

Bake ~n~ Shake Summer Camp

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Bake ~n~ Shake Summer Camp

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

| KA Code | Knowledge Area | %1862 Extension | %1890 Extension | %1862 Research | %1890 Research |
|---------|--|-----------------|-----------------|----------------|----------------|
| 702 | Requirements and Function of Nutrients and Other Food Components | | 20% | | |
| 703 | Nutrition Education and Behavior | | 80% | | |
| | Total | | 100% | | |

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

| Year: 2008 | Extension | | Research | |
|---------------|-----------|------|----------|------|
| | 1862 | 1890 | 1862 | 1890 |
| Plan | 0.0 | 1.0 | 0.0 | 0.0 |
| Actual | 0.0 | 0.0 | 0.0 | 0.0 |

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

| Extension | | Research | |
|---------------------|----------------|----------------|----------------|
| Smith-Lever 3b & 3c | 1890 Extension | Hatch | Evans-Allen |
| 0 | 0 | 0 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 0 | 0 | 0 | 0 |
| 1862 All Other | 1890 All Other | 1862 All Other | 1890 All Other |
| 0 | 0 | 0 | 0 |

V(D). Planned Program (Activity)

1. Brief description of the Activity

The prospective schedule for the camps will be from 8:00-3:00, Monday through Friday. From 8:00 a.m. until approximately 1:00 p.m., students will participate in the food preparation/nutrition portion of the program. Each day, a guest chef will present a demonstration on a culinary skill that will be a part of the preparation skills the students will need for that day. The mentors will then work with their groups of four students to prepare breakfast, lunch and an afternoon snack. Once prepared, the participants will enjoy the meals together and are responsible for cleaning up their work areas afterward. During the afternoon hours, the children will participate in a variety of healthy activities designed and led by Extension Associates. The students will learn the importance of participating in regular moderate-to-vigorous intensity activity and that leisure exercise activities are all around us. On the last day of each camp, the students will plan and prepare a reception for their graduation. Parents will be invited to attend the ceremony, where participants will receive a certificate of completion and some basic food preparation equipment. Throughout the camp, each student will be asked to keep a food and activity diary. The diaries will be evaluated to determine intake of fruits, vegetables, and low-fat or fat-free dairy products. Each student will be encouraged to maintain the food diary portion once they complete the camp in order to reinforce the goals to consume at least five servings of fruits and vegetables daily, achieve adequate calcium intake (three servings per day), and make time for a breakfast meal each day. An observation made during the 2005 program noted that when only given healthy food to choose from the participants consume the healthier foods.

2. Brief description of the target audience

All middle school students (public, parochial and home-schooled students) living in Kanawha County were targeted by this project. The project was conducted in the eastern sections of the the capital city at a local neighborhood center and Horace Mann Middle School. These are areas where a high number of limited resource and minority children live.

V(E). Planned Program (Outputs)

1. Standard output measures

Target for the number of persons (contacts) reached through direct and indirect contact methods

| | Direct Contacts Adults | Indirect Contacts Adults | Direct Contacts Youth | Indirect Contacts Youth |
|-------------|-----------------------------------|-------------------------------------|----------------------------------|------------------------------------|
| Year | Target | Target | Target | Target |
| Plan | 0 | 0 | 40 | 0 |
| 2008 | 0 | 0 | 0 | 0 |

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

| Year | Target |
|--------------|---------------|
| Plan: | 0 |
| 2008: | 0 |

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

| | Extension | Research | Total |
|-------------|------------------|-----------------|--------------|
| Plan | 0 | 0 | |
| 2008 | 0 | 0 | 0 |

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

During the one-week camp, the students will participate in ten hours of physical activity.

Not reporting on this Output in this Annual Report

Output #2

Output Measure

Throughout the one-week class, youth will experience ten hours of actual hands-on cooking time.

Not reporting on this Output in this Annual Report

Output #3

Output Measure

During the one-week camp, students will undergo five hours of nutrition education.

Not reporting on this Output in this Annual Report

Output #4

Output Measure

The students will view five hours of cooking demonstrations by local area professional chefs.

Not reporting on this Output in this Annual Report

V(G). State Defined Outcomes

| O No. | Outcome Name |
|--------------|---|
| 1 | Following the camp experience, a minimum of 20 participants will report eating breakfast daily. |
| 2 | Following the camp experience, a minimum of 25 of participants will report increasing their consumption of fruits and vegetables. |
| 3 | Following the camp experience, a minimum of 20 participants will report increased consumption of dairy products. |
| 4 | A minimum 30 participants will be able to accurately interpret a food label. |
| 5 | Following the camp experience, a minimum of 30 of participants will report an increase in moderate to vigorous physical activity. |

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

| Year | Quantitative Target | Actual |
|------|---------------------|--------|
|------|---------------------|--------|

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|---------|----------------|
|---------|----------------|

V(H). Planned Program (External Factors)

External factors which affected outcomes

Economy

Brief Explanation

Traditionally, funding for this program was provided to WVSU Extension Service through various state based agencies. Due to priority changes that have occurred over the past couple of years, this program could no longer be supported through this form of collaborative. In 2008, we attempted to obtain more sponsorships or to partner with groups that had similar priorities as the previous agencies. Unfortunately at that time, there was no reception among the target groups to partner in this capacity.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

Evaluation Results

There was not a Bake and Shake Camp held in this particular year.

Key Items of Evaluation