

CDC/HMP Work Plan FY '08
HMP Minimum Common Program (MCP) Objectives

Nutrition Education Goal:

Healthy Maine Partnerships will provide nutrition education for Food Stamp Program participants and food stamp program eligibles in the community on how to make healthy food choices at all times in order to support a healthy, active lifestyle.

Healthy Maine Partnership Objective 4.8:

Establish and provide technical support for the development of local food pantries and food security organizations to provide nutrition education to food stamp program participants and food stamp program eligibles so that they are able to eat healthy and maintain a healthy weight.

Phase 1

1. Lay the Groundwork

- Identify local food system stakeholders in your community, including people and organizations that provide food and information to low-income households. Stakeholders may include The Emergency Food Assistance Programs (TEFAP), food pantries, soup kitchens, food stamp offices, WIC locations, Head Start programs, food stamp program participants and food stamp program eligibles, Cooperative Extension nutrition aides, faith-based groups, etc.
- Determine proposed outcomes for nutrition education objectives.

Key Questions:

1. What technical support and resources may be needed to improve access to healthy food choices and a more nutritious diet?
2. What role will you play and what roles do you expect other key partners to play?
3. How can you work together to reduce barriers to healthy food choices?

***See Resource Sheet for Recommended Resources**

2. Conduct Situation Analysis

- Interview key stakeholders listed above to identify local assets, issues, and opportunities and prospective strategies to provide nutrition education to low income households.
- Clarify issues that are identified from the stakeholders' perspectives.

Key Questions:

1. What are their perceived needs, concerns and barriers?
2. What resources have they identified to reach the food stamp program participants and food stamp program eligibles with nutrition education messages?
3. How can access to healthy food choices be improved?

***See Resource Sheet for Recommended Resources**

Phase II

4. Develop an Action Plan :

- With key stakeholders and community and regional partners, organize a “task force” or work team that will be responsible for the development and implementation of a community nutrition action plan (CNAP) utilizing the information that has been collected in Phase I.
- Based on Phase I assessments, write an action plan which identifies and prioritizes strategies for addressing methods for nutrition education, key messages and resources as well as improvement of access to healthy foods. Nutrition education methods should focus on skill building for low income households including food purchasing and preparation.
- Review action plan and obtain commitments of key stakeholders who will be responsible for implementation of the Community Nutrition Action Plan (CNAP).
- Determine next steps including timelines for the CNAP.

***See Resource Sheet for Recommended Resources**

Phase III

4. Implement Plan for Change

- Set reasonable steps in terms of its capacity and resources for implementation of the CNAP.
- Reaffirm priorities among key stakeholders.
- Amend plan as needed.

***See Resource Sheet for Recommended Resources**

Phase IV

5. Monitor and Evaluate

- Review outcomes for nutrition education objectives

Key Questions:

1. What are the measurable outcomes and impacts of your work on key food stamp program participants and food stamp program eligibles?
2. Are outcomes meeting the needs and concerns identified through your assessment?

*** See Resource Sheet for Recommended Resources:**

Note: Logic Models might be useful in establishing short-term, intermediate, and long-term objectives and measures.

Compiled by: Members of the Physical Activity and Nutrition (PAN) Program Team in collaboration with the Maine Nutrition Network (MNN) and the Healthy Acadia-Healthy Peninsula HMP.