

# *Nutrition and Food Safety* Extension Programming in Urban Kansas City

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# Presentation outline

- Challenges of urban programming
- Nutrition education
- Food Safety-related programming
- Community partnerships



# Two state programming



- Many other service providers
  - NGOs, hospitals, grocery stores, other universities, etc.
  - Need to partner with appropriate groups
  - Focus on Extension comparative advantage
    - Research-based, objective
- Urban dwellers may not know Extension
  - Need to familiarize them with Extension's value
- Urban populations may be more diverse
  - Adapt programming to realities of urban communities

# Low income nutrition education

MU program- Jackson, Clay, Platte counties

- In 2010: Jackson-674,158 people: 24% black, 8% Hispanic or Latino, 12% below poverty line (2000)
- Use standardized curricula
- 25 Nutrition Program Educators
  - Diverse educators working in many areas
- Work with Lincoln University also
- Recipe sampling at farmers markets
  
- Poster on food safety practices of diverse groups



## KSU program- Wyandotte County

- In 2007: 26% African American; 22% Latino, 16% below poverty line; population 157,882 (2015)
- Peer education model very effective
- Adapt education for diverse populations
  - Still deliver evidence-based curricula
- Challenge: finding new educators to stay
- Training of trainers has worked well
  - Trained community partners to deliver (El Centro)

## MU

- Chronic Disease Self Management
- Diabetes Self Management
- Cooking matters (for kids and for adults)
- Cooking matters at the store
- Eat Smart in Parks
- Healthy Corner Store project
- Healthy Food Access Community Toolkit
- Weekly cooking show on local TV station
- Health-related programs also



## KSU

- Utilize Master Food Volunteers for training
  - [www.ksre.k-state.edu/mfv/](http://www.ksre.k-state.edu/mfv/)
- Hands-on cooking classes for adults with developmental disabilities
- Kids in the Kitchen
- Chronic Disease Self Man.
- Food preparation, etc.





- All counties teach various classes
  - Canning, drying, freezing
  - MU: will be part of new urban homesteading series
  - KSU: demonstrations in grocery stores, health fairs
- Newsletter, websites, videos
  - [www.rrc.k-state.edu/preservation/](http://www.rrc.k-state.edu/preservation/)



- Publications, workshops on food safety and related topics
- Training for vendors on sampling at FM
- Also provide information for consumers shopping at farmers markets



**Food Safety for Kansas Farmers Market Vendors: Regulations and Best Practices**



**Overview: Allowed Foods, Label Requirements**

Farmers markets are growing in popularity across the United States and across Kansas. These markets provide a valuable market outlet for local farmers and allow consumers to purchase healthy local produce and other foods. To protect this key

**Foods NOT allowed to be sold at Kansas farmers markets (WITHOUT proper licensing)**

- Home-canned products (other than fruit jams and jellies). These excluded products include home-canned pickles, meats, vegetables, fruits, tomato products.

Fact Sheet

**Sampling Safely at Farmers Markets**

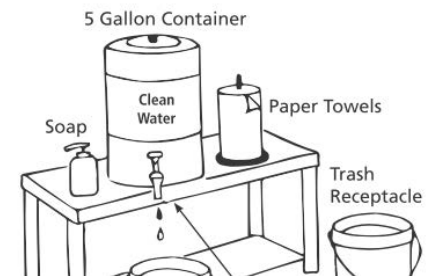
Also applies to farm stands and related events



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**Sampling regulations**

- Regulations vary by location. Missouri state regulations outlined in this fact sheet.
  - Some localities may require food handlers certificate or other requirements for sampling- check with local public health department
- Wash produce before cutting and offering.



- ServSafe (Wyandotte Co)
- Community groups- lunchstands, etc
- On-farm produce safety
- Business and food safety training for processors
- Selling Local Foods Curricula
  - Developed through MU Metro Foods Team



- Strong emphasis on policy, systems and environment
  - Low income nutrition education programs (in particular)
- Active in many different local/state coalitions
- Work with NGOs, government, private sector
  - El Centro, Catholic Charities, Centers
  - Food Banks
  - Health, Social Service gov departments
  - Hospitals, grocery stores



- **KSU Extension:**

- [www.ksre.k-state.edu/food/](http://www.ksre.k-state.edu/food/)
- [www.ksre.k-state.edu/foodsafety/](http://www.ksre.k-state.edu/foodsafety/)

- **University of Missouri Extension:**

- <http://missourifamilies.org/>
- <http://extension.missouri.edu/nutrition>

***Questions?***

***Thank you  
for your attention!***



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[www.ksre.ksu.edu/foodsafety/](http://www.ksre.ksu.edu/foodsafety/)

<http://missourifamilies.org/foodsafety/newsletters/>