

# MAKING A DIFFERENCE



## Grand Challenges

K-State Research and Extension develops and delivers practical, research-based solutions to challenges faced by all Kansans, which includes the grand challenges:

- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

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## Grand Challenge: Health

Title: Teaching Nutrition During Summer at Boys and Girls Clubs

### Why is this issue important?

According to a study conducted by U.S Department of Agriculture, 45% of households with children living near a summer meal site are food insecure, which is higher than the 14% of households who are food insecure nationally. The program known as the Summer Electronic Benefits Transfer (SUN Bucks), gives families a \$120 summer grocery card per eligible school-age child. According to DCF, the number of children who automatically received SUN Bucks for the summer in Kansas was 117,263.

### How did Extension address this issue?

The Shawnee County EFNEP and SNAP-Ed Educators provided nutrition lessons during the summer to four (4) Boys and Girls Club locations in Topeka. The curriculum that was utilized is called Choose Health: Food, Fun, and Fitness, which is aimed at 3rd-5th graders and 6th -8th graders and targets behaviors that can help prevent childhood obesity and chronic disease such as heart disease and diabetes. Kids learn about healthy eating patterns, and active living during interactive lessons with food demonstrations and games.

Our educators came in contact with 170 students throughout the 4 sites during the summer.

### What was the impact?

#### Diet Quality

- 86% of youth improved their abilities to choose foods according to Federal Dietary Recommendations

#### Food Safety

- 47% of youth use safe food handling practices more often

#### Physical Activity

- 66% of youth improved their physical activity practices

#### Food Resource Management

- 60% of youth improved their ability to prepare simple meals

