

## School Food Programs from Minnesota to Guatemala

In September, Family Development led a delegation of professionals who can influence Guatemala's school food services on a learning tour around the state. Currently Guatemala does not have a standardized school food system. From Bemidji to Owatonna, members from Guatemala's finance, agriculture and education ministries saw first hand how Minnesota schools work to provide healthy meals. School gardens, farm to school programs, food distributors and innovative school breakfast and lunch programs were just a few of the educational visits for the Guatemalan leaders.

Go to our website to read more, watch the delegation's visit to Bemidji High School in a news story from Lakeland Public Television, and see how this partnership has positively influenced promising school nutrition practices three thousand miles south of Minnesota.



Finance, agriculture, and education ministry representatives from Guatemala visit a school garden to see what Minnesota schools are doing to feed children.

## Partnering for Healthy Eating and Active Living

In 2016, Family Development made a key investment in 15 partnerships that looked for fresh perspectives, new ideas, and practical strategies to increase access to healthy eating and active living options for people with limited financial resources. By doing so we were able to further leverage the reach and impact of our Supplemental Nutrition Assistance Program Education (SNAP-Ed) resources. From farmers markets increasing the use of EBT machines, to increasing and improving school and community gardens, the partnerships throughout Minnesota collectively:

- Worked with 514 additional partners.
- Reached 23,494 people.
- Leveraged over \$581,549 in grants, time, and supplies.

Go to our website to read more about 15 local, regional, and statewide Community Partnerships.



## CYFC Scholar in Residence Focuses on Trans Community

In July, Extension Children, Youth & Family Consortium announced the first CYFC Scholar in Residence: Jenifer K. McGuire, Ph.D. Dr. McGuire is an associate professor in the department of family social science at the University of Minnesota. Over the two years of her residence, she will share important insights on research and community work happening in the trans community through statewide outreach, Lessons from the Field (a theme-based educational series) and eReview, our online publication that integrates research and practice expertise to improve services and promote children's mental health.

Go online to read more about this critical work and future programming.

## Support Our Work

As a result of our programs, Minnesota families — no matter their makeup, structure, or place in life — possess the knowledge and skills to create resilient, healthy, and secure futures. You can help our and programs have a greater impact on Minnesota families by visiting us online and giving to FD funds of your choice. Thank you for your consideration in supporting our work. For more information, visit <http://z.umn.edu/supportfd>.

© 2017 Regents of the University of Minnesota. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 612-626-6602.



Check out our full annual report online including additional stories, videos and more!  
<http://z.umn.edu/fdannual>

Helping families make informed decisions leading to better health and well-being.

# Extension Center for Family Development Accomplishments

## The Power of Partnerships



The Extension Center for Family Development believes in the power of partnerships. At our core, we are driven to keep our promise to help Minnesota families make informed decisions leading to better health, financial security, and well-being. We don't do this alone. We are proud to partner with a broad range of organizations and individuals to maximize our reach and impact across Minnesota and beyond.

I am pleased to offer this annual report showcasing the quality programming partnerships in Family Development, focusing on participants across the lifespan and on issues such as disparities in education and food access, immigrant and refugee health, and mental health.

Sincerely,

Associate Dean Karen Shirer, Ph.D.  
Extension Center for Family Development

## 2016 Engagement at a Glance

**2,251,638** people reached through our website, publications, social networking, and more.

**30,945** people directly participated in our programs and education opportunities.

**38%** adult participants representing racially/ethnically diverse populations.

**7,147** volunteer hours from partner organizations and individuals dedicated to helping Minnesota families.

**169** Family Development faculty and staff working together to deliver quality education programming to families and practitioners throughout Minnesota.

**65** journal articles, evaluation reports, curricula, and other publications that reach thousands of people in Minnesota and nationwide.

**53** media stories referencing Family Development programming.

## 2016 Program Impact at a Glance

Nearly **95 percent** of professionals who work with parents and families improved their skills.

Parents reported **significant improvement** across seven categories of parenting skills.

After taking a Parents Forever™ class, **98 percent** of parents said they were likely to adjust their parenting practices to better meet their children's needs.

Divorcing and unmarried parents **improved their coparenting relationships** in ways that are known to be effective in supporting positive child outcomes.

**484** health and nutrition professionals, organizations, and policy makers took action to promote food literacy, active living, and healthy food access. Actions included organizational culture changes and adoption of practices and policies.

Almost **60 percent** of program participants used research-based information from Extension to improve their intake of healthy foods and engagement in physical activity.

**10 ongoing research projects** continued to support families, children, and youth in increasing their understanding of healthy food choices.

## Helping Military Families Navigate Transitions

According to the Department of Defense's (DoD) 2015 Demographics: Profile of the Military Community Report, more than half (58.9 percent) of the 1,301,443 Active Duty military members in the United States were married and/or had at least one child. Of the 826,106 Selected Reserve members in 2015, more than half (53.8 percent) were married and/or had at least one child.

Service members and their families are known to be resilient, but they still need help facing many unique challenges related to military life, deployments, and reintegration. Family Development plays an important role in providing that help by leading the Military Families Learning Network (MFLN) Family Transitions Concentration Area. This initiative provides education and resources for military family service professionals and Cooperative Extension staff working with military families across the United States to help them build resilience and navigate life cycle transitions.

Read more online about the MFLN partnership. We are proud to play this role in supporting our nation's military families, who make so many sacrifices for our country.



## Improving School Success

School success is a big part of family life and FD continues to work on issues of school disparities in Minnesota, in part, through three grants from United States Department of Agriculture's Children, Youth and Families at Risk (CYFAR).

Partnering for School Success CYFAR project centers on a partnership among Extension and Triton (Dodge Center) and Faribault middle schools. The project focuses on two of the major factors related to academic achievement for Latino families — family and school environments — and what each can do apart and together to improve school success.

The Fostering Achievement and Connection to Engage Students (FACES) program helps youth cultivate positive relationships with caring adults and practice problem-solving skills in three areas: academics, health and nutrition, and finances. Led by Dr. Joyce Serido, UMN Family Social Science.

Through collaboration between the University of Minnesota, Kentucky State University, and Tennessee State University, U Connect addresses the critical concerns of middle school aged children in historically vulnerable and marginalized populations. Led by Dr. Jodi Dworkin, UMN Family Social Science.

Dig deeper into these programs on our website.

## SNAP-Ed at Farmers Market a Win-Win

During the spring and summer, Extension and Hunger Solutions Minnesota partnered together reaching out to about 140,000 SNAP households across the state, mailing postcards about farmers markets that accept SNAP/EBT and use of Market Bucks. SNAP users were given a "spend \$10, get \$10" coupon encouraging them to use with their EBT card at farmers markets across Minnesota, thanks to funding from the Minnesota legislature. The Market Bucks program was available at 78 markets and are a win-win for Minnesotans. The program helps SNAP users stretch their purchasing power and buy more fresh, healthy food and they help local growers sell more of their products.

