**Partner/Site:  Prevention Services Network at Kenosha County Job Center
FoodWIse Educator: Nicole Leipski
Program:  Eating Smart – Being Active (ESBA) Spring FY17**

Poor nutrition negatively impacts overall quality of life of individuals and families as well as the economic viability of our community.  Due to the high rates of adult obesity in Kenosha County (Kenosha = 33% vs. State Average = 30%), nutrition education was offered to parents in partnership with Prevention Services Network (PSN) whose program services low/limited-resource parents and whose clients are referred by Kenosha County Division of Youth and Family Services.  3 PSN clients completed 8 – 1 hour series of Eating Smart - Being Active series and one, (an owner of a child-care facility) earned 10.5 Registry credits.  Nicole Leipski delivered the curriculum through group discussion, and activities that focused on food security through meal planning/shopping; learning how to read Nutrition Facts Label to make healthy decisions, and the group prepared healthy recipes to taste nutrient dense foods related to the food group discussed in each lesson.

The greatest impact of the class was with a participant who has 2 young children at home and owns a Kenosha child care facility.

An additional questionnaire that we provide post-program asks, “Please list any changes you have made because of your participation in this class.”  She responded:

“I have done these changes at home **and** at the daycare where I cook:”

* “Buy generic brands.”
* “Changed to whole grain breads.”
* “Changed to whole grain pastas.”
* “Wash fruits I didn’t wash before like watermelon, avocado.”
* “I have been making fruit water.”

Later she shared that using strategies within the Plan, Shop Save lesson, she can afford the more expensive whole-grain products and still save money overall on their grocery budget.

The small changes first she made with her family, were then applied to business with impacted the diets of the children in her daycare facility. After the series she participated in, she later sponsored a ESBA series in Spanish at her daycare for her staff and parents of the children in her care. Changes such as these make a greater impact on a societal level. Her participation in one ESBA series led to dietary changes made at her home, then the menu of her daycare and later, a class sponsored by her daycare for parents of the children in her care.