>
<p>Regency AB</p>	<p>Inspiring Educator Performance</p> <p>Presenter: Jovita Lewis, Auburn University</p> <p>Abstract: With excitement, Auburn University's state staff team of the Expanded Food and Nutrition Education Program (EFNEP) of the Alabama Cooperative Extension System designated October as "EFNEP Educator Appreciation Month". The EFNEP State staff team set aside this month to remind educators that their commitment and dedication to EFNEP is appreciated. EFNEP educators often encounter rejection, little interest, and very few thank yous from clientele. Amid the economic downturn, single parent homes, an alarming obesity rate and the like, the call to help the limited-resource client is even greater. That's why it was fitting to express appreciation. The positive attitudes, warm relationships, and excellent teaching by EFNEP educators helps limited-resource families incorporate nutrition education strategies to make dietary gains, combat obesity, and use resources wisely. Without EFNEP education, many limited-resource families would not be able to identify ways to feed themselves and their families better. Educator's efforts to recruit, enroll, and teach eligible families were applauded with an Educator Appreciation Packet which included an EFNEP Thank You Card, an EFNEP Banner, an EFNEP logo shirt, as well as a copy of the EFNEP Creed.</p>

<p>Potomac 1</p>	<p>Interpreting the Diet Summary Report for Coordinators</p> <p>Presenter: Marilyn Townsend, University of California, Davis</p> <p>Abstract: The session will examine this report closely. WebNEERS is based on recommendations from Dietary Guidelines 2010 and HEI 2005 which in turn is based on DG 2005. This generates inconsistencies in the report. How do you identify the inconsistencies and interpret this report? How do you identify areas for educator training? What system errors remain & how do they effect the report? What are key indicators of accurate recalls? What can this report tell you to help with staff management and training? SoFAAS or SoFAS? Short vs. long versions of report? How are the participant recommendations generated?</p>
<p>Potomac 2</p>	<p>Think Tank on Supervisor Roles</p> <p>Facilitator: Helen Chipman, USDA-NIFA</p> <p>Abstract: During the Society of Nutrition Education Behavior (SNEB) meeting, Helen brought up the topic of supervisor roles and the importance of having leadership’s involvement/support to ensure EFNEP’s success. She will lead a discussion about this topic with the goal of coming up with action items and a team to work on them for the coming year.</p>
<p>3:45pm – 4:00pm Regency AB</p>	<p>Physical Activity Demo - Veggie Believer</p> <p>Leaders: Cheryl Bush and Sarah Bercaw, University of Delaware</p> <p>About: Combines a nutrition music parody with physical activity. The song: http://foodsafe.ucdavis.edu/html/audio/veggie_believer.html. The dance: https://m.youtube.com/watch?v=rd-ejoxXeRU</p>

<p>4:00pm – 5:15pm Regency AB</p>	<p>General Session - TOPIC: Youth Evaluation</p> <p>Moderators: Eunice Bonsi, Tuskegee University; Heli Roy, Louisiana State University</p> <p>Presenters: Audrey Adler, Rutgers, The State University of New Jersey; Virginie Zoumenou, University of Maryland, Eastern Shore; Marilyn Townsend, the University of California, Davis</p> <p>Abstract: There will be an update on the latest research on Youth Evaluation followed by presenters who will discuss the challenges encountered by paraprofessionals during the implementation and scoring of the youth evaluation forms, particularly challenges faced in scoring the K-2. A big challenge for paraprofessionals for K-2 is to score by hand before entering the results because it is different from all the other grade levels. In grades 3-5th and 6-12th grades levels, paraprofessional have to check survey distribution, length, and specific wording of the questions before scoring. This poses a lot of problems in timing. Faculty from Rutgers University, University of Maryland Eastern Shore and the University of California Davis, will be presenting by sharing ideas and tools they have developed for training paraprofessionals on some of these issues. Participants will have the opportunity to share their own experiences, learn about strategies used by others and make suggestions for improvements to some of the challenges in using the Youth Evaluation forms.</p>
<p>5:15pm – 5:30pm Regency AB</p>	<p>Closing Remarks</p>
<p>Evening Events/Meetings</p>	
<p>5:30pm: Meet in the back of the LobbiBar (1st floor)</p>	<p>North East RNECE Stakeholders Advisory Committee</p>
<p>6:30pm: Meet in lobby at 6:15pm</p>	<p>North East Regional Dinner</p>
<p>Wednesday, March 18th</p>	
<p>TIME & LOCATION</p>	<p>DESCRIPTION</p>
<p>7:00am – 9:00am Regency AB Corridor</p>	<p>Breakfast Buffet</p>
<p>9:00am – 9:05am Regency AB</p>	<p>Announcements/Ice Breaker</p> <p>Ice Breaker Lead: Leslie Speller-Henderson, Tennessee State University</p>

<p>9:05am – 10:00am Regency AB</p>	<p>General Session - TOPIC: A New Behavior Checklist – What It Means for You</p> <p>Moderator: Lisa Sullivan-Werner, University of Massachusetts Presenters: Susan Baker, Colorado State University; Karen Barale, Washington State University; Karen Franck, University of Tennessee; Tarana Kahn, Clemson University; Jennifer Walsh, University of Florida</p> <p>Abstract: The Food Resource Management Initiative, the Behavior Checklist Committee, and NC2169 Dietary Assessment and Behavior Multistate Work Group have combined efforts to produce a new behavior checklist to be implemented in October, 2016. This session will describe the revision of the behavior checklist: the process, testing and implementation timeline, and what it will mean for the EFNEP State Coordinators. Following this session, Coordinators will be able to:</p> <ol style="list-style-type: none"> 1. Describe the overall process for the checklist revision 2. Identify the questions being tested in the different domains: Nutrition, Physical Activity, Food Resource Management, Food Safety and Food Security 3. Provide feedback on question sets 4. Understand importance of regional participation in testing
<p>10:00am-10:45am</p>	<p>Breakout Sessions C</p>
<p>Regency AB</p>	<p>EFNEP Goes Grocery Shopping in the Classroom</p> <p>Presenter: Ellen Howard de Perez, University of Maryland</p> <p>Abstract: Maryland EFNEP educators have been conducting grocery store tours with some program participants as a way to connect label reading with stretching their food dollars. Most families participating in the tours have gained valuable insights regarding how to choose healthier items while saving money. However, not all families are able to travel to the grocery store for a special tour. Maryland EFNEP has developed a creative method of bringing the grocery store to the classroom or programming site so that the participants can gain the experience of participating in a mock grocery store tour led by an EFNEP educator without physically traveling to a grocery store. The lesson plan requires that EFNEP educators initially provide a mini lesson about food label reading, highlighting key items to consider when choosing foods. We will discuss how participants create a shopping list for a recipe provided, are walked through the “aisles” of the grocery store in the classroom to show how to choose healthier items from each food group, and how to shop for their groceries as a family, keeping in mind that they only have \$10 to spend for this assignment.</p>

<p>Potomac 1</p>	<p>Ensure EFNEP’s Future – Telling Our Story Effectively</p> <p>Presenter: Susan Baker and Katie McGirr, Colorado State University</p> <p>Abstract: We all agree that it is important to sustain and hopefully increase funding for EFNEP. We can all contribute to a strong future for EFNEP by telling our story effectively to program stakeholders. In this session, attendees will learn how to develop an impact statement, the difference between impact statements and success stories, and when it is appropriate to use each of them. This session will include a hands-on activity whereby participants will practice turning success stories into meaningful impact statements appropriate for stakeholders.</p>
<p>Potomac 2</p>	<p>Ups and Downs of Partnering with 4-H Special Grants</p> <p>Presenter: Sue Snider, University of Delaware</p> <p>Abstract: For the past two years the University of Delaware EFNEP has partnered with 4-H to deliver nutrition education to low-income youth in Delaware. Two different grant programs through the National 4-H Council were employed with funds coming from Walmart and Conagra. The Walmart grant was a competitive grant while the University of Delaware was selected as one of five states to pilot the Conagra grant. Each grant had its own target numbers and criteria. For the Walmart grant, we utilized lessons from Up for the Challenge from the University of Maryland and for the Conagra project we adapted curriculum from Cornell’s Choose Health: Food, Fun, and Fitness curriculum and added information on food buying as requested by Conagra. Targeted youth were 8 to 12 year old children. Both projects utilized teens as teachers/mentors. We will describe the process for recruiting and assigning teens to work with various Nutrition Assistants throughout the summer. With input from the other pilot states (Idaho, Illinois, Nebraska, and Washington), we will describe the advantages and disadvantages of 4-H and EFNEP (or SNAP-Ed) working together. Additionally, efforts to merge the two evaluation systems into a more cohesive system will be discussed.</p>
<p>10:45am – 11:00am</p>	<p>Morning Break (non-beverage)</p>
<p>11:00am – 12:30pm Regency AB</p>	<p>General Session - TOPIC: National Update & Awards</p> <p>Presenters: Helen Chipman and Stephanie Blake, USDA-NIFA</p> <p>Abstract: This session is an opportunity to hear an update from EFNEP’s National Program Leader and Program Coordinator. They will share an update on staffing at NIFA, discuss how EFNEP is embedded in other visible initiatives (e.g., Public Health, PSEs – Policy Systems and Environmental Change), and explain the importance of Supervisory involvement as we try to bring about change and embrace new technology. This session will also touch on strategic goals for EFNEP, data trends, and how these relate to the upcoming 5-Year Plan reporting requirement. The session will culminate with a recognition of years of service and a brief presentation of awards.</p>

<p>12:30pm – 2:30pm Box Lunch Pick-up in Regency AB Corridor</p>	<p>Lunch & Regional Meetings</p> <p>About: The regional meetings are an opportunity for members of a region to meet and discuss regional business. This year regional meetings will be combined with lunch. Each regional meeting is led by members from that respective region.</p>
<p>Regency AB</p>	<p>Southern Region - Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas, Virgin Islands, Virginia</p>
<p>Potomac 1</p>	<p>North East Region - Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, West Virginia</p>
<p>Potomac 2</p>	<p>Western Region - Alaska, American Samoa, Arizona, California, Colorado, Commonwealth of Northern Mariana Islands, Guam, Hawaii, Idaho, Micronesia, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming</p>
<p>Chesapeake View</p>	<p>North Central Region - Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin</p>
<p>2:30pm – 3:00pm Regency Corridor</p>	<p>Exhibits/Posters Session (beverage/snack break) See p. 17 for descriptions of posters and exhibits.</p>
<p>3:00pm – 4:00pm Regency AB</p>	<p>General Session - TOPIC: The New Food Recall Report</p> <p>Moderator: Paula Scott, Utah State University Presenter: Andrea Talbot, University of New Hampshire</p> <p>Abstract: The Food Recall Report has been revised, integrating user-friendly, asset based messages with MyPlate recommendations. The revised report integrates feedback from program participants and frontline staff, ensuring key pieces of information from the 24-hour food recall are presented in a way that is most useful and understandable to them. The diagnostic reports contain useful information, enabling participants to understand how their diet fits with MyPlate. However, staff need to be prepared to assist participants in interpreting the reports. In conjunction with the changes to the report, key points to consider when training frontline staff, in the use of the report, have been identified.</p>

<p>4:00pm – 4:15pm Regency AB</p>	<p>Physical Activity Demo - Instant Recess</p> <p>Leaders: Sandy Procter, Kansas State University; Candy Gabel, University of Missouri</p> <p>About: Instant Recess® is an evidence-based model designed to improve health & productivity by incorporating 10-minute physical activity breaks into the routine daily "conduct of business"—fighting the inactivity epidemic 10 minutes at a time. Those interested in Instant Recess go to http://www.instantrecess.com and learn more about the concept, its creator and the products available.</p>
<p>4:15pm – 5:25pm Regency AB</p>	<p>General Session - TOPIC: Social Media</p> <p>Moderator: Janice Smiley, Oregon State University; Lois Sanders, University of the Virgin Islands</p> <p>Part I: Social Media and Me – Innovative Strategies for EFNEP</p> <p>Presenters: Jamie Seger, The Ohio State University; Erin Braunscheidel Duru, University of Maryland; Lauren Tobey, Oregon State University</p> <p>Abstract: Social media is becoming an important way to connect with EFNEP’s target audience – whether participants are out and about in the community, or at home. Social media strategies and “best practices” for nutrition educators have been documented in white papers and journals. In this session, you will learn more about nutrition education social media projects currently being implemented in different states. Three panel presenters will share their experiences in project design, implementation and evaluation, and also comment on successes and lessons learned. A questions and answer period will conclude the session.</p> <p>Part II: EFNEP Social Media Committee: Coordinators Needs Assessment & Future Directions</p> <p>Presenters: Austin Brooks, Virginia Tech; Emily Foley, North Carolina State University</p> <p>Abstract: In a follow up to the 2012 EFNEP Professional Social Media Use Survey, the Social Media Committee recently surveyed EFNEP Coordinators to determine at any changes in states’ use of social media in their programs since the publication of the <i>National Guidelines for Use of Social Media in EFNEP</i> and Social Media Toolkit. The current survey is also serving as a needs assessment for the Committee in order to plan trainings and resources to support the use of social media in EFNEP. This presentation will give a brief overview of the results of the survey, followed by an introduction and invitation to the newly formed Social Media Committee Working Groups, tasked with addressing the issues identified in the needs assessment.</p>

5:25pm – 5:30pm Regency AB	Closing Remarks
Evening Events/Meetings	
6:30pm - Meet in lobby at 6:15pm	North Central Regional Dinner
Thursday, March 19th	
TIME & LOCATION	DESCRIPTION
7:00am – 9:00am Regency AB Corridor	Breakfast Buffet
9:00am – 9:05am Regency AB	Announcements
9:05am – 9:45am Regency AB	<p>General Session - TOPIC: ECOP Update</p> <p>Presenters: Delbert Foster, South Carolina State University & L. Washington Lyons, North Carolina A&T University</p> <p>Abstract: The Extension Committee on Organization and Policy (ECOP) is the national, 15-member representative leadership and governing body of Cooperative Extension. This session will provide a brief overview of ECOP and its initiatives and also discuss the significance of EFNEP to the Cooperative Extension Service and the value of EFNEP reporting. Additionally, it will provide information on the year-long activities associated with the Celebration of the 125th Anniversary of the Second Morrill Act and the value of EFNEP to the audience we serve.</p>
9:45am – 10:45pm Regency AB	<p>General Session - TOPIC: Food Label Laws, Food and Drug Administration (FDA)</p> <p>Moderator: Candy Gabel, University of Missouri Presenters: Crystal Rasnake Rivers, HHS-FDA</p> <p>Abstract: The FDA has proposed changes to the Nutrition Facts and Supplement Facts labels. They are currently reviewing comments to the proposed rule and are in the process of working on a final rule. During this session participants will be introduced to the proposed changes and will learn the rationale behind the proposed changes.</p>
10:45am – 11:00am	Break (non-beverage)

<p>11:00am – 11:10am Regency AB</p>	<p>General Session - Technology Team Update</p> <p>Presenter: Jennifer McCaffrey</p> <p>Abstract: The EFNEP Technology Team will give an update on strategies they are exploring and ideas they have related to supplementing EFNEP direct education with technology and making sure programming is relevant and up to date for our target audience.</p>
<p>11:10am – 11:50am Regency AB</p>	<p>General Session - PROGRAM HIGHLIGHT: EFNEP Turns 50 in Alabama</p> <p>Moderator: Sylvia Montgomery, USDA-NIFA</p> <p>Presenters: Jovita Lewis and Stephanie Helms, Auburn University; Andrea Morris and Terence Martin, Alabama A&M University; Eunice Bonsi, Tuskegee University</p> <p>Abstract: This national highlight explores EFNEP milestones in Alabama, the interactive and engaging EFNEP 50th Anniversary conference, and showcases guiding principles and beliefs for EFNEP educators. Participants will feel a sense of pride and accomplishment in what they do in EFNEP; will see the importance of their work, and will be motivated to take their program to the next level.</p>
<p>11:50am – 12:00pm Regency AB</p>	<p>Closing Remarks, Conference Adjourns</p>
<p>PM</p>	<p>Educational Visits with Partners and Stakeholders (optional)</p>
<p>Friday, March 20th</p>	
<p>AM/PM</p>	<p>Educational Visits with Partners and Stakeholders (optional)</p>

Exhibit/Poster Descriptions

Tuesday, March 17th, 2015 2:30-3:00pm and Wednesday, March 18th, 2015 2:45-3:15pm

A An Evaluation of the Long-term Knowledge and Behavior Change for Participants in UMaine Extension's Expanded Food and Nutrition Education Program ([Research](#))

Exhibitors: Kate Yerxa, MS, RD, kate.yerxa@maine.edu
Rebecca Bonnett, rebecca.bonnett@umit.maine.edu
Mary Ellen Camire, PhD, marie.camire@umit.maine.edu

University: University of Maine

Description: Objective: The purpose of this research is to evaluate the knowledge and behavior change one year after participants have graduated from the University of Maine Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP). Methods: Compare self-reported behavior change from pre and post Behavior Checklists from FY13 and FY14 EFNEP graduates to Behavior Checklist outcomes reported one year after graduation from the program. Data is currently being collected. Outcomes: We anticipate the outcomes will provide an understanding of the behaviors maintained six to 18 months after graduation by Maine EFNEP participants.

B Regional Nutrition Education Centers of Excellence and National Coordinating Center ([Research](#))

Exhibitor: Ann Vail, PhD, ann.vail@uky.edu

University: University of Kentucky

Description: The Regional Nutrition Education Centers of Excellence and the National Coordinating Center are to identify and disseminate nationwide, sustainable evidence-based nutrition and physical activity programs that reduce childhood obesity by improving health behaviors within individuals, families, and communities, particularly among low-income populations. This exhibit will provide information about each regional center and their research foci and future plans. It will also include information about the role of the national coordinating center.

C Cost Effectiveness of Youth EFNEP in Virginia ([Research](#))

Exhibitors: Elena Serrano, PhD, serrano@vt.edu
George Davis, PhD, georgedavis@vt.edu
Judy Midkiff, MS, jmidkiff@vt.edu

University: Virginia Tech

Description: While several research studies have examined and documented the effectiveness, and cost benefits for adult EFNEP programs, there is a dearth of research on youth EFNEP, which constitutes more than 75% of program beneficiaries. This study's goal

was to create a cost effectiveness modeling procedure so state and national level Extension faculty, administrators, and researchers could calculate and communicate the cost effectiveness of youth EFNEP programs, as well as other youth nutrition programs. The modeling procedure involved the conceptualization, development, testing, and collection of costs and effects measures, with guidance from a national advisory committee. Using the data on costs and effects collected from 15 counties within Virginia, the cost-effectiveness ratio for youth EFNEP participating in a program called Healthy Weights for Healthy Kids were computed. The average cost of reaching one youth EFNEP participant was \$52. The cost per participant, however, varied widely across counties (a range of \$20 to \$234). The cost effectiveness ratio per behavior improvement (actual effects) was on average \$75. Although several limitations exist for this study, this is the first study to utilize the cost effectiveness model within youth EFNEP. The model and procedure can be used within other states and settings as well.

D Process for Creating a Culturally Appropriate American Indian Nutrition Education Workbook (Research)

Exhibitors: Suzanne Stluka, suzanne.stluka@sdstate.edu
Kimberly Wilson-Sweebe, kimberly.wilson-sweebe@sdstate.edu

University: South Dakota State University

Description: Culturally relevant materials are effective because they use familiar context for lessons including language, experiences, and images. American Indian children do not see themselves in most nutrition education materials. Schools in high need communities in South Dakota teach the traditional Lakota language; however there are limited resources available in the language. Tatanka's Healthy Tales was created for American Indian children to learn basic Lakota language while practicing nutrition and physical activity concepts. The objective of Tatanka's Healthy Tales was to identify ways to collaborate to develop a culturally relevant nutrition material for American Indian children. Culturally Relevant is using context for lessons that children find familiar: language, experiences, history, images, and examples. Curriculum components include: a 66 page Tatanka's Healthy Tales workbook for every child, one teacher's guide, audio version of the workbook being read in Lakota, and interactive DVD with Promethean Board™ lessons for the classroom. Strengths of the Tatanka's Healthy Tales curriculum are its tie to South Dakota Native American culture, aim towards youth, its study population of nearly 500 students, and promotion of physical activity, low-fat dairy products, fruits and vegetables. There are currently no valid Lakota nutrition education tools, and this curriculum promotes that cultural component.

E **Examining the Feasibility of a Smartphone Delivered Intervention to Promote Health Literacy and Diet Quality among EFNEP Participants** ([Technology](#))

Exhibitors: Sue Snider, PhD, snider@udel.edu
Gregory Dominick, PhD, gdominic@udel.edu
Sarah Bercaw, sbercaw@udel.edu

University: University of Delaware

Description: Two focus groups consisting of EFNEP-eligible adult women were conducted at two sites in northern and southern Delaware to elicit information regarding the feasibility and specific strategies for a future intervention utilizing smartphone technology to improve health literacy and diet quality among low income adults. Open-ended questions and prompts pertained to participants' use of mobile phone devices, familiarity with smartphone technology and smartphone applications (apps). Other questions asked about participants' willingness to receive text messages, texted questionnaires, behavioral prompts requiring immediate response, and how receptive they would be for using nutrition-based apps when prompted. Findings indicate that participants were excited and eager about the project. They saw benefits of participating in the program. Topics of interest that were specifically mentioned by participants included being more organized while grocery shopping, becoming more aware of food options and costs while shopping, learning new recipes, using nutrition apps to monitor dietary intake, and being able to send pictures of their food instead of using a food recall form. All of the participants saw this opportunity as innovative and easy enough for them to perform the necessary tasks.

F **Summer Intern EFNEP Program** ([Internal/Staff Initiative](#))

Exhibitors: Shewana McSwain, slhairst@ag.ncat.edu

University: North Carolina Agricultural and Technical State University

Description: The purpose of this initiative was (1) to address overweight and obesity rates among limited resource youth by hiring college students to teach youth (grades K-8) the importance of making healthy food choices and increasing physical activity and (2) to provide an opportunity for college students to be exposed to a professional culture that may lead to a career in cooperative extension and to increase their knowledge of the Expanded Food and Nutrition Education Program (EFNEP). Counties were selected for the program based on the EFNEP 5-Year Plan, demographics, absence of the 4-H EFNEP component and interest expressed by local Extension Centers. During the six week program the interns met weekly with each of the groups to conduct a 60 to 90 minute lesson using Kids in the Kitchen. A pre-test and post-test was given during the first lesson and last lesson. Lonneta Marsh (Internship Coordinator) and Shewana McSwain (EFNEP Coordinator) and the EFNEP Extension Associates were responsible for attending one lesson and evaluating the intern's program delivery and to provide feedback. The internship team also visited each county, interviewed the CED, supervising agent and worksite director to evaluate the interns and the program. Total Number of Youth reached: 764

G Using Video-recorded Assessment in the Certification of California EFNEP Educators Collecting the 24 Hr. Diet Recall: Year 2 ([Internal/Staff Initiative](#))

Exhibitors/ University: Marilyn Townsend, PhD, RD, mstownsend@ucdavis.edu
Connie Schneider, PhD, RD, cschneider@ucanr.edu
University of California, Davis

Karina Díaz Rios PhD, kdiazrios@ucanr.edu
Drusilla Rosales MS, RD, dmrosales@ucanr.edu
Susan Donohue, MA, ssdonohue@ucanr.edu
University of California Cooperative Extension

Description: To conduct a quality recall, the educator must 1) have thorough knowledge of the script, 2) employ visuals, models and posters at the appropriate step, 3) avoid using leading questions, and 4) provide non-judgmental responses. Our purpose was to develop a method to certify educators on conducting the recall. An 88-item scoring sheet included each observable behavior expected of the educator during the recall. The 88 behaviors are referenced in the detailed script. Educators were video-recorded in a live EFNEP class or in a simulation with colleagues. The recordings were uploaded to a password protected video-sharing website (Vimeo). An inter-rater reliability technique was used for the review process. A minimum of two reviewers watched and scored each video. A third reviewer was used when the first two disagreed on the certification recommendation. For Years 1 and 2, 5 educators were certified, 25 received provisional certification, and 2 were denied certification. Formal letters containing 2-3 strengths and 2-3 weaknesses were sent to each educator. The results are included in the respective educator's annual evaluation. Staff agreed that more attention was now being paid to the quality of recall data collection.

H Sharing Resources to Improve the Quality of the EFNEP Group 24H Diet Recalls ([Internal/Staff Initiatives](#))

Exhibitors/ University: Marilyn Townsend, PhD, RD, mstownsend@ucdavis.edu
Connie Schneider, PhD, RD, cschneider@ucanr.edu
University of California, Davis

Susan Donohue, MA, ssdonohue@ucanr.edu
University of California Cooperative Extension

Karen Barale, MS, RD, CD, FADA, kbarale@wsu.edu
Washington State University

Mary Wilson, MS, RD, wilsonm@unce.unr.edu
University of Nevada Cooperative Extension

Janice Smiley, MPA, janice.smiley@oregonstate.edu
Oregon State University

Description: An important requirement of an EFNEP educator is being able to conduct a 5-step multi-pass 24 hour diet recall [24 HDR] with accuracy and consistency in

an EFNEP group setting. Educators and supervisors requested additional training and support materials. Hurdles exist for both educators and participants that prevent accurate reporting. Errors occur with misreporting of foods consumed. The most common is under-reporting of the foods consumed. There are also major challenges in estimating quantity of each food consumed. Over-reporting of foods, both quality and quantity, occurs less often. To help reduce errors and improve the quality of the EFNEP recalls in California, Oregon, Washington and Nevada, a pilot effort was undertaken to develop resources and staff training. Educators in four states received training in the use of the new materials. The new resources were used by educators [33 in California, 8 in Nevada, 10 in Washington, 10 in Oregon] to collect recall data during the pilot year 2013-2014. These materials include recall script and sequence, new data collection form, posters of new data collection form, models kit, food measuring tool (handout for each participant), Food Description Guide, MINI, training materials and 30-minute movie of the scripted recall using all props.

What Does a Quality EFNEP Recall Look Like? ([Internal/Staff Initiatives](#))

Exhibitors: Connie Schneider, PhD, RD, cschneider@ucanr.edu
University: University of California, Agriculture and Natural Resources

Marisa Neelon, mqneelon@ucanr.edu
University of California Cooperative Extension, Alameda, Contra Costa

Susan Algert, salgert@ucanr.edu
University of California Cooperative Extension, San Mateo, San Francisco, Santa Clara

Margaret Johns, mcjohns@ucanr.edu
University of California Cooperative Extension, Kern, Inyo

Cathi Lamp, cllamp@ucanr.edu
University of California Cooperative Extension, Tulare

Marilyn Townsend, PhD, RD, mstownsend@ucdavis.edu
University of California, Davis

Description: A University of California EFNEP goal is to certify paraprofessionals in core competencies, specifically those that link teaching excellence and participant outcomes. One core competency area is to conduct program evaluation. A certification method on collecting the 24 hour recall and a training video was developed. Educators were trained on the recall using scripts and educator driven tools. After completing training, educators were asked to video tape a mock or actual recall. Five of the 32 videos submitted over a two-year period were exemplary. These five educators were certified scoring a mean of 90% or higher out of 88 points awarded by a review team. Consistent strengths of these educators included: actively engaging the participants by using verbal and physical cues, observing participants while completing the recall; utilizing recall kit tools; consistency in following recall instructions; providing accurate information; and

responding to questions in a non-judgmental manner. Importantly, these educators were able to exert their individual personalities, without detracting from the administrative required quality. WebNEERS diet summary reports suggest that educators certified in 24 hour recall administration may produce greater positive diet summary outcomes exceeding regional and state averages. Additional administrative evaluation will be conducted to examine outcome trend predictors.

J A Commitment to Growth through Ongoing Professional Development and Training (Internal/Staff Initiatives)

Exhibitors: Korrin Vanderhoof, MSSA, LISW, vanderhoof.11@osu.edu
Maria Carmen Lambea, MPH, CHES, lambea.1@osu.edu

University: The Ohio State University

Description: One of Extension's values is the commitment to assist individuals to reach their fullest potential. In an effort to improve job performance, increase knowledge, and promote personal growth Ohio EFNEP conducts monthly professional development webinars on programmatic, personal, and career oriented topics. Webinars allow presenters to improve their teaching skills while receiving evaluations feedback from their audience. Staff increase their knowledge base by attending webinars thus empowering them to be greater agents of change in the community. Originally webinars focused on topics related to the 2010 Dietary Guidelines for Americans however the need to expand topics was recognized in order to promote development of well-rounded professionals/paraprofessionals. We have since welcomed collaborations from other Extension professionals to increase several Core Competencies. In order to more fully grasp the impact of the webinar series, pre/post tests are given for each webinar. Findings assist in evaluating knowledge gained, the content and delivery of the presentations as well as identifying topics for further exploration. Results indicate the webinars increase knowledge in content areas as well as provide concrete behavioral and programmatic improvements staff can make. An archive of recorded webinars has been created and is available for all staff to revisit at any time.

K An Orientation Training Program for University of Florida/IFAS Extension EFNEP Paraprofessionals (Internal/Staff Initiatives)

Exhibitors: Jennifer Walsh, PhD, RD, jenniferwalsh@ufl.edu
Lacey Chapa, MS, RD, lchapa@ufl.edu
Kimberly Klinger, MS, kimby@ufl.edu

University: University of Florida

Description: To enhance the effectiveness of University of Florida/IFAS Extension EFNEP paraprofessionals, a standardized orientation training program was developed. Orientation components included: 1) Programmatic, Administrative, Nutrition Content Modules; 2) An Introduction to Nutrition Self-Paced Program (Utah State University); and, 3) ServSafe® Food Safety Program for Managers. The training program is designed to last up to six months and includes a record to track program progress and a certificate upon completion. Topics include nutrients and metabolism,

chronic disease, energy balance, life cycle nutrition, menu planning, teaching approaches, food safety, and program processes. The format has self-instructed online components and faculty-led components using a face-to-face adult learning approach. Over 30 program paraprofessionals completed the orientation training from July to December 2013. Faculty and paraprofessionals have reported that the program has helped with foundational knowledge in basic nutrition, teaching approaches, and food safety. Paraprofessionals are more confident learning and implementing program curricula. This standardized training program for all paraprofessionals will be used as the orientation training for new hires. Competent and confident paraprofessionals may work more effectively with EFNEP limited resource families throughout Florida to adopt food resource management, food safety, healthful eating, and physical activity practices.

L Resistance Band Video - A Method of Strengthening the Paraprofessional Competency, Comfort, and Safety Level for Incorporating Physical Activity into Nutrition Education.
(Curriculum/Teaching Strategies)

Exhibitors: Natalie Sehi, MS, RD, nsehi2@unl.edu
Donnia Behrends, MS, RD, dbehrends2@unl.edu
Emily Schuckman, MS, eschuckman2@unl.edu
Dana Willeford, dwilleford3@unl.edu
Marnie Shoemaker
Jean Ann Fischer, MS, RD, jfischer6@unl.edu
Mike Kamm, mkamm2@unl.edu

University: University of Nebraska-Lincoln

Description: EFNEP provides practical, hands-on nutrition education that changes behavior. EFNEP paraprofessionals follow a holistic approach to deliver content to program participants in the core areas of diet quality and physical activity through the adoption of federal food and physical activity recommendations. As a method of strengthening the paraprofessional competency, comfort, and safety level for incorporating physical activity into nutrition education lessons, a resistance band video was developed for use with EFNEP and SNAP-Ed educators and participants. Resistance bands can be a great tool to increase the physical activity and strength of individuals, but they can also cause injury if not used properly. The goal of this 20 minute video is to demonstrate the proper form and technique used to do basic exercises using a resistance band. The video begins with a brief warm-up, demonstrates how to use resistance bands to do 11 basic exercises, and concludes stretching. It also demonstrates three different methods to complete an exercise which enables participants to do the version of the exercise they are most comfortable with based on their strength and activity level. Future plans include breaking each exercise down into its own mini-video so it can be used in different formats.

M Development of Novel EFNEP Icebreaker Activity ([Curriculum/Teaching Strategies](#))

Exhibitors: Holley L. Tucker, BS, htucker@uaex.edu
Serena M. Fuller, PhD, RDN, sfuller@uaex.edu
Teresa Henson, MS, thenson@uaex.edu

University: University of Arkansas Division of Agriculture Research & Extension

Description: Purpose: When working with adult EFNEP participants it is important to build rapport quickly. Icebreaker activities are useful rapport-building tools. When creating this EFNEP icebreaker we sought to actively engage paraprofessionals during an all-day training and to provide them an activity they could adapt for EFNEP participants. Methods: To prepare the icebreaker a word bank was created of EFNEP-related words. To adapt this icebreaker for clients, a revision of the word bank could include healthy foods or snack items or words from previous lessons as examples. The words from the word bank were then written on blank index cards. Participants were called up in pairs; Participant A has the word taped to their back, while Participant B gives clues to help Participant A guess the word. Participant A shows the tapped card to the entire room so all are involved in the word guessing process. Results: Qualitative evaluations from three sessions showed the paraprofessionals found value in this icebreaker. The evaluations also revealed paraprofessionals were interested in adapting this activity for group sessions with EFNEP clients. Conclusion: The EFNEP icebreaker activity was a successful activity during paraprofessional training, and with modification will be a successful activity with EFNEP clientele.

N Building Smarter Partnerships that Work for EFNEP ([Curriculum/Teaching Strategies](#))

Exhibitors: Denise Benoit-Moctezuma, MPH, dbenoitm@umd.edu
Ellen Howard de Perez, edep@umd.edu
Melissa Baiyewu, MA, meliyewu@umd.edu

University: University of Maryland Extension

Description: Maryland EFNEP has developed a new partnership with the Capital Area Food Bank (CAFB) to implement a nutrition series using Share Our Strength's "Cooking Matters" curriculum. EFNEP has been providing the nutrition component of this series to families who are recruited from CAFB's Family Market Food Distribution program. CAFB has been responsible for purchasing incentives and gift cards for the grocery store challenge, along with the ingredients that are used during the cooking demos, including some food items for the recipes that the participants can prepare at home. In addition, CAFB has been instrumental in coordinating: 1) volunteers, including the chef who guides the participants in making healthy recipes, and class assistants who purchase the food items; 2) recruitment of the families; and 3) administration and collection of the registration forms. At the end of each series, the EFNEP educators work with CAFB to conduct grocery store tours and implement the \$10 grocery store challenge with the clients. As a result of this partnership, EFNEP educators have been able to graduate more participants from our program, expand our reach into different communities, build solid partnerships, leverage additional funding for incentives and grocery store tours, and improve participants' nutrition practices.

O Kids on the Move: Music and Movement to Reinforce Nutrition Education
(Curriculum/Teaching Strategies)

Exhibitors: Dionne Ray, dmray@umes.edu
Nakisha Johnson, njohnson@umes.edu

University: University of Maryland Eastern Shore

Description: Objectives: Engage children in nutrition education through music and dance. Target audience: 5-12 year-olds African American children at Summer camps. Introduction: Children need appropriate outlets to express their energy in a positive and creative way. Two appropriate outlets, dance and music, should be considered (Poddiakov, 2011). To reinforce the main concept taught in the Eagle book series, music and dance were introduced. Methods: The curriculum used was The Eagle Books Series. Lyrics and movement were created based on the content of each book. Book 1: the song "Green Blue Song" emphasized the importance of vegetables/greens. Book 2: the song "Keep it away- Diabetes" emphasized physical activities and diabetes prevention. Book 3: the song "plate full of color" emphasized the importance of fruits and vegetables. Book 4: the song "Tricky Treats" emphasized the unhealthy effect of too much sugar and or soda consumption. These songs helped reinforce the main messages. They were also used for physical activities. Evaluation: The effectiveness of the teaching strategy was evaluated through a simple survey. Results and conclusion: Music and dance are powerful reinforcement tools. These strategies help children not only to remember the story but also to share the messages with their family members.

P An Assortment of Teaching Ideas to Enhance Nutrition Education (Curriculum/Teaching Strategies)

Exhibitors: Mary Lou Kiel, PhD, RDN, LDN, mlk12@psu.edu
Elise Gurgevich, PhD, MPH, CHES, EliseG@psu.edu

University: The Pennsylvania State University

Description: A little bit of fun goes a long way in learning; this is true for youth - and adults. Games and interactive activities involve participants in a new or interesting way so they are more motivated to learn, and return for the next class session in a nutrition series. Adding games and activities to nutrition education classes takes time, but because they reinforce the teaching message, they can be a valuable part of the lesson. Games can provide a different approach for presenting and applying information that has been previously taught in a traditional format. These activities can provide repetition and practice of new concepts leading to greater retention of skills and facts. Penn State Extension Nutrition Links presented several game ideas in regional meetings to the paraprofessional staff. The activities and games were revised based on staff feedback. These interactive activities are being incorporated into EFNEP classes this spring as an effort to increase participant retention in adult programming. Several of the games will be on display.

Q Using Magic Tricks to Reinforce Nutrition Education Lessons for Children ([Curriculum/Teaching Strategies](#))

Exhibitors: Susan Jayne, sbjayne@umes.edu
Luz Escobar, imescobar@umes.edu

University: University of Maryland Eastern Shore

Description: Objective: Use magic tricks to engage children in nutrition education. Target audience: Approximately 5-10 year-olds African American Elementary School Children (20 students/session). Introduction: Recommendations for obesity prevention must be specific, age-appropriate and culturally relevant (Townsend [et.al](#), 2009). Additionally, Piaget's theory suggest that 2-7 year-olds children are in the pre-operational stage of cognitive development, learn to use languages, classify objects, represent objects by images and words (Furth , 1981 and Wood 1998). Methods: The curriculum, Eagle Book Series, was developed by the Center for Disease Control and Prevention (CDC) in collaboration with the Tribal Leaders-Diabetes Committee and the Indian Health Service, in response to the burden of diabetes among Native Americans. After evaluation, the Eagle Book Series was implemented among African American children. To teach the main message of each book, magic tricks were conducted using: a growing ball, colorful scarves, and an oversized mouse trap. Evaluation: The effectiveness of the magic tricks in nutrition education was evaluated through a simple survey and observational data. Results -Conclusion: The magic tricks sustained the attention of the children. Children who were not showing interest at the beginning became interested with the magic tricks. Overall, magic tricks are a good nutrition education teaching strategies.

Presenter Bios

(sorted by last name)

Audrey Adler, MS, RD

Senior Project Administrator
Rutgers, the State University of New Jersey
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Audrey Adler, MS, RD is a Senior Project Administrator for New Jersey's EFNEP and SNAP-Ed programs at Rutgers University. Her responsibilities include managing the professional and paraprofessional staff that provide nutrition education in eleven of New Jersey's counties, as well as statewide program evaluation and reporting for both programs. She has been a member of the EFNEP Youth Evaluation Committee and participated in its work from its inception. She chaired a work group for the first literature review for the EFNEP Adult Behavior Checklist Committee, and this year will be a contributor to the NC2169 Dietary Assessment and Behavior Group research.

Melissa Baiyewu

Extension Program Assistant & EFNEP Educator
University of Maryland
meliyewu@umd.edu

Melissa Baiyewu has been an EFNEP Educator with the University of Maryland Extension's (UME) Expanded Food and Nutrition Education Program (EFNEP) in Prince George's County for the past 8 years. Currently she works with our adult nutrition and cooking programs in collaboration with several different organizations including, but not limited to: EDSI – PG Works; Department of Social Services; Mary's Center; Women, Infants, and Children (WIC); Head Start; Ethiopian Community Development Council; and the International Rescue Committee. She also conducts nutrition and cooking classes for pregnant and parenting teens within several Prince George's County High schools. During the summer months, she has heled deliver nutrition classes to elementary-aged kids in partnership with the Maryland National Capital Parks and Planning Commission.

Susan Baker, EdD

Associate Professor and Extension Specialist -
EFNEP & SNAP-Ed
Colorado State University
susan.baker@colostate.edu

Dr. Susan Baker is currently an Associate Professor and Extension Specialist in the Department of Food Science and Human Nutrition at Colorado State University. She also serves as the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Coordinator for Extension in Colorado. The training and development of paraprofessional nutrition educators is one of Susan's passions. She coauthored a book entitled Maximizing Paraprofessional Potential. More recently, Dr. Baker led the development of a comprehensive nutrition education curriculum for use by paraprofessional nutrition educators entitled Eating Smart • Being Active. The curriculum is currently being used by over 40 US states and territories. Dr. Baker's research interests include nutrition education methodologies and the evaluation of nutrition education interventions with low-income women of childbearing age, and breastfeeding education and support. She has led multiple nationally-funded grant interactions and peer-reviewed publications in each of these areas.

Aida Balsano, PhD

National Program Leader
USDA-NIFA
abalsano@nifa.usda.gov

Dr. Aida Balsano serves as the National Program Leader in the Division of Family and Consumer Sciences at the National Institute of Food and Agriculture (NIFA) of the U.S. Department of Agriculture. In this role, she works with administrators, faculty and Extension educators across the Land-Grant University system, as well as with Federal agencies and other partners, to identify existing and emerging Extension priorities

and evaluation needs in the areas of child, family and community development and rural health and safety. She directs and manages three (3) competitive grants programs at NIFA: Youth Farm Safety Education and Certification (YFSEC), AgrAbility, and Rural Health and Safety Education. Prior to joining NIFA, Dr. Balsano worked as a Vice President for Evaluation and Policy at the Milton S. Eisenhower Foundation in Washington, DC, and as a post-doctoral fellow at the Institute for Applied Research in Youth Development at Tufts University.

Trina Adler Barno, MPH

Program Leader

University of Minnesota Extension

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Trina Adler Barno brings a public health background and many years of community based programming experience to her work with EFNEP. She has had involvement with EFNEP, direct as well as indirect, for the past 15 years in various roles with U of MN Extension. She has been responsible for supervision and training of community nutrition educators, oversight of the program in regions throughout Minnesota, and most recently, providing leadership and direction for the statewide program.

Denise Benoit-Moctezuma

Coordinator & EFNEP Multi County Supervisor

University of Maryland

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Denise Benoit-Moctezuma has been working with EFNEP as an area supervisor/coordinator for the past 10 years. She has her Master's in Public Health with a concentration in Global Health Promotion from George Washington University, along with a Bachelor of Science degree in Biology/Premed from UT-San Antonio. She has over fifteen years of work experience in public health nutrition, with ten years of service as a

program supervisor with the Expanded Food and Nutrition Education Program (EFNEP) at the University of Maryland Extension-Prince George's and Cecil Counties. She has also managed diabetes education projects along the Texas-Mexico border (e.g., *ANTES* and SEEP/Diabetes Registry), along with healthy lifestyle projects to combat obesity and other chronic diseases through innovative strategies in Maryland. While working with UME-EFNEP, she has led curriculum development and implementation of nutrition/cooking/gardening/physical activity (e.g., where does your food come from) and projects with limited-income youth, pregnant teens, and families from racially/culturally diverse backgrounds in Prince George's County. In previous positions, she has also assisted in the development and publication of educational materials for health professionals and families (e.g., Bright Futures pediatric guidelines) and has conducted pilot studies in the community to evaluate the effectiveness of health education materials and programs with limited-income families and youth. During her work experiences, she has also designed evaluation materials to collect data from various program participants (especially for low-literacy audiences), along with tools to assess partner readiness and satisfaction. Recently, she has been providing nutrition/health information to stakeholders using Twitter, Facebook, blogs, and highlighting our program successes/impact through monthly e-newsletters to partners, which has given our EFNEP program higher visibility in the community, within the state, and at the national level.

Stephanie M. Blake, MA

Program Coordinator

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Stephanie Blake began her tenure at the United States Department of Agriculture in September of 2004 as an intern in the Office of Planning and Accountability. In December of 2004 she

completed her Master's Degree in Social Psychology at American University and in July of 2005 she accepted a full time Social Science Analyst position in the Office of Planning and Accountability. In May of 2006, she was recruited into a Program Specialist position and began working with the Expanded Food and Nutrition Education Program (EFNEP). Stephanie currently serves as the Program Coordinator for EFNEP in the Institute of Food Safety and Nutrition; the first such position at the National Institute of Food and Agriculture. Stephanie's responsibilities include providing programmatic leadership and oversight to the 1862 and 1890 Land-Grant Universities and Colleges. She also has major responsibilities working with Clemson University to design WebNEERS, a web-based evaluation and reporting system; designing and delivering training to the universities; coordinating with National EFNEP Committees to meet objectives; and maintaining program integrity and accountability.

Eunice Bonsi, PhD

Program Leader

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Expertise includes working with families and youth in maximizing food behaviors through appropriate food choices with emphasis on good food handling practices related to food safety and quality principles in fruits and vegetables selections as consumers. She has expertise in working with limited resource families in scaling up nutrition and health behavior practices, family networks, families and youth well-being. Research areas of expertise include local food recipe formulation, agriculture and nutrition integration for optimum health, impact of preschoolers eating behavior and caregivers feeding practices on childhood overweight and obesity. Expert focus is on improving childhood nutrition and empowering families to make healthier food choices by providing science-based information and advice, while expanding the availability of healthy food through gleaning, gardening and farm stands.

Internationally, research and outreach expertise include women in agricultural development and gender issues, food production and processing, maximizing cash crops and subsistence farming through food and food product development for health and marketing.

Jo Britt-Rankin, MS, PhD

Associate Dean/Program Director/Extension Professor

University of Missouri

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Dr. Jo Britt-Rankin serves as Associate Dean/Program Director for Human Environmental Sciences Extension. She is an Extension Professor in the Department of Nutrition & Exercise Physiology where she serves as Administrative Director of the EFNEP and SNAP Ed programs. As Program Director, she has statewide responsibility for design, implementation and evaluation of educational programs in the areas of Personal Financial Planning, Housing, Family Strengthening, Nutrition, Health & Physical Activity and Food Safety. Dr. Britt-Rankin also serves as a Facilitator for Mizzou Advantage's Food for the Future Initiative. This strategic initiative is lead through the Provost's office and is comprised of four dynamic initiatives that are collectively called the Mizzou Advantage. The Food for the Future Initiative capitalizes on MU's strengths in plant and animal sciences, food safety and biosecurity, local food systems, research on aging, obesity and chronic disease, and food-related work within the arts, humanities and social sciences.

Austin Brooks, MS, RD

Project Associate

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Austin Brooks, MS, RD, is a Project Associate for the Virginia Family Nutrition Program, focusing on creating and sharing nutrition and healthy lifestyle information in digital formats. Austin graduated from Virginia Tech with a Bachelor of Science in

Human Nutrition, Foods and Exercise and the University of Vermont's Master of Science in Dietetics program and dietetic internship. While at the University of Vermont, Austin completed a research project examining the feasibility of online nutrition education for pregnant women enrolling in WIC and presented the findings at a poster session for the 2012 Food and Nutrition Conference and Expo of the Academy of Nutrition and Dietetics. Currently the chair of the EFNEP Social Media Committee, Austin assisted in the creation of the EFNEP Social Media Toolkit and co-wrote the National Guidelines for Use of Social Media in EFNEP.

Meryl Broussard, PhD

Associate Director, Programs
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Dr. Meryl C. Broussard currently serves as Associate Director for Programs at the National Institute of Food and Agriculture (NIFA). He was appointed to this position in January of 2014. In this position, he provides broad leadership for NIFA's \$1.5 billion science portfolio and oversight for NIFA's four Science Institutes and the Center for International Programs. He also, oversees NIFA's Planning, Accounting, and Reporting Staff. Prior to this appointment he served as Deputy Director for Agriculture and Natural Resources at NIFA. He was appointed to this position in October of 2010. Dr. Broussard joined the Office of the Director as the Interim Deputy Director for NIFA in November of 2009. One of his primary assignments when joining the Office of the Director was to provide agency wide leadership for the planning and implementation of the reorganization and establishment of NIFA as mandated in the 2008 Farm Bill. Prior to joining the Office of the Director at NIFA, he served as Deputy Administrator for Plant and Animal Systems (PAS), NIFA, a position he held since July 1, 2007. In 2002, he was appointed as the Director of the Animal Systems team at CSREES. He joined the Department of Agriculture in 1985 as the first National Program Leader for Aquaculture where he

provided leadership for the development and implementation of major research and extension educational programs in aquaculture. He is also a past President of the World Aquaculture Society. Before joining USDA, Dr. Broussard held several faculty positions at Texas A&M University and spent four years working in aquaculture development programs in the Philippines. He received his Ph.D. degree from Texas A&M University with a major in Wildlife and Fisheries Sciences-Aquaculture. He received his B.S. and M.S. degrees from the University of Memphis majoring in Biology-Vertebrate Zoology. He is a native of New Orleans and currently resides in northern Virginia.

Deirdra N. Chester, PhD, RDN

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Dr. Deirdra Chester is a National Program Leader for Applied Nutrition Research in the Division of Nutrition, Institute of Food Safety and Nutrition at the National Institute of Food and Agriculture, USDA. She provides leadership in identifying emerging issues of national importance, program reviews, and grants management in the area of nutrition, functional components of food, and childhood obesity. She also provides leadership for the Agriculture and Food Research Initiative (AFRI) Childhood Obesity Prevention and the Foundational Program - Function of Efficacy and Nutrient competitive grants programs. She provides co-leadership for a joint NIFA-NIDDK competitive grants program also. She has works extensively with a number of interagency projects and programs with the FDA, NIH and the CDC. Her areas of expertise include childhood obesity, diabetes, nutrition education, public health and health promotion, nutrition and the food environment, as well as the health status of African-Americans and other underserved populations. Dr. Chester serves on the Executive Board and is a Past-Chair of the Food and Nutrition Section of the American Public Health Association.

She is the immediate Past-Chair of the Research Committee and a member of the Committee on Professional Development of the Academy of Nutrition and Dietetics. Dr. Chester is a Registered Dietitian. She currently holds membership in the following professional organizations: the Academy of Nutrition and Dietetics, The American Society for Nutrition and the American Public Health Association. Dr. Chester has spoken both nationally and internationally on nutrition topics. Dr. Chester holds a Doctor of Philosophy degree in Dietetics and Nutrition from Florida International University. She also holds a Master of Science degree in Food and Nutrition Science and a baccalaureate degree in Nutrition and Dietetics from Florida State University.

Helen Chipman, PhD, RD

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Helen Chipman, PhD, RD, serves as National Program Leader for Food and Nutrition Education at the National Institute of Food and Agriculture (NIFA), USDA. With an emphasis on low-income nutrition education, Dr. Chipman administers the Expanded Food and Nutrition Education Program (EFNEP), liaisons with the Food and Nutrition Service (FNS) and other partners on the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), and represents NIFA in administering the FNS- and NIFA-funded SNAP and EFNEP: Nutrition Education and Obesity Prevention Regional Centers of Excellence (RNECE) Program. Through these programs and other responsibilities, Dr. Chipman fosters shared understanding across organizational systems and structures. She led the development and implementation of a socio-ecological framework for nutrition education, a national online program monitoring, evaluation, and reporting system, and paraprofessional core competencies. She oversees data aggregation and national reporting for two programs. With FNS partners, she now co-leads SNAP-Ed and EFNEP program implementation research on direct

education, messaging, and policy, systems, and environmental change. Prior to her Federal appointment, Dr. Chipman had similar program administrative and research responsibilities as an extension specialist and professor at South Dakota State University. Dr. Chipman is a member of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior. She has presented regionally, nationally, and internationally on topics as diverse as risk communication, community needs assessment, program management, logic models, and program evaluation. Her publications focus primarily on low-income nutrition education programming and risk communication.

Keith Cleek, BS, Med

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Keith Cleek is starting his 11th year working with EFNEP, and he's in his 31st year associated with EFNEP, growing up an EFNEP kid and the son of an EFNEP PA helped lead him to where he is today. He has been a pioneer in his chosen field, being the state's first male FCS Agent and the state's first Area Agent. Keith owes the majority of his success to EFNEP and the fine mentors whom he still works with.

Amanda Corbett, MPH

Research Fellow
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Amanda Corbett is a Research Fellow on the Research and Evaluation team at University of Minnesota Extension's Center for Family Development. One of the programs for which Amanda provides evaluation support is EFNEP. In 2014, Minnesota conducted an internal comprehensive assessment of its EFNEP program to identify where EFNEP currently stood in Minnesota and to provide recommendations to leadership on how to position EFNEP for success.

Amanda was one of two staff members within the Center for Family Development involved in this assessment. Amanda's background and training is in maternal and child public health. Her research interests include qualitative research methods, social determinants of health, and community-based participatory research, particularly in family health and well-being.

Caroline E. Crocoll, PhD, CFCS, NCC

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Dr. Crocoll has served in a variety of positions with increasing leadership responsibilities. She has successfully led USDA/NIFA initiatives; developed meaningful partnerships; and delivered successful programs, projects, and products at multiple levels of the organization. As the Director of the Division of Family & Consumer Sciences (DFCS), she is responsible for the Federal administration, delivery, and accountability of the DFCS research, education, and extension functions in partnership with the Land-Grant University (LGU) system across the nation, overseeing hundreds of active studies and providing leadership and oversight for relevant Federal capacity funds averaging \$130M annually. This equates to 25% of the capacity funds expenditures for all portfolios overseen by USDA/NIFA.

Erin Braunscheidel Duru, MHS, RD, LDN

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Erin Braunscheidel Duru is a registered dietitian and the Assistant Director for Maryland's Food Supplement Nutrition Education Program (SNAP-Ed) whose focus is to provide nutrition education programs to low income populations. Erin works on coordinating state-wide nutrition education programs, most recently utilizing innovative

technology and social media strategies such as mobile technology to reach participants.

Emily Foley, MS

Extension Associate

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Emily Foley, Extension Associate with the Expanded Food and Nutrition Education Program (EFNEP) at NC State University, provides initial and on-going training support to program staff. Additionally, she serves as a North Carolina Social Media Co-manager. In this role, she provides leadership to the social media presence in North Carolina. Emily is passionate about serving the needs of families and youth in North Carolina.

Delbert T. Foster

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As vice president and executive director 1890 Programs, Delbert T. Foster provides oversight of the university's land-grant programmatic, fiscal and operational units; provides leadership and direction for over 125 permanent and temporary employees as well as, over 20 million in federal and state funds; facilities and directs the land-grant mission on behalf of the university; He is also a member of the 4-H National Board of Directors. Foster, also served as chairman of the Association of Extension Administrators (AEA) 2012-2014 and is currently serving as chairman of the Extension Committee on Organization & Policy (ECOP). Additionally, Foster is a charter member of 100 Blackmen of Charleston; Inc. Delbert has also received several awards in recognition of his professional and community service. A Charleston, S.C. native, Delbert received his Bachelor of Arts, Master of Arts and Master of Education, all from South Carolina State University.

Karen Franck, PhD

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Karen Franck is the Program Evaluator for University of Tennessee Extension Department of Family and Consumer Science. She coordinates evaluation efforts for EFNEP and SNAP-Ed for UT as well as for grants dealing with nutrition, obesity prevention, injury prevention, and financial education.

Candy Gabel, MS, RD, LD

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Candance (Candy) Gabel is a registered dietitian with a Master's degree in Nutrition. She just celebrated her 23rd year of working for the University of Missouri Extension. She is the Assistant Program Director for the College of Human Environmental Sciences Extension and the State Coordinator for the Family Nutrition Education Program. She coordinates the Nutrition and Exercise Physiology study abroad course focusing on the Mediterranean Diet and Lifestyle in Greece.

Debra Garrard-Foster, MS

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Debra Garrard-Foster has worked with the Oklahoma Cooperative Extension Service for the past 26 years at the county, district and state level. Since 2003 she has served as the state coordinator for the EFNEP and SNAP-Ed program and oversees approximately 70 staff.

Stephanie Helms, MS

Extension Specialist
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Stephanie Helms is employed with the Alabama Cooperative Extension System as an Extension Specialist. Stephanie works in curriculum development for the EFNEP. An updated Today's Mom curriculum for limited resource moms-to-be will be released this year. Past EFNEP roles include serving as Immediate Supervisor (county-based and regional) and as an Extension Program Analysis Specialist. Stephanie holds a BS in Sociology from Troy University and a MS in Counseling and Psychology also from Troy University. Stephanie's interests lie in developing different ways to make nutrition education fun to teach for EFNEP educators and fun to learn for limited-resource participants.

Ellen Howard de Perez

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Ellen Howard de Perez has been an EFNEP Educator with the University of Maryland Extension's (UME) Expanded Food and Nutrition Education Program (EFNEP) in Prince George's County for the past 6 years. She is currently working with adults at several sites, such as schools, community centers, churches, and apartment complexes. She works with our adult nutrition and cooking programs in collaboration with several different organizations including, but not limited to: University of Maryland College Park; GapBuster at CEP; Casa de Maryland in Langley Park; Langley Park Community Center; SEED; parent groups within Prince George's County Public Schools; and assisting with elementary-aged kids in our Parks and Rec summer nutrition program.

Lorelei Jones, M.Ed.

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Lorelei Jones is the EFNEP Coordinator for NC State University. In this capacity, she provides leadership for statewide programming for nutrition education reaching limited resource families and youth. She works with state and county teams to promote collaborative relationships that further the mission of EFNEP and extend the program's outreach and impacts. She assures program policies and guidelines are followed, coordinates program planning to include asset mapping and needs assessment, connects the program to current research, oversees curriculum and staff development, communicates program value and successes, secures program resources, and practices good stewardship of federally allocated program funds. She is a co-author of the curricula, EFNEP's Families Eating Smart and Moving More and Faithful Families Eating Smart and Moving More. Ms. Jones serves on several regional and national committees for EFNEP and is the Co-Director for the Regional Center for Nutrition Education and Obesity Prevention Center of Excellence-Southern Region.

Tarana Khan, PhD

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Tarana graduated from Clemson University in 2013 with a doctorate in Food Technology. Her graduate work focused on assessing the Physical Activity Behavior Change of Adults in EFNEP: item generation and testing the validity and reliability. Tarana received Master's degree in Food and Nutrition from Tuskegee University in Alabama. She had a BS (Hons.) and MS in English literature from JN University in Bangladesh. Tarana started as an EFNEP Area Coordinator with Auburn University in Alabama in 1995. She joined Clemson University in South Carolina as a 4-H Agent in 2000 and became EFNEP Coordinator in 2003. Tarana

provides leadership to develop, implement and evaluate the strategic plans for EFNEP. Conducts program review; coordinate program evaluation and program enhancement. Supervises the EFNEP Nutrition Educator Assistants in the assigned area. Tarana is a member of South Carolina Extension of Family and Consumer Science. She served as the President, Vice President for Award and Recognition and Secretary with SCEAFCS. She was a former member of NEAFCS, SCAE4-HA and SNEB.

Jovita Lewis, MEd

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Jovita Lewis is employed with the Alabama Cooperative Extension System, Auburn University as an Extension Specialist. Jovita serves as EFNEP Coordinator providing administrative leadership and programmatic support for EFNEP in 33 Alabama counties. Past EFNEP roles include serving as Immediate Supervisor (county-based and regional) and as an Extension Instructional Resource Specialist. Jovita holds a BS in Home Economics Education from the University of Alabama and a MEd from the University of West Alabama. Jovita's interests lie in ways to recruit and retain limited-resource participants, teaching methodology, and the motivation of peer educators.

L Washington Lyons, PhD

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Dr. L. Washington Lyons is the Executive Administrator for the Association of Extension Administrators (AEA). He works on behalf of the 1890 Land-Grant Universities and he is located at North Carolina A&T State University, in Greensboro, NC. Prior to assuming the role as Executive Administrator, in 2005, Dr. Lyons was Dean of the School of Agriculture and Extension Administrator at Virginia State University for 12

years. He has over 35 years of service in the land-grant system where he has served in positions at the county, district, state, and regional levels. Dr. Lyons has served in leadership roles in numerous organizations, including AEA, ECOP, and the Board on Agriculture Assembly of NASULGC, now known as APLU. He served as co-chair of the CREATE-21 Committee that was responsible for developing new legislation that led to the creation of NIFA in the 2008 Farm Bill.

Terence Martin, MS

UEFNEP Program Coordinator
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Terence Martin is a Program Coordinator with Alabama Cooperative Extension Systems Alabama A&M and Auburn Universities. His varied career includes Quality Assurance Team leader for various food manufacturing companies and customer service representative. For almost 20 years Terence guided food companies in making Food Safety their priorities, helping train employees in Good Manufacturing Practices to ensure safe and high quality food products are provided to the consumer. Terence has developed an exceptional background with local and state officials in communicating the importance of food safety for consumer and Nutrition Education for community. Terence has a Bachelor of Science Degree from Alabama A&M University in Food Science Technology and a Master of Science Degree from Alabama A&M University in Food Science Technology. Terence spends his spare time with his lovely wife Barbet of 24 years and their three children and four grandchildren in Huntsville Alabama.

Jennifer McCaffrey, PhD, MPH, RD

Assistant Dean, Family and Consumer Sciences
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Jennifer McCaffrey is the Assistant Dean for the Family and Consumer Sciences programs at University of Illinois Extension. In her position she focuses on building healthier families by providing statewide leadership for Extension programs in nutrition, family relationships, and personal finance. She has extensive experience in developing and implementing programs for limited resource families and currently oversees the EFNEP and SNAP-Ed grant in Illinois. She loves the opportunity to work collaboratively with community partners to address health issues and is passionate about building systems to help Illinois residents live a healthy lifestyle.

Katie McGirr, MS, RD

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Kathryn (Katie) McGirr is currently a Research Associate III with the EFNEP and SNAP-Ed programs at Colorado State University Extension. Katie is primarily responsible for paraprofessional training, curriculum development, and is the liaison to Human Resources, Risk Management and the Office of Equal Opportunity for the two programs. Katie has worked with EFNEP since 2006. Her master's research project (completed under the supervision of Dr. Susan Baker) was to assess which EFNEP curricula were being edited/created due to the release of the 2005 Dietary Guidelines for Americans. This research project led to the development of the nutrition education curriculum Eating Smart •Being Active, in which Katie is one of the primary authors. Eating Smart •Being Active is the most widely used curriculum among EFNEP programs and has been

purchased by more than 40 US states and territories.

Andrea Morris, PhD, CHES

Health & Nutrition Specialist
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Andrea Morris is a Health and Nutrition Specialist with Alabama Cooperative Extension System New and Nontraditional Programs Unit. In her role as Health and Nutrition Specialist, she oversees the Urban Supplemental Nutrition Assistance Program (SNAP) and the Urban Expanded Food and Nutrition Education Program (EFNEP) at Alabama A&M University. Andrea holds a BS in Nutrition from Alabama A&M University, a MS in Family & Consumer Science also from Alabama A&M University, and a PhD in Public Health from Walden University. Her interests include nutrition environments, food availability, policies and advocacy. Dr. Morris has been employed with Alabama Cooperative Extension System since 2006.

Sonny Ramaswamy, PhD

Director
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Dr. Sonny Ramaswamy was appointed to serve as director of the USDA's National Institute of Food and Agriculture (NIFA) on May 7, 2012. As part of USDA's Research, Education, and Extension mission, he oversees NIFA awards funds for a wide range of extramural research, education, and extension projects that address the needs of farmers, ranchers, and agricultural producers. Dr. Sonny Ramaswamy was appointed to serve as director of the USDA's National Institute of Food and Agriculture (NIFA) on May 7, 2012. As part of USDA's Research, Education, and Extension mission, he oversees NIFA awards funds for a wide range of extramural research, education, and extension projects that address the needs of

farmers, ranchers, and agricultural producers. Prior to joining NIFA, Dr. Ramaswamy served as dean of Oregon State University's College of Agricultural Sciences and director of the Oregon Agricultural Experiment Station. He provided overall leadership for the college's academic programs at the Corvallis campus and OSU programs at Eastern Oregon University in La Grande, for-credit extended education, informal education through the Agricultural Sciences and Natural Resources Extension Program, and research at OSU's main campus and 11 branch experiment stations throughout the state. Previously, Dr. Ramaswamy was associate dean of the Purdue University College of Agriculture and directed the university's agricultural research programs from 2006 to 2009. Prior to joining the Purdue faculty, Dr. Ramaswamy was head of Kansas State University's Department of Entomology from 1997 to 2006, where he held the title of Distinguished Professor and was named the Presidential Outstanding Department Head in 2002. He also served on the faculty of Mississippi State University and as a research associate at Michigan State University. As an insect physiologist, he worked on the integrative reproductive biology of insects. Dr. Ramaswamy has received research grants from many federal agencies, including USDA, National Science Foundation, National Institutes of Health, Environmental Protection Agency, and the United States Agency for International Development, as well as from state agencies, commodity groups, and industry. He has published nearly 150 journal articles, book chapters, and a book. He has received a number of awards and honors as a scientist and department head, including being named a Fellow of the American Association for the Advancement of Science; Fellow of the Entomological Society of America; and Distinguished Graduate Alumnus of Cook College, Rutgers University. He received a Bachelor of Science in agriculture and a Master of Science in entomology from the University of Agricultural Sciences, Bangalore, India, and his doctorate in entomology from Rutgers University. He is also a graduate of the University of Nebraska's New

Academic Chair's Program and Harvard University's Management Development Program.

Crystal Rasnake Rivers, MS

Nutritionist

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Crystal Rasnake Rivers is a nutritionist in the Office of Nutrition, Labeling, and Dietary Supplements (ONLDS), Center for Food Safety and Applied Nutrition (CFSAN), Food and Drug Administration. She is a member of the nutrition science review team responsible for evaluating scientific evidence for health claims using an evidence-based review system. She also works on issues related to the Nutrition Facts label. Prior to joining FDA in 2005, Crystal worked as a Research Associate at the Institute of Medicines' Food and Nutrition Board on the Dietary Reference Intakes (DRIs). Crystal was also an Extension Agent with Virginia Cooperative Extension, where she taught educational programs in nutrition and food safety. Crystal holds a B.S. and M.S. in Human Nutrition, Foods and Exercise from Virginia Polytechnic Institute and State University (Virginia Tech).

Michelle Rodgers, PhD

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Michelle S. Rodgers brought her visionary leadership to the University of Delaware in April 2012. As Associate Dean and Director of Cooperative Extension and Outreach she provides overall leadership for programs, personnel and the organizational development of the University of Delaware Cooperative Extension. Dr. Rodgers is putting her more than 30 years of Extension experience to work to help foster collaborations committed to serving the needs of Delaware's agriculture, families and communities and to deliver outcomes through the organization's statewide programs. She is a member of the

College of Agriculture and Natural Resources leadership team focused on internal and external operations and relationships. She is a catalyst who is helping the College of Agriculture and Natural Resources get from where it is today to its desired future. On the national level, Dr. Rodgers currently serves as chair-elect on ECOP (Extension Committee of Organization and Policy) and served as co-chair of the ECOP Health Task Force. Is a fellow in the Food System Leadership Institute (FSLI). She also serves as past-president of the Journal of Extension and as a board member on the Northeast Regional Center for Rural Development. Prior to coming to the University of Delaware, Dr. Rodgers spent 5 years as Associate Director at Michigan State University Extension. Her Extension career began at Penn State University where she served in multiple roles, including county educator and in the later years as regional director. She holds a B.S. degree in Home Economics Education from Indiana University of PA, and a Master's degree in Rural Sociology and Ph.D. in Agricultural Education both from Penn State University.

Jane Schuchardt, PhD

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Jane Schuchardt is Executive Director, Cooperative Extension, located at the Association of Public and Land-grant Universities (APLU), Washington, DC. Together with the Extension Committee on Organization and Policy (ECOP), she works to maintain and increase federal appropriations, provide visibility for exemplary programming, and create partnerships to benefit local and online Extension programming. Formerly, she was National Program Leader at the USDA National Institute of Food and Agriculture, where she managed the Financial Security Program, co-chaired the National Extension Initiative Managing in Tough Times, represented USDA on the U.S. Financial Literacy and Education Commission, and advised research teams concerned with such topics as household savings behavior, small business, and

agricultural finance. After completing an undergraduate degree in journalism at the University of Nebraska-Lincoln, she was a newspaper consumer reporter. Her advanced degrees are in consumer affairs and business (M.S., Oklahoma State University) and consumer and family economics (Ph.D., Iowa State University). She was a Senior Fellow with the National Endowment for Financial Education responsible for influencing the innovative thinking agenda. She completed a Kellogg-sponsored leadership development internship and the U.S. Office of Personnel Management's Senior Executive Service training. She was recognized as an outstanding alumnus by Iowa State University, the University of Nebraska, and Oklahoma State University. She has received professional achievement awards from USDA, the Association of Financial Counseling and Planning Education, the American Council on Consumer Interests, Jump\$tart Coalition for Personal Financial Literacy, the National Endowment for Financial Education, and the National Extension Association of Family and Consumer Sciences.

Michelle Scott-Pierce, MBA

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Michelle Scott-Pierce, MBA, is an Extension Associate for Cornell University, Division of Nutritional Sciences. She has been in her position over 16 years. Her responsibilities include serving as a member of the WebNEERS Beta team, acting a resource for county extension associations, providing training, technical assistance and guidance on program implementation and quality assurance.

Jamie Seger, M.Ed.

Program Director - Educational Technology
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Over a span of seven years, Jamie has served as an Extension Program Assistant, Educator, Educational Technology Specialist, and Program Director of Educational Technology at Ohio State. She has given leadership to several social media campaigns including the #SpotTheCow dairy campaign at Ohio State, which aims to increase dairy consumption among freshman students on campus. Jamie also co-directs the eXtension Ed Tech Learning Network, which provides Extension professionals across the country the opportunity to share, learn, and collaborate with one another on technology-enhanced programs and projects. She has presented on social media and technology use in Extension on dozens of occasions both virtually and across the country, and was the recipient of the 2013 NEAFCS Social Networking Award. Her most recent collaborative project is the LiveSmartOhio.OSU.EDU blogsite and social media strategy, which is a bold effort to increase the online reach and impact of Family & Consumer Sciences programming in Ohio.

Susan Shockey, PhD, CFCS, CPFPE

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Susan Shockey, Ph.D., CFCS, CPFPE is the USDA – National Institute of Food and Agriculture (NIFA) National Program Leader, Family and Consumer Economics. Her research focuses on financial capability - attitude, behavior, and knowledge change through education and is published in the Journal of Financial Counseling and Planning, June 2004. Her research has been recognized by the American Association of Family and Consumer Sciences. As an Associate Professor with The Ohio State University and Extension professional, Shockey held numerous leadership positions. Her

focus as an Extension Educator and High School Home Economics teacher has been teaching personal financial independence. She represents USDA on the U.S. Financial Literacy Education Commission. In 2012, she received the Award of Distinction presented by The Ohio State University, College of Education and Human Ecology Alumni Society.

Cassandra Silveira, MPH, RD

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Cassandra Silveira is an Extension Educator for the Expanded Food and Nutrition Education Program at the University of Minnesota. In her current role, she provides program leadership and development to grow and enhance the EFNEP program. She previously managed the Nutrition Education programs at Dream of Wild Health, a local Twin Cities non-profit that works to reconnect Native peoples with land and food. She is a Registered Dietitian and has earned her Master's Degree in Public Health Nutrition from the University of Minnesota. Cassandra enjoys spending time with her four children, reading, trying new recipes and has a strong interest in functional nutrition.

Janice Smiley, MPA

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Janice Smiley is an Associate Professor with Oregon State University. She received a Master of Public Administration from Portland State University in 1986 and a BS in home economics from Oregon State University in 1976. Her career in EFNEP has spanned over 35 years, working as both county and regional managing faculty, and more currently, state EFNEP coordinator since 2011. She is also part of OSU's SNAP-Ed management team, focusing her work on advising county faculty on program and paraprofessional management, and staff development/training. She was recognized by Epsilon Sigma Phi with the 2012

Visionary Leadership Award and the 2010 Administrative Leadership Award. Janice has been an OSU faculty member for over 36 years, working in both 4-H Youth Development and Family and Community Health program areas.

Sue Snider, PhD

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Dr. Sue Snider received a PhD and MS in food science from the University of Missouri-Columbia and a BS in home economics education from Missouri State University. Her responsibilities include developing educational programs and materials in food safety and nutrition, diet and health; training professionals, paraprofessionals and volunteers in the areas of food and nutrition; and interpreting research findings for dissemination to general public. She also serves as Expanded Food and Nutrition Education Program (EFNEP) Coordinator at the University of Delaware and Supplemental Nutrition Assistance Program Education (SNAP-Ed) Director for Delaware. In 2014, Dr. Snider and colleagues from the University of Delaware received the Excellence in Teamwork award from the National Association of 4-H Agents. She was recognized for excellence in Extension programming with the 2009 Joy G Sparks Perpetual Lighthouse Award and was named 2003 Food Technologist of the Year by the Philadelphia Section of Institute of Food Technologists.

Andrea Talbot

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Andrea Talbot works with the Nutrition Connections Program (EFNEP and SNAP-Ed) in New Hampshire. For nearly 20 years she has been involved with EFNEP's reporting databases. She is currently NH's point person for webNEERS data collection, technical support and training. She has

been part of the national webNEERS beta testing team and chairs the webNEERS Food Recall Report Revision Committee.

Lauren Tobey, MS, RD

SNAP-Ed Program Coordinator
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Lauren Tobey is a Program Coordinator of the Oregon State University Extension Nutrition Education Program (NEP) focusing on social marketing and the Food Hero Program. Lauren holds a M.S. in Human Nutrition and B.S. in Dietetics from the University of Illinois at Urbana - Champaign. Her experience includes several years managing WIC clinics in San Diego, working as a Registered Dietitian for the University of Illinois, as an AmeriCorps VISTA and cooking for scientists in Antarctica and athletes and coaches at the Atlanta Olympics. In her free time Lauren enjoys biking, hiking, gardening, cooking, and wandering the globe with her family.

Dionne Toombs, PhD

Director, Division of Nutrition
USDA-NIFA
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Dr. Dionne Toombs is the Director for Nutrition in the Institute of Food Safety and Nutrition at USDA's National Institute of Food and Agriculture (NIFA). She is responsible for providing scientific and managerial leadership and direction for human nutrition programs that support research, education, and extension. Dr. Toombs leads various activities for Human Nutrition programs that foster the development of national priority setting of projects to address critical needs. Prior to this role she was a National Program Leader and led competitive research programs in USDA's largest competitive grants program, the Agriculture Food and Research Initiative (AFRI). She administered competitive grants programs in human nutrition, food science and technology, and

food safety. Dr. Toombs directed the Small Business Innovation Research Program Food Science and Nutrition area, a program at USDA that is administered exclusively by NIFA. This program competitively funds qualified small businesses to support high quality, advanced research concepts related to important scientific problems and opportunities in agriculture that could lead to significant public benefit. Dr. Toombs holds a Ph.D. in Nutritional Sciences from Howard University, a M.S. in Food Science from Alabama & M University and a B.S. in Biology from Bethune-Cookman University.

Marilyn Townsend, PhD, RD

Nutrition Specialist
UC Davis
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Marilyn Townsend, Ph.D., R.D., is an Extension Nutrition Specialist in the Nutrition Department, UC Davis. Dr. Townsend has extensive experience in program evaluation, intervention development and assessment tool validation. Serving as a consultant with numerous federal/state agency professionals and university researchers, she is considered an expert on the development of valid tools for risk assessment and program evaluation. She is the recipient of the 2011 Western Extension Directors Award, 2011 UC Davis Academic Federation 'Excellence in Research' Award, Jeanne M. Priester Award for outstanding health education intervention and Dannon Institute's Award in Community Nutrition. Dr. Townsend recently received funding to examine EFNEP in a medical environment, assess obesity risk in a Hispanic audience, and evaluate the success of the AFRI NIFA Obesity grants program.

Korrin Vanderhoof, MSSA, LISW

Research Associate
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Korrin Vanderhoof, MSSA, LISW, is currently the Research Associate for Ohio EFNEP at The Ohio

State University. Korrin is a licensed independent social worker for the state of Ohio and has experience working with both youth and adults in clinical settings as well as experience evaluating community health programs. Korrin has recently become involved in the Young Professional association of Columbus, taking leadership of the philanthropy committee promoting volunteer efforts in the community. She loves to stay fit and active by taking part in recreational sports and running with her dog boxer pup, Petunia.

Jennifer Walsh, PhD, RD

Nutrition Education Coordinator
University of Florida
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Jennifer is faculty at the University of Florida in the Department of Family, Youth and Community Sciences. She oversees the UF/IFAS Extension EFNEP program and conducts research related to nutrition education and eating behavior with limited resource audiences throughout Florida. She holds membership in the Society for Nutrition Education and Behavior (SNEB) and Academy of Nutrition and Dietetics.

Bonita Williams, PhD

National Program Leader
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Bonita Williams serves as a National Program Leader for USDA/NIFA and the Division of Youth and 4-H. The area of responsibility with NIFA includes Vulnerable Populations which includes management and oversight of the CYFAR Grant Program. She has served in this role for three years. Prior to this role she was an Assistant Professor and Extension Specialist with Virginia Tech's College of Agriculture and the 4-H department. Bonita has also served as a Youth Development Specialist for Youth at Risk with Lincoln University in Jefferson City, Missouri. North Carolina served as the start of her career in Extension with the North Carolina Cooperative Extension Program where she served in a dual role as 4-H and Family Consumer Science Agent. She

attended the following schools: East Carolina University, North Carolina State University and the University of Missouri-Columbia. Her research interests include cultural competence and survey research and survey development.

Virginie Zoumenou, PhD, CNS, LDN

Associate Professor/1890 EFNEP &FCS Programs
Director
Univeristy of Maryland Eastern Shore
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Dr. Zoumenou earned a doctorate in Biochemistry and Nutrition (1994) (National University of Abidjan Cote d'Ivoire), and a PhD in Dietetics and Nutrition (2006) (Florida International University Miami Florida). Dr. Zoumenou develops and conducts community nutrition education programs and research programs emphasizing the nutritional needs throughout the life cycle with particular target on healthy lifestyle, food safety and health. She is the 1890 EFNEP and FCS programs leader at the University of Maryland Eastern Shore (2006-Present). Dr. Zoumenou was honored with the White House President's Volunteer Service Award (2010 and 2012) and with The 2013 Robert F. Allen Symbol of H.O.P.E. (Helping Other People through Empowerment). Areas of Interest include: Dietary diversification; Nutrition-sensitive and food-based approaches; Landscape analysis; Type 2 diabetes prevention interventions throughout the life cycle; Community nutrition education interventions in low-income populations: childhood obesity prevention; local food processing in nutritious food for infant, youth, and adult using affordable/local technologies.

Years of Service

(Alphabetical by first name)

EFNEP could not be successful without its extremely dedicated and passionate staff. Congratulations to the following individuals on the milestones they have reached in their years of service with EFNEP!

5 Years

Carol Ball, Mississippi State University
Danetta Jones, Fort Valley State University
Jean Fischer, University of Nebraska - Lincoln
Jodie Kempton, Utah State University
Kimberly Wilson-Sweebe, South Dakota State University
Pat Neal, Mississippi State University
Roxie Rodgers-Dinstel, University of Alaska - Fairbanks
Shard'e Scott, Prairie View A&M University
Terence Martin, Alabama A&M University

10 Years

Bonnie Dunn, West Virginia State University
Constance Schneider, University of California
Daniel McDonald, University of Arizona
Denise Benoit-Moctezuma, University of Maryland - College Park
Eunice Bonsi, Tuskegee University
Ircha Martinez, University of Puerto Rico
Jacquelyn White, Prairie View A&M University
Karen Barale, Washington State University
Keith Cleek, University of Arkansas
Maria Carmen Lambea, The Ohio State University
Stacia Sanny, Iowa State University

15 Years

Debra Palmer-Keenan, Rutgers - the State University of New Jersey
Dorothy Wilson, Langston University
Jennifer McCaffrey, University of Illinois
Joan Doyle Paddock, Cornell University
Renee Sweers, Iowa State University
Sharman Charles, Louisiana State University

20 Years

Barb Struempfer, Auburn University
BeVerly Sims, University of Arkansas
Brenda Sheik, Oklahoma State University
Naomi Kanehiro, University of Hawaii at Manoa
Sue Snider, University of Delaware

25 Years

Jill Weber, Iowa State University
Susan Baker, Colorado State University
Sylvia Montgomery, National Institute of Food and Agriculture (NIFA)

35 Years

Janice Smiley, Oregon State University

Greater than 35 Years

Linda Drake, University of Connecticut (43)



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Authentic Italian cuisine created by Iron Chef Roberto Donna.

Hamlet Restaurant 703.413.0422
Simply great food with a broad menu of American favorites and a lively bar.

Jaleo Spanish Tapas & Bar 703.413.8181
A sampling of Spanish specialties by culinary legend José Andrés.

King Street Blues 703.415.2583
Old-fashioned comfort food, ribs, bar-b-que and a bar that's hopping.

McCormick & Schmick's 703.413.6400
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Morton's The Steakhouse 703.418.1444
Aged beef, Maine lobster, fish, veal or chicken in a rich, club-like setting.

Neramitra Thai 703.413.8886
A contemporary take on traditional Thai, sophisticated and trendy.

Ruth's Chris Steak House 703.979.7275
Sophisticated New Orleans steakhouse with unbeatable food and beautiful city views.

San Antonio Bar & Grill 703.415.0126
Sizzling dishes from South of the Border and a can't miss margarita.

Ted's Montana Grill 703.416.8337
Ted Turner brings his Craftsman style restaurant of time-honored American fare to Washington.