



Focus on Supplemental Nutrition Assistance Program (SNAP-Ed)



Kathy McEwan, Family & Consumer Sciences Agent with an emphasis in Foods & Nutrition, has been with the Southwind District since 2004. She earned a Bachelor of Science degree in Psychology with an emphasis in early childhood development from Southwest Baptist University. Prior to working for K-State Research & Extension, she had professional experience with Parents as Teachers and worked as an EFNEP (Expanded Food and Nutrition Education Program) Nutrition Assistant for Allen and Bourbon Counties which has made her the ideal manager of the District SNAP-Ed program. Kathy coordinates the Southwind District SNAP-Ed grant proposal, which was written for \$124,682 for FY19 and includes supervision of a full-time SNAP-Ed Nutrition Educator, full-time SNAP-Ed Nutrition Assistant and dually appointed SNAP-Ed/EFNEP Nutrition Assistant. She has served as the Kansas Extension Agent Family & Consumer Sciences Association President (2009-2010) and is a certified ServSafe Manager Level Trainer and Exam Proctor. McEwan has been married for 30 years to Mike, and they have two grown children, Robert and Molly. She enjoys gardening, cooking, reading, and traveling.

SNAP-Ed Success



Southwind Extension District SNAP-Ed has been at the table as part of the Allen County GROW (Growing Rural Opportunities Works) Council. The Healthy Menu Options subcommittee has partnered with three locally owned restaurants and the hospital cafeteria to analyze the nutritional content of their menu offerings and provide nutrition facts to identify healthier menu choices. SNAP-Ed posters urging customers to “Build a Better Salad” and “Build a Better Sandwich” at point of sale help make healthy choices easier. Next steps include “Nutrition at a Glance” information for customers and healthy options highlighted on local menus.



Local Policy, Systems & Environment (PSE) Strategies

- Establish or improve standards for healthy eating.
- Change in food purchasing specification toward healthier food(s).
- Change in menus (variety, quality, offer lighter fare).
- Expansion of local farmers markets including access to and availability of locally grown produce.



Southwind District SNAP-Ed Staff



Terri Kretzmeier has served the Southwind District as a SNAP-Ed Nutrition Educator since 2005. Her programming focuses on youth in the classroom and conducting Kids Can Cook classes throughout the summer. Her contact with youth in the classroom reaches over 1200 students per month, and her 2018 summer classes had 174 participants in 9 different locations in Allen, Bourbon and Neosho Counties. She looks forward to including Woodson County in this important programming in future years. Terri is long-time 4-H club leader in Allen County and her innovative approach to engaging youth is rooted in a traditional 4-H model. She hosts project meetings in her own home—teaching members to engage in long standing projects like knitting, crochet and foods preservation. Not only does she work with youth for Allen County, but she reaches out and includes members from across Southwind District, and even throughout the state. Her position with SNAP also allows her to recruit 4-H members who are too old for the Kids Can Cook program to assist with summer cooking classes to develop leadership and citizenship skills.



Mary Daniels is a SNAP-Ed Nutrition Assistant for the Southwind District since 2015. Her primary responsibilities are adult programming and Policy, Systems and Environment (PSE) change efforts with a focus on healthier communities. By utilizing the food that is provided at the local pantries and commodity distributions, she gives cooking demonstrations, recipes and taste testing options to encourage clients to use healthy cooking methods for the food they receive. She also recruits for adult classes that focus on budgeting for food, healthy cooking techniques and increasing physical activity for overall health. Not only does Mary teach others about healthy eating, she is an avid organic gardener producing many different fruits and vegetables that she offers to others. Mary participated in team effort with Allen County Farm Bureau to offer “Kids at the Market” where youth were engaged in the farmer’s market experience by shopping and sampling locally grown produce. Her team was recognized by AFBF at the national meeting for their innovative efforts in engaging youth.



Malynda Payne began employment with Southwind District as a dually appointed SNAP-Ed/EFNEP (Expanded Food and Nutrition Education Program) Nutrition Assistant in 2018. Previously, she was a Para Educator in the Uniontown School District, so the transition to nutrition education was a natural fit. Her programming responsibilities include youth and adult nutrition lessons. Youth engagement efforts are conducted in after-school settings with Kids In The Kitchen curriculum and hands-on cooking lessons. Her adult programming includes a series of lessons using the *Eat Smart Move More* EFNEP materials, *Eat Well But Cook Less* and *My Plate for My Family* SNAP-Ed curricula. In her first 6 months of employment, Malynda has already had eight graduates who have successfully completed an EFNEP series of eight lessons that encompassed food budgeting, grocery shopping, meal planning, healthy cooking techniques and general nutrition information.