

# impact

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

## Mealtime Inspirations improves participant knowledge and projected behaviors

### AT A GLANCE

Extension family and consumer sciences educators demonstrate cooking, meal preparation and other skills for community members in southeastern Idaho.

### The Situation

Americans have shifted towards eating out more and cooking at home less, which has been associated with negative health results. According to the Bureau of Labor Statistics Consumer Expenditure Survey, on average people spent 25 percent of their family food dollar on eating out in 1955 compared with 44 percent in 2017. The Zagat 2018 Dining Trends Survey revealed that for breakfast, lunch and dinner, their respondents typically dined out 5.9 times per week.

Some reasons many individuals don't like to cook (in 2017, 90 percent indicated ambivalence about or hating to cook) and lack cooking skills, especially the rising generation. Many never learned basic cooking skills because their parents never taught them. 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 hosted a Mealtime Inspirations community event to share cooking, meal preparation, and other presentations. It consists of a night with cooking and educational demonstrations in two different southeast



Extension educators, Lance Hansen and Lorie Dye, demonstrate how to make hot chocolate. Photo credit: Jacob Foist, 2018.

Idaho counties (Custer and Bingham counties in 2018). The 2018 Mealtime Inspirations theme was Spice It Up Edition. An eight-minute presentation was given by each of the seven Extension educators on quinoa salad, spice cake, hot chocolate, ground turkey tacos, credit score protection, pressure cooker soup, and refurbishing and refinishing household items. The presenters were videotaped, and the video of each presentation was posted on YouTube. Two minutes were allowed for questions after each presentation. Topic related door prizes were provided, and a tasting table was furnished at the end of the program.

### Program Outcomes

Survey data was collected at the Custer and Bingham counties Mealtime Inspirations events using

TurningPoint software and clickers, including knowledge, belief and behavior questions. Approximately 32 participants answered most of the questions.

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

Belief and Behavior Statement	Before	After
How comfortable were/are you using refinishing/repurposing techniques (n=28)	45%	54%
How likely are you to use one or more of the refinishing/repurposing techniques learned in this class (n=32)	NA	72%
How likely were/are you to think that electric pressure cookers were not safe for canning at your altitude (n=30)	50%	77%
How likely were/are you to substitute ground turkey for ground beef (Before n=27, After n=31)	19%	23%
How much did/do you understand the difference between credit freeze and credit lock (n=30)	0%	70%
How much did/do you understand how to freeze your credit (Before n=29, After n=31)	0%	71%
How likely were/are you to eat quinoa in the future (n=21)	29%	52%
How likely were/are you to use cinnamon, cloves, and allspice (Before n=29, After n=25)	83%	88%

How likely were/are you to make homemade hot chocolate (n=30)	40%	63%
How likely were/are you to use the UI Extension to find research-based information (Before n=31, After n=30)	26%	80%
How much do you trust the food safety and health information you get from UI Extension (n=30)	NA	90%

**Table 2. Percentage of Participants Answering Questions Correctly**

Knowledge	Before	After
What makes ground turkey healthier than ground beef (Before n=28, After n=27)	89%	100%
Quinoa does not have which food component (Before n=31, After n=30)	81%	87%
Cinnamon, cloves, and allspice are each high in which nutrient (Before n=19, After n=28)	100%	100%
Why does milk create a skin on the top when warmed (Before n=29, After n=28)	48%	100%

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

### The Future

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

### FOR MORE INFORMATION

- Laura Sant**, Extension Educator • University of Idaho Extension, Franklin County • 208-852-1097 • lsant@uidaho.edu
- Julie Buck**, Extension Educator • University of Idaho Extension, Bingham County • 208-785-8060 • jhbuck@uidaho.edu
- Lorie Dye**, Extension Educator • University of Idaho Extension, Jefferson County • 208-745-6685 • ldye@uidaho.edu
- Katie Hoffman**, Extension Educator • University of Idaho Extension, Lemhi County • 208-756-2815 • khoffman@uidaho.edu
- Lance Hansen**, Extension Educator • University of Idaho Extension, Madison County • 208-356-3191 • lancehansen@uidaho.edu
- Laura Foist**, Extension Educator • University of Idaho Extension, Bannock County • 208-236-7310 • laurafoist@uidaho.edu
- Leslee Blanch**, Associate Educator • University of Idaho Extension, Bonneville County • 208-529-1390 • lblanch@uidaho.edu

17-19-lsant-mealtimes • 5/19

