



FDPNE Program Goals and Example Associated Project Descriptions

The following examples are for illustration purposes to demonstrate what kinds of projects may fall under each program goal and the associated nutrition-related outcomes.

Example 1:

Goal: Create and/or disseminate culturally relevant nutrition education resources (posters, handouts, videos, cookbooks) that encourage participants to work towards one or more of the nutrition-related outcomes:

- a. Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
- b. Reduce sodium intake.
- c. Make half your grains whole grains.
- d. Move to fat-free or low-fat dairy products.

Project Summary: A consortium of six ITOs belonging to a Regional Nutrition Committee have a common goal of providing nutrition education and training to FDPIR program operators and participants at each ITO in the region. The consortium is applying for an FDPNE grant to partner with the nutritionist of ITO “A” and a local tribal college to produce a FDPIR Nutrition Education calendar that will be distributed with the FDPIR food package. Each month of the calendar will feature a different nutrition message that encourages participants to work towards the selected nutrition-related outcomes. The consortium expects to reach up to 1300 FDPIR participants with this project.

Funding request will include partial salary for nutritionist of ITO “A”, partial salary of project coordinator, hourly contract labor for local tribal college, contract labor for calendar graphic design, and printing cost for calendar.

Example 2:

Goal: Conduct community outreach (healthy cooking demo, nutrition education games, and nutrition handouts, healthy recipe distribution) at community events, health fairs, gatherings, and/or celebrations that promotes one or more of the following nutrition-related outcomes among FDPIR eligible participants:

- a. Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
- b. Reduce sodium intake.
- c. Make half your grains whole grains.
- d. Move to fat-free or low-fat dairy products.

Project Summary: ITO “B” will partner with their local tribal wellness center and nutrition educator to conduct a series of mobile taste tests that show FDPIR (and FDPIR eligible) participants how to use fruits and vegetables found in the FDPIR food package. During the taste test, participants will receive a copy of the recipes featured along with a green vegetable cutting board as a nutrition education incentive. A total of six taste tests and recipe distributions will be conducted during the period of performance at different locations within the community.

Funding request will include materials and supplies for the “mobile kitchen,” food for the taste tests, salary of the nutrition educator, salary for project coordinator, partial salary for wellness center support staff, in-State travel to the demonstration sites, funding for green vegetable cutting board as a nutrition education incentive item, and printing cost for recipe cards.



Example 3:

Goals: Create and/or disseminate culturally relevant nutrition education resources (posters, handouts, videos, cookbooks) that encourage participants to work towards one or more of the nutrition-related outcomes; and

Improve nutrition related skills among FDPIR participants by conducting healthy cooking and food demonstrations and/or nutrition and wellness classes or activities demonstrating the utilization of foods included in the USDA FDPIR food package to accomplish the following nutrition-related outcomes:

- a. Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
- b. Reduce sodium intake.
- c. Make half your grains whole grains.
- d. Move to fat-free or low-fat dairy products.

Project Summary: ITO “C” will partner with a non-profit organization who specializes in working with ITOs to design a mini-series of 20-minute nutrition education videos. Each video will feature healthy cooking methods and a recipe demonstration that includes foods found in the FDPIR food package. The videos will highlight the food’s nutritional benefits and instruct the viewer on how to prepare the recipe. The videos will be shown to participants as they wait to collect their FDPIR food package and the videos will be available online.

Funding request will include contract labor for non-profit organization, contract labor for actors in the video, food for use in the video production, salary of ITO project coordinator, display monitor for broadcasting the videos in the FDPIR warehouse, local travel costs to filming location, print costs for flyers to promote the video location online.

Example 4:

Goal: Develop and/or implement community tribal wellness policies or practices at community events, gatherings, and celebrations that reinforce the following nutrition-related outcomes:

- a. Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.
- b. Reduce sodium intake.
- c. Make half your grains whole grains.
- d. Move to fat-free or low-fat dairy products.

Project Summary: ITO “D” will hire a nutrition educator to collaborate with the high school gardening club to conduct nutrition education lessons in the school garden to reach potential FDPIR eligible participants. Students in the club will grow fruits and vegetables while the nutrition educator provides information on the nutritional benefits. The nutrition educator will work with students to develop a quick and easy to read nutrition factsheet for each produce item. Students will attend community events/gatherings to distribute their nutrition factsheets and will offer samples of their harvest to FDPIR eligible community members that are interested in eating more fruits and vegetables.

Funding request will include full salary for a nutrition educator and a full salary for a project coordinator, in-State travel to school and community events, funding for booth/display materials at community events, printing costs for mini-lesson materials.