

Commodity Supplemental Food Program (CSFP) Nutrition Education Plan

PURPOSE

To establish an overall nutrition education plan and ensure that contracting entities (CEs) provide nutrition education in accordance with the plan.

POLICY

In accordance with federal regulations, 7 CFR Part 247.18, CEs must provide nutrition education that can be easily understood by participants and is related to their nutritional needs and household situations. The CE must make nutrition education available to all adult participants and, if applicable, to parents or caretakers of infant and child participants. The nutrition education must include the following information, which should account for specific ethnic and cultural characteristics whenever possible:

1. The nutritional value of CSFP foods, and their relationship to the overall dietary needs of the population groups served;
2. Nutritious ways to use CSFP foods;
3. Special nutritional needs of participants and how these needs may be met;
4. For pregnant and postpartum women, the benefits of breastfeeding, as applicable;
5. The importance of health care, and the role nutrition plays in maintaining good health; and
6. The importance of the use of the foods by the participant to whom they are distributed, and not by another person.

GOALS

The goal of the nutrition education component of CSFP is to provide both immediate and long-term improvement in the health status of participants. Nutrition education should be thoroughly integrated into program operations and has the dual purpose of ensuring CSFP foods are properly used, and emphasizing the relationship of proper nutrition to the total concept of good health.

PROCEDURE

The local agency is responsible for planning, implementing and evaluating nutrition education in its CSFP operation.

A. Planning Nutrition Education

1. As part of the *Application for Participation/Plan of Operation* (Form H1500), CEs must describe their plans to integrate nutrition education into their CSFP operations.

B. Implementing Nutrition Education

1. Nutrition education materials used by the local agency shall:
 - i. cover the six topics listed above [7 CFR Part 247.18 (b)];
 - ii. be accurate, current, and relevant in content;
 - iii. be based on sound, established and scientific evidence;
 - iv. account for specific ethnic and cultural characteristics whenever possible; and
 - v. be tailored to meet any limitations experienced by participants, such as lack of running water, lack of electricity, and limited cooking or refrigeration.
2. Examples of nutrition education include
 - i. cooking demonstrations;
 - ii. nutrition handouts or newsletters;
 - iii. written information on health issues;
 - iv. introduction to online resources such as USDA website and MyPlate;
 - v. recipes incorporating CSFP foods; and/or
 - vi. nutrition classes.

C. Evaluating Nutrition Education

1. All CEs must annually evaluate the effectiveness of their nutrition education program. This shall be accomplished by using TDA's evaluation tool. Homebound elderly should also be included in the evaluation process. Information provided by the completed evaluations shall be considered in formulating future plans, goals, and objectives for the CE's nutrition education plan. Copies of evaluation results must be kept on file by the CE and made available to TDA staff during compliance reviews.