

impact

University of Idaho Extension programs that are making a difference in Idaho.

Mealtime Inspirations positively impacts participants in southeastern Idaho

AT A GLANCE

Family and consumer sciences Extension educators demonstrate cooking and meal preparation skills for community members.

The Situation

Americans have shifted towards eating out more and cooking at home less, which has been associated with negative health results. One of the reasons for this is that many individuals lack cooking skills, especially in the rising millennial generation. They never learned basic cooking skills because their parents never taught them how to cook. Fewer students are taking family and consumer sciences (FCS) classes in high school. Some schools are choosing to no longer offer FCS classes.

Our Response

University of Idaho Extension eastern district FCS educators decided to provide a Mealtime Inspirations community event to share cooking, meal preparation and other presentations. The Mealtime Inspirations program consists of a night of cooking and educational demonstrations in two different southeast Idaho counties (Bannock and Lemhi counties in 2017). Each year the eastern district FCS educators meet to discuss community needs which could best be addressed using the Mealtime Inspirations venue. The 2017 Mealtime Inspirations theme was Holiday Edition. An eight-minute presentation was given by each of the five Extension educators involved in the program on a



Extension educators/facilitator demonstrating for Mealtime Inspirations program in Salmon, Idaho in November 2017.

variety of topics including hors d'oeuvres, roasting vegetables, gluten-free stuffing, holiday leftovers, dessert and beverages. The presenter was videotaped and the program is posted on YouTube. Two minutes is allowed for questions from the community members after each presentation. Door prizes relating to the topics presented are donated by the presenters for those attending. A tasting table is provided at the end of the program.

Program Outcomes

Survey data was collected at the Lemhi County Mealtime Inspirations event using TurningPoint software and clickers. Questions included knowledge, belief and behavior questions. 26 participants answered most of the questions.

Table 1: Percentage of Participants that Agreed with Belief and Behavior Statements

Belief and Behavior Statement	Before	After
I trust the food safety and health information that I get from University of Idaho Extension.	16 (68%)	25 (95%)
I feel University of Idaho Extension contributes to making my home healthier.	5 (20%)	
I use (will use) the University of Idaho Extension to find recipes.	6 (24%)	26 (100%)
I ate (will eat) cranberries or food/beverages with cranberries in them.	1 (4%)	10 (39%)
I plan to use the cake recipe demonstrated tonight in the future.		26 (100%)
I plan to try one of the beverage recipes presented tonight.		25 (96%)
I plan to try one of the garnish ideas on my holiday beverages this year.		25 (96%)
I plan to obtain health, nutrition and food safety information from the University of Idaho Extension in the future.		24 (92%)
I plan to obtain information to help myself and my family from the University of Idaho Extension in the future.		25 (96%)

Table 2. Percent of Participants Answering Questions Correctly

Knowledge Question	Before	After
All apples have the same purpose and use		26 (100%)
Placing the roasting vegetables too close together does not allow the following to circulate	19 (73%)	26 (100%)
The term "finish the vegetables" refers to...	23 (87%)	26 (100%)
Why do people serve appetizers?		23 (89%)
I do not have to be concerned with gluten in any cheese products		6 (22%)
Turkey and ham are not always gluten free		18 (68%)

Evaluation results indicated that the Mealtime Inspirations program positively affected the knowledge, beliefs and behaviors of participants in Salmon, Idaho.

The Future

FCS Extension educators plan to continue providing the Mealtime Inspirations program to community members in southeastern Idaho.

FOR MORE INFORMATION

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