

Elizabeth Martin

Appointments:

80% Expanded Food and Nutrition Education Program (EFNEP)

20% Flavors of Health

Request Action:

Promotion from Assistant Extension Agent to Associate Extension Agent

Caddo Parish
LSU AgCenter
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Appointment: 80% EFNEP – 20% Flavors of Health
 Requested Action: Promotion to the Rank of Associate Agent

Elizabeth Martin
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 Louisiana State University Agricultural Center
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Abbreviated Curriculum Vitae: Elizabeth Martin

Master of Science in Nutrition and Dietetics	Louisiana Tech University, February 2017
Bachelor of Science in Nutrition and Food Sciences	Louisiana State University, May 2014
Dietetic Internship	Louisiana Tech University, May 2016
Required Extension Courses	Louisiana State University
Academic Rank	Assistant Nutrition Agent
Years of Service	3 years 9 months
Publications:	
Print and Electronic	64
Mass Media	15
Videos	14
Presentations:	
Nutrition Lessons	129
Agent Trainings	53
External Funding:	
Grants	\$27,528.00
Monetary	\$8,415.00
Volunteer Support	\$56,518.19
Committees:	
Parish Committees Healthy Living Advisory Leadership Council St. Rest Baptist Church Healthy Communities Coalition Nutrition Educator Selection Committees (3) Caddo 4-H Agent Selection Committee EXCITE Student Worker Selection Committee	7
Regional Committees Louisiana Healthy Communities Coalition Region 7 FCS Regional Coordinator Selection Committee	2
State Committees EFNEP Local Training Planning Committee Alternative Programming Committee Curriculum Subcommittee Curriculum Revisions Committee LEAFCS Installation Committee LEAFCS Handbook Committee LEAFCS Special Awards Committee LEAFCS Member Resources Committee LEAFCS Ways and Means Committee LEAFCS Minutes Review Committee LEAFCS Conference Planning Committee LAND Awards Selection Committee	12
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Elizabeth Martin
Louisiana State University Agricultural Center
Shreveport, Louisiana 71105

I. EDUCATION:

- Louisiana Tech University, Ruston, Louisiana
Master of Science, Nutrition and Dietetics, February 2017
- Louisiana Tech University, Ruston, Louisiana
Dietetic Internship, May 2016
- Louisiana State University, Baton Rouge, Louisiana
Bachelor of Science, Nutrition and Food Sciences, May 2014

II. EMPLOYMENT:

- Assistant Extension Agent, Expanded Food and Nutrition Education Program Supervising Agent, Flavors of Health, LSU Agricultural Center, Caddo and Bossier Parishes, Shreveport, Louisiana, August 2018 – Present.
- Clinical Dietitian, Willis-Knighton Health System, Shreveport, Louisiana, June 2016 – August 2018.
- PRN Dietitian, Shriners Hospitals for Children, Shreveport, Louisiana, September 2017 – February 2019.
- Wellness Educator, Morris & Dickson Co., LLC, Shreveport, Louisiana, September 2014 – May 2015.

III. CURRENT DUTIES AND RESPONSIBILITIES:

Elizabeth Martin received her Bachelor of Science in Nutrition and Food Sciences with a concentration in Dietetics in May 2014. Elizabeth completed her dietetic internship at Louisiana Tech University in May 2016, after completing 1,200 supervised practice hours. In September 2017, she took and passed her license examination and gained the credentials of Registered Dietitian. Elizabeth received her Master in Science in Nutrition and Dietetics from Louisiana Tech University in February 2017. Her thesis research was titled “Barriers Faced by Louisiana Dietitians when Counseling Overweight and Obese Patients.” She has also completed AEEE 7122 (Program Development and Evaluation), the required course for extension agents through Louisiana State University.

Elizabeth joined the LSU AgCenter on August 6, 2018 serving as an Assistant Extension Agent and Expanded Food and Nutrition Education Program (EFNEP) Supervisor for Caddo and Bossier parishes (80% appointment) and providing additional nutrition programming through Flavors of Health/General Nutrition (20% appointment). Prior to joining the LSU AgCenter, Elizabeth worked as a clinical dietitian at a local hospital.

Elizabeth’s responsibilities as the EFNEP Supervisor for Caddo and Bossier parishes include supervising three Nutrition Educators, overseeing the local EFNEP budget, working with community partners, and implementing Healthy Communities initiatives throughout Caddo and Bossier parishes. She currently mentors one EFNEP Supervising Agent and serves as a second mentor for another EFNEP

Supervising Agent. Elizabeth works closely with Louisiana Tech University's Dietetic Internship, serving as a preceptor for their students.

IV. DOCUMENTATION OF MAJOR PROGRAM AREAS AND INITIATIVES

Elizabeth provides nutrition education throughout Caddo and Bossier parishes. Elizabeth's 80% appointment as the EFNEP Supervisor allows her the opportunity to work for limited-resource audiences throughout Caddo and Bossier parishes. Her 20% Flavors of Health appointment allows her the opportunity to work with a variety of audiences throughout the two parishes. Examples of her educational programs are listed below. Applicable evaluation data is noted in section VII.

Expanded Food and Nutrition Education Program (EFNEP)

Elizabeth serves as the Expanded Food and Nutrition Education Program (EFNEP) Supervising Agent for Caddo and Bossier parishes. The mission of EFNEP is to empower limited-resource families with children, to make informed decisions about food purchasing, food safety, and meal management. Adult participants must have a reported income at or below 185% of the poverty level. Elizabeth supervises three Nutrition Educators who cover Caddo and Bossier parishes. Two Nutrition Educators have 100% EFNEP responsibility while the third has 40% EFNEP and 60% Healthy Beginnings for Your Baby responsibility. In the Northwest Region, the 100% EFNEP Nutrition Educators are currently required to educate a minimum of 105 adults and 500 youth. The 40% EFNEP Nutrition Educator is currently required to educate a minimum of 40 adults and 150 youth. Due to COVID-19 and social distancing, outreach expectations for the 2021 and 2022 years were adjusted to a minimum of 75 adults and a minimum of 325 youth for 100% EFNEP Nutrition Educators. A minimum of three enrolled adult participants must be in attendance during each lesson.

The primary curriculum taught to EFNEP participants is "Let's Eat For the Health Of It." This curriculum is a series of lessons that covers the MyPlate, the food groups, food safety, food dollar management, and physical activity for both adult and youth participants. The food recall and behavior checklist is given at the beginning of the series and again at the end of the series to evaluate the clients behavior change. Lessons include food demonstrations with participants receiving nutrition education reinforcement items. Elizabeth oversees the Caddo and Bossier EFNEP budget, which includes travel, supplies, and operating expenses. These funds have totaled \$55,800 for the 2019 through 2022 EFNEP program years. Elizabeth also oversees data entry into the national WebNEERS system. She is integral in recruiting new participants, sites, and volunteers.

Elizabeth conducts monthly trainings for EFNEP staff, conducts site observations, and oversees implementation of technology into EFNEP lessons. She was instrumental in the transition to virtual programming during COVID-19. While supervising EFNEP, Elizabeth assists with Healthy Communities initiatives and policies, systems, and environment (PSE) changes within these communities. During the 2019, 2020, and 2021 fiscal years, Caddo and Bossier EFNEP has enrolled 228 adults and 1,509 youth participants. EFNEP program objectives include:

- Improve diet quality and physical activity
- Improve food resource management
- Improve food safety and security

Faithful Families Thriving Communities

Elizabeth has co-taught two "Faithful Families Thriving Communities" curriculum series within Caddo parish. This curriculum was taught at Reader Chapel CME Church in Vivian and St. Rest Baptist Church in Shreveport, as part of EFNEP with Nutrition Educator, Leona Camel-Clinton. Faithful Families is a nine-week nutrition program for faith-based communities. This program requires the training of Lay

Leader volunteers to assist with the lessons. A goal of this curriculum is to bring policies, systems, and environment (PSE) changes to the sites. These changes include:

- Installation of a community garden.
- Walk audits throughout the community.
- Implementation of nutrition lessons at Vacation Bible School for adults and youth, as well as, improved meal and snack choices for this event.

Healthy Beginnings for Your Baby

As part of Elizabeth's supervisory duties, she supervises one Nutrition Educator who serves a 60% Healthy Beginnings for Your Baby appointment. This Nutrition Educator teaches the Healthy Beginnings for Your Baby program in Caddo, Bossier, Webster, and Claiborne parishes. This program is targeted to participants in the Temporary Assistance for Needy Families (TANF) program. These clients are recruited through referrals from the Department of Children and Family Services (DCFS). Participants are either pregnant mothers or parents who have a child under the age of one. This curriculum is taught as a six-lesson series, with each lesson being three hours. The goal is for parents to increase their skills needed for personal success and the success of their children. Prior to the hire and completed trainings of the EFNEP/Healthy Beginnings Nutrition Educator, Elizabeth taught Healthy Beginnings classes for nine months, from March 2019 until November 2019. Due to the referral process, enrollment was limited during the time that Elizabeth taught the lessons. In total, 17 individuals participated in lessons in Caddo, Bossier, and Webster parishes. Claiborne parish did not have any referrals. The curriculum lessons are as follows:

- Nurturing Your Baby/ Your Family's Budget
- Your Baby's Safety/ Cash Crises: Money Traps that Keep you Broke
- Understanding Your Baby's Development/ Making it on Your Own
- Brain Development/ Meeting Your Transportation and Child Care Needs
- Nutrition and Physical Activity/ Credit: The Good, the Bad, and the Ugly
- Communication: Building Family Strengths/ Co-Parenting

Smart Portions

Smart Portions is an eight-week weight management program that helps participants achieve and maintain a healthy weight through lifestyle changes. Topics discussed include the MyPlate, habit change, portion sizes, meal planning, physical activity, dining away from home, nutrition essentials, self-esteem, and keeping healthy habits that are sustainable. The participant fee is \$65, which covers the cost of class supplies. Elizabeth has co-taught the Smart Portions program twice with Abigail McAlister, Flavors of Health Agent.

Break Up With Salt

Break Up With Salt is a four-week educational series aimed at improving management of high blood pressure and health. This program covers the basics of high blood pressure and managing it through nutrition and lifestyle changes to improve health and reduce risk of further health complications of hypertension. This series was taught virtually for St. Rest Baptist Church. Of the seven participants, five completed the series and both the pre-program and post-program surveys. The three-month follow up will take place in August 2022. Lessons include:

- Detect, Correct, and Protect: Understanding Hypertension
- The DASH Diet and Reading Food Labels
- DASH in for Groceries
- Mastering Meals with Flavor

Holiday Cooking Class

Along with Abigail McAlister, Elizabeth planned and taught two Holiday Cooking Classes, which provided hands on cooking demonstrations. The \$20 participant fee included all food and supplies needed to prepare the meal. Participants received a cookbook, which was created by Elizabeth. The cookbooks included the recipes they prepared among others.

The 2018 Holiday Cooking Class consisted of ten participants. The menu included Cornish game hens, spinach salad, roasted carrots, twice baked potatoes, and stuffed baked apples for dessert. The 2019 Holiday Cooking Class consisted of twelve participants. The menu included cranberry and pomegranate bruschetta, build your own salad with cranberry vinaigrette, roasted red cabbage wedges, herb roasted parmesan acorn squash, maple balsamic pork tenderloin, and no churn cranberry ice cream.

Cooking in Caddo

Cooking in Caddo was developed as a youth cooking workshop by Lola Boone, 4-H Agent, Abigail McAlister, and Elizabeth Martin. During the COVID-19 pandemic, the Cooking in Caddo team converted the workshop to a Camp-in-a-Box program. Elizabeth created recorded food demo videos of the recipes provided, in addition to offering the option for participants to join in live virtual food demos. This allowed youth to participate safely from their own homes. During 2021, Elizabeth transitioned the program to the Cooking in Caddo Explores series. Beginning in 2021, Elizabeth spearheading the Cooking in Caddo youth cooking workshops. She planned the camp, gathered the ingredients and supplies, recruited volunteers, and provided hands-on learning for participants. As of April 2022, thirty-seven youth participants have explored cuisine from Italy, Germany, Holiday Baking Around the World, and Morocco. As part of each camp, participants received lessons on how to measure ingredients, food safety, and safety in the kitchen. They also learned about the different cuisines of each country covered. Participants completed a survey at the conclusion of each workshop. Participants received a cookbook with recipes and nutrition handouts from each camp. Elizabeth recruited three adult and two teen volunteers to assist with the series.

Volunteers of America South Pointe Place

Elizabeth has continued her partnership with the Volunteers of America South Pointe Place senior living facility since September 2019. Elizabeth teaches monthly lessons to residents, provides handouts, and conducts food demos. During 2021, Elizabeth taught the Let's Eat for the Health of It curriculum series. In addition to the curriculum series, Elizabeth has taught individual lessons for the residents, such as Food Safety and Heart Health.

Healthy Holiday Bites Virtual Series

Recognizing that holiday meals may look different due to COVID-19, Elizabeth planned a virtual nutrition lesson series focusing on holiday meals. Upon receiving interest from other extension agents, they joined forces. This series was taught by Elizabeth Martin, Mandy Armentor, Amanda Gibson, and Kimberlyn Jones, each extension agent teaching one lesson. The four-week lesson series was held via Microsoft Teams. In total, twenty two participants completed a survey at the conclusion of each lesson. Lessons included:

- Holiday Food Safety: Taught by Elizabeth Martin
- Healthy Holiday Meals: Taught by Amanda Gibson
- Cutting Holiday Recipes in Half: Taught by Kimberlyn Jones
- Setting Health Goals for the New Year: Taught by Mandy Armentor

AgMagic at The State Fair of Louisiana

The agriculture industry contributes billions of dollars to the economy, employs over 1.3 billion people throughout the world, and provides products essential to everyday life. Despite the fact that agriculture is the world's largest provider of jobs, many are not aware of the importance of agriculture to the state and their lives. To increase agriculture awareness, an event was planned and conducted at The State Fair of Louisiana to promote agriculture to the public and school groups.

AgMagic at The State Fair of Louisiana is an interactive, hands-on experience. An estimated 50,000 individuals view the exhibits highlight forestry, wildlife, healthy living, horticulture, entomology, animals, crops, and youth development. Every year, teachers from throughout the state are invited to register for school tours. Educational resources are provided for teachers to take back to their classrooms. Supplies for lessons focusing on subjects such as soil, erosion, germination, agriculture products, nutrition, and classroom gardens are provided.

Elizabeth has assisted with AgMagic in a variety of ways. She has created nutrition lessons that students participate in during tours, assisted with designing nutrition exhibits, and provided educational materials for participants. Elizabeth secured a \$500 donation from Brookshires Grocery to purchase canned goods to create an AgMagic display. Upon the conclusion of AgMagic, these canned goods were donated to the Food Bank of Northwest Louisiana. During the 2021 State Fair season, Elizabeth served as the Division Director for Adult Competitive Exhibits. She recruited volunteers to help organize and judge entries, as well as organized and coordinated exhibit drop off and pick up.

Healthy Young People Empowerment (HYPE)

HYPE grant funding was received in 2021 for outreach at Southwood High School in Shreveport to implement policies, systems, and environment changes. Elizabeth and Katherine Pace, 4-H Agent, headed up this project. Elizabeth and Katherine are working with the Foods and Nutrition class to plan a health fair for the students. The class will also provide smoothie samples and poll the students to determine their favorites. Long-term plans are for the students to provide smoothies for sale or work with an outside vendor to sell smoothies. The goal is to provide a healthier fundraising option, as opposed to the traditional pizza and fried chicken options that the school typically sells. As a result of HYPE, EFNEP lessons are currently being taught to the girls physical education classes (a total of 252 youth) and a new 4-H club has begun.

Extension Collaboration on Immunization Teaching and Engagement (EXCITE)

The Extension Collaboration on Immunization Teaching and Engagement (EXCITE) grant funding was provided by the Centers for Disease Control and Prevention and initiated by the Extension Committee on Organization and Policy (ECOP) Health Innovation Task Force. The long-term goal of this grant is community immunization education with a special focus on vaccination hesitancy. The immediate goal is to promote the uptake of COVID-19 vaccinations through community engagement with high-risk populations. Each Land Grant University was eligible for grant funding and \$24,178 was awarded to the LSU AgCenter with a focus on Caddo Parish. Elizabeth worked on the EXCITE project with Abigail McAlister, Grace Peterson, Cookie Coleman, community engagement specialist, and Coco Alcalde, student worker and social media strategist. The strategy for this project included the following:

- Development and sharing of educational materials
- Development and delivery of a Train-the-Trainer program
- Collaboration with organizations and institutions
- Facilitation of virtual forums for the general public

For community outreach, a train-the-trainer approach was the primary method used. This consisted of providing information and resources to and equipping community members who were

influential in their immediate communities to teach their spheres of influence (friends, family, churches) about COVID-19 protective measures and the vaccine. These trained community members received the formal title of “Community Health Organizer”. Community Health Organizers meet with the EXCITE leadership team on a monthly basis to provide updates, feedback, gain information, and receive support from the team. As of February 1, 2022, the 14 trained EXCITE Community Health Organizers have reached over 400 residents in Caddo and Bossier parishes.

In addition to the train-the-trainer efforts, the EXCITE team has collaborated with co-workers and other organizations to organize more large-scale efforts for outreach, including an exhibit at the State Fair of Louisiana and larger presentations. The exhibit created at the State Fair of Louisiana, titled “Conversations about COVID-19”, was located in the Agriculture building, as part of the LSU AgCenter’s AgMagic initiative.

Several different educational materials were developed by the EXCITE team throughout the project period. These materials were printed and distributed at outreach events throughout Caddo and Bossier parishes. As of February 28, 2022, it is estimated that 6383 printed materials have been distributed amongst the project’s target communities and around 3,711 people have been reached through these materials.

The fourth method of outreach was a virtual forum series on COVID-19. Elizabeth spearheaded up the virtual forum series by planning the topics, recruiting panelists, overseeing the creation of social media advertisements, and serving as the moderator for each forum. Virtual forum topics included:

- September 7, 2021: Women’s Health, Fertility, and Pediatrics
 - Speakers included: Lindsey T. Brown, MD, Lauren McCalmont, MD, Hollie McCart, MD, and Mackey Quinlan, MD FAAP
- September 10, 2021: General COVID-19 Questions
 - Speakers included: Avery Callahan, DO FACEP, Karuna Dewan, MD FACS, and Jennifer O’Neal, MD
- October 18, 2021: Long-COVID
 - Speakers included: Michele Longo, MD, MPH and Damarcus Davis, MHA, RRT-NPS
- November 16, 2021: How COVID-19 Spreads, How the COVID-19 Vaccine was Developed, What is the Monoclonal Antibody Treatment
 - Speakers included: Karuna Dewan, MD, FACS and Andrew D. Yurochko, Ph.D.
- December 9, 2021: Mental Health and the Pandemic
 - Speakers included: Jessica Latin, M.A., LPC-S, NCC, PMH-C and Michelle Yetman, Ph.D.
- January 20, 2022: COVID-19 and Our Children
 - Speakers included: Tonya Vandenbrink, Ph.D., Sheyenne Carper, MD, and Karen Pethe
- February 9, 2022: Long-term COVID-19 as it Relates to Allied Health
 - Speakers included: Marie Vazquez Morgan, PhD, PT, Cori Anderson, RDN, LDN, Margot Helmstetter, MCD, CCC-SLP, and Wendy Evans, DrOT, LOTR, C/NDT
- March 4, 2022: How to Talk to People About COVID-19 and the Vaccine
 - Speakers included: Larry Androes and Myla Landry, DNP, RN, MEDSURG-BC, NPD-BC
- April 6, 2022: How Does Science Work, Why Does Science Change, and the History of Vaccines
 - Speakers included: Rebecca Murphy, PhD, Katherine Weeks, PhD, and Andrew D. Yurochko, Ph.D.
- May 4, 2022: Health Disparities and COVID-19: Why are Some Communities Hit Harder?
 - Speaker: Sharon A. Bryant, PhD

The EXCITE team hosted a statewide training for extension agents and administrators on March 3, 2022. One goal of the training was to increase participant knowledge about community engagement in Healthy Community Initiatives using the EXCITE program as an example. Another goal of the training

was to increase participant knowledge about COVID-19 and the vaccination so they can share that research-based information with their clientele. The morning session was titled “A Systems Approach to Healthy Communities: Focusing on Under-resourced Communities.” The afternoon session was titled “Conversations about COVID-19: Virus, Variants, Vaccinations.” Elizabeth assisted with the afternoon session. Training participants received training binders and resource kits.

Two of the goals with the development of this program were to increase community engagement and to broaden our stakeholder networks involved in LSU AgCenter Healthy Community Initiatives. The EXCITE team has achieved these goals through adding to and strengthening our partner networks and by training Community Health Organizers. The EXCITE team participated in a “Crucial Conversations” training in April 2022. Ripple Effect Mapping will take place in May 2022 to review further results of the EXCITE project and reach.

Food Safety Lesson for Northwestern School of Nursing

Elizabeth was invited by a local foodservice dietitian, Shelby Adams, to participate in a food safety lesson for Northwestern School of Nursing in Shreveport in September 2021. Students attended the lesson both in-person and virtually. Shelby and Elizabeth taught the class principles of food safety, about the temperature danger zone, the importance of using a food thermometer, refrigerator and freezer storage guidelines. Of the class participants, 53 completed the online survey.

Shreve Memorial Library Nutrition Series

During the month of November 2021, Elizabeth offered nutrition lessons to the Shreve Memorial Library network. Lessons offered included Healthy Eating with Diabetes, Heart Health, and Food Safety. One Food Safety lesson was taught at the West Shreveport branch and four Healthy Eating with Diabetes lessons were taught at the Atkins, Broadmoor, Wallette, and West Shreveport branches. A PowerPoint presentation was presented and handouts were provided to participants. Surveys were collected at the end of each lesson to assess learning.

Healthy Communities

The Healthy Communities initiative focuses on the need of a community through citizen input. This is a focus of EFNEP and as the EFNEP Supervisor, one of Elizabeth’s tasks. In order to gain community insight, Healthy Communities forums are scheduled in addition to policies, systems, and environment (PSE) change projects. The goal of PSE projects is to create sustainable change, including nutrition and physical activity projects, within a community. Elizabeth and Dr. Grace Peterson, SNAP-Ed Agent, helped St. Rest Baptist Church in Shreveport establish a Healthy Communities coalition. Elizabeth assisted St. Rest in conducting a walkability study on November 7, 2020. The study was led by their youth group. The group walked the surrounding streets to assess sidewalk and street conditions, vacant homes, debris, and litter, among other concerns. The youth are planning to do a second follow-up walk audit to assess changes in their community. They then plan to compile their data with hopes to have their City Council representative address their concerns. Leona Camel-Clinton, EFNEP Nutrition Educator II, and Elizabeth co-taught Faithful Families virtually for the congregation of St. Rest during March and April 2021. The walkability study and Faithful Families are addressing two areas of concern identified by the original Healthy Communities forum in March 2020.

Dr. Peterson and Elizabeth visited with the St. Rest Leadership Team again on March 2, 2022. The team identified successes and challenges. They reviewed ideas from the original March 2020 forum, which included education about property succession/vacant homes, ways to make the community cleaner, opportunities to promote physical activity, and nutrition and health education. Other ideas that the Leadership Team plan to implement include a way to showcase successes on social media, meeting with their City Council representative to discuss results of both walk audits, hosting an estate planning

workshop taught by a congregation member, and creating a Market Day for their community garden. The Market Day will serve as a way to connect with the community, while having patrons “pay what they can” for produce grown in the garden and some produce purchased. Dr. Peterson and Elizabeth will assist the Market Days by recruiting guest speakers to talk to patrons about health and wellness and providing printed materials and recipe cards. Elizabeth also taught a virtual Break Up with Salt curriculum series for members of St. Rest Baptist Church.

The Town of Vivian received the National Recreation and Parks Association (NRPA) Nutrition Hub grant during 2020. Dr. Marby Barker and the Town of Vivian asked Caddo EFNEP to partner on this grant. EFNEP provided lessons at North Caddo Elementary and Middle School and to adult and youth participants of the Vivian Family Dinner Nights program. The NRPA grant provided door prizes, \$100 grocery store gift cards for families, and dinner for all participants. As a result of the Vivian Family Dinner Nights program, the town of Oil City is interested in providing a similar program. Upon completion of the lessons, Caddo Parish 4-H Junior Leaders hosted a holiday party for the children. The Junior Leaders purchased tennis shoes for the children and presented them with hand wrapped boxes on December 9, 2021.

Restoration Crisis Center is in the process of installing a community garden for their residents, as a result of EFNEP lessons. They are currently raising donations to fund the project. Elizabeth was able to secure ~\$100 from the Northwest Louisiana Master Gardeners to provide soil for the project. Lowe’s Home Improvement has also agreed to provide cinderblocks and plants for the garden.

Past Healthy Communities projects include physical activity stencil projects at Plantation Park Elementary School and Benton Elementary School in Bossier parish. Oak Park Microsociety Elementary School and North Highlands Elementary School were able to purchase picnic tables to encourage outdoor education, as well as provide a Snack Pack Cooking Class camp-in-a-box style experience for youth participating in EFNEP classes. This funding was available through an EFNEP community partner organization, Fully Devoted Developer of Children Winners’ Circle (FDDOC).

Another past project includes the installation of a community garden at Reader Chapel CME Church in Vivian. Elizabeth received grant funds through the Louisiana Healthy Communities Coalition to install three raised beds, a variety of fruit trees and bushes, and add painted stepping stones for children to use as a hopscotch course in the garden. Reader Chapel installed this garden to serve not only as a community garden, but also to provide snacks for children participating in the church’s afterschool tutoring program.

Plans are currently underway for Healthy Communities projects at R.V. Kerr Elementary School and the Barksdale Annex community, both in Bossier City. R.V. Kerr Elementary School has plans to paint the physical activity stencils on their playground during the Summer. The Barksdale Annex community is exploring the idea of hosting a Healthy Communities forum and are also interested in using the physical activity stencils.

Elizabeth has also participated in the Louisiana Healthy Communities Coalition (LHCC) Region 7 meetings. LHCC Region 7 meets to provide members with information on local and state resources and address any areas of concern.

V. ADVISORY PROCESS AND CRITICAL ISSUE RESPONSIVENESS

Advisory Leadership Council

The Caddo and Bossier Parish Healthy Living Advisory Leadership Council (ALC) serves as a method of collecting programmatic input and guidance from program participants, community partners, and local stakeholders. The ALC is a joint effort of Elizabeth and Abigail McAlister. Feedback is provided for both EFNEP and Flavors of Health programming. Elizabeth and Abigail request input from the ALC on

health and nutrition concerns, ways to recruit new audiences, and how to encourage virtual participation during COVID-19, among other topics.

Elizabeth has effectively used input from the ALC by implementing feedback into her programming. She has taken under guidance both EFNEP and Flavors of Health feedback. The latest ALC meeting was held on March 15, 2022. Based off the input received, Elizabeth has formulated the following goals for the year:

EFNEP:

- As part of the EFNEP curriculum, continue to provide education on food security and access. Continue to seek out additional methods of addressing food insecurity in the Caddo and Bossier community, while providing these resources to clients.
- Continue to work with existing community partners, while working to build new partnerships. Continue to recruit new EFNEP participants, while continuing to provide resources to past participants.
- Work to create new PSE projects in the community, while working with community partners to meet the needs of Caddo and Bossier parishes.

Flavors of Health:

- Incorporate exposure to healthy foods, repetition, cooking healthy with limited time, and goal setting into lessons.
- Focus on nutrition lessons for youth, partnerships with social workers and physicians, and anti-inflammatory diets.

Healthy Communities

St. Rest Baptist Church has formed a Healthy Communities Coalition with assistance of Elizabeth and Dr. Grace Peterson. This is a joint effort of EFNEP and SNAP-Ed. Healthy Communities and PSE projects were previously highlighted in Section IV. The following issues were identified during coalition meetings.

The following issues were identified during the initial coalition meeting in March 2020:

- Education related to property succession and vacant homes.
- Take steps towards a cleaner community.
- Opportunities to be more physically active.
- Education related to nutrition and health.

The following goals were identified at the latest meeting in March 2022:

- A congregation member will be conducting a virtual community-wide event about estate planning.
- The youth group will conduct a second walk audit and bring the results to their City Council representative.
- St. Rest is creating a Market Day once a month for community member to “pay what they can” at the community garden. LSU AgCenter staff will provide printed materials to be distributed and assist with the selection of guest speakers on Market Days.
- Nutrition classes will be offered for congregation members.

VI. INNOVATIVE TEACHING METHODS, KNOWLEDGE, AND APPLICATION OF NEW TECHNOLOGY

Elizabeth uses innovative teaching methods to reach audiences, as well as during her programming. During the COVID-19 pandemic and social distancing, Elizabeth utilized Microsoft Teams to teach nutrition lessons. The Faithful Families and Break Up With Salt curriculum were taught using this platform, as well as some individual nutrition lessons. Elizabeth continues to utilize Microsoft Teams as a way to engage with EFNEP Nutrition Educators.

Elizabeth uses the Microsoft Suite and Canva systems to create flyers and handouts for lessons. She creates research based educational materials to distribute to the community. During the 2022 EFNEP fiscal year, Elizabeth has also created quarterly newsletters to send to EFNEP participants, community partners, and volunteers.

Social media is one method used to connect with program participants and community partners. Elizabeth created food demo videos, which were uploaded to Facebook. Elizabeth has created and managed the “Caddo and Bossier EFNEP” Facebook and Instagram pages. These social media platforms allow the Caddo and Bossier EFNEP team to stay connected to past and current participants, volunteers, and community partners. Elizabeth has also assisted in posting content to the “Caddo and Bossier Parish Bites with the LSU AgCenter” Facebook page, which was created and managed by Abigail McAlister. Elizabeth also contributes to the “LSU AgCenter Health Hub” Facebook, Instagram, and Twitter pages, as part of the EXCITE grant. She has also contributed to the “Caddo 4-H” Facebook page by posting food demo videos and pictures from Cooking in Caddo workshops.

VII. PROGRAM DELIVERY EFFECTIVENESS DEMONSTRATED BY EVALUATION, CHANGE, AND ADOPTION

Elizabeth appreciates the importance of evaluation with programming. Elizabeth has created surveys for many programs to collect both quantitative and qualitative data. Evaluation from some of Elizabeth’s efforts can be noted below.

Expanded Food and Nutrition Education Program (EFNEP)

As the EFNEP Supervising Agent for Caddo and Bossier parishes, Elizabeth is responsible for finalizing all survey data. EFNEP participants complete enrollment and exit surveys as part of their eight-series program. Below are each program year’s results that Elizabeth oversaw.

2019:

Caddo Adult Outreach:

- 69% improved food resource management practices (85 of 123)
- 71% improved diet quality (88 of 124)
- 63% improved physical activity behaviors (78 of 124)
- 65% improved food safety practices (81 of 124)
- 20% improved food security (25 of 123)

Caddo Youth Outreach:

- 79% improved ability to choose foods according to the dietary guidelines (657 of 828)
- 8% improved skills to be food secure (3 of 40)
- 54% improved physical activity practices (442 of 823)
- 52% improved food safety practices (432 of 823)
- 55% improved ability to prepare simple, nutritious, affordable foods (174 of 318)

EFNEP lessons were not taught in Bossier parish during the 2019 fiscal year due to a position vacancy.

2020:

Caddo:

Due to COVID-19 and social distancing, EFNEP enrollment and graduation numbers decreased. 63 adults graduated and 153 youth graduated in Caddo parish during the 2020 fiscal year. The results from WebNEERS are noted below.

Caddo Adult Outreach:

- 63% improved food resource management practices (40 of 63)
- 83% improved diet quality (52 of 63)
- 60% improved physical activity behaviors (38 of 63)
- 51% improved food safety practices (32 of 63)
- 35% improved food security (22 of 63)

Caddo Youth Outreach:

- 92% improved ability to choose foods according to the dietary guidelines (140 of 153)
- 0% acquired skills to be food secure (0 of 0)
- 70% improved physical activity practices (106 of 152)
- 63% improved food safety practices (96 of 152)
- 73% improved ability to prepare simple, nutritious affordable foods (102 of 140)

Bossier:

Due to COVID-19 and social distancing, EFNEP enrollment and graduation numbers decreased. Only 1 adult graduated and 12 youth graduated in Bossier parish during the 2020 fiscal year. The results from WebNEERS are noted below.

Bossier Adult Outreach:

- 100% improved food resource management practices (1 of 1)
- 100% improved diet quality (1 of 1)
- 100% improved physical activity behaviors (1 of 1)
- 100% improved food safety practices (1 of 1)
- 100% improved food security (1 of 1)

Bossier Youth Outreach:

- 92% improved ability to choose foods according to the dietary guidelines (11 of 12)
- 0% acquired skills to be food secure (0 of 0)
- 75% improved physical activity practices (9 of 12)
- 42% improved food safety practices (5 of 12)
- 60% improved ability to prepare simple, nutritious affordable foods (3 of 5)

2021:

Caddo Adult Outreach:

- 95% improved food resource management practices (36 of 38)
- 95% improved diet quality (36 of 38)
- 63% improved physical activity behaviors (24 of 38)
- 55% improved food safety practices (21 of 38)
- 5% improved food security (2 of 38)

Caddo Youth Outreach:

- 83% improved ability to choose foods according to the dietary guidelines (376 of 453)
- 0% acquired skills to be food secure (0 of 11)
- 56% improved physical activity practices (252 of 453)
- 59% improved food safety practices (265 of 452)

- 48% improved ability to prepare simple, nutritious affordable foods (56 of 117)

Bossier Adult Outreach:

- 67% improved food resource management practices (2 of 3)
- 67% improved diet quality (2 of 3)
- 33% improved physical activity behaviors (1 of 3)
- 67% improved food safety practices (2 of 3)
- 0% improved food security (0 of 3)

Bossier Youth Outreach:

- 89% improved ability to choose foods according to the dietary guidelines (56 of 63)
- 33% acquired skills to be food secure (1 of 3)
- 52% improved physical activity practices (33 of 63)
- 52% improved food safety practices (33 of 63)
- 0% improved ability to prepare simple, nutritious affordable foods (0 of 0)

Healthy Beginnings for Your Baby

From March 2019 to November 2019, Elizabeth taught the Healthy Beginnings for Your Baby classes in Caddo, Bossier, and Webster parishes. Claiborne parish did not have any referrals at the time. In total 17 individuals participated in the classes. Four of the participants finished all required components of the program, including attending all six lessons, completing the pretest, and completing the follow up interview. Feedback from class surveys included:

- The most helpful thing that I learned today about taking care of my baby:
 - "I learned how to feed my baby better."
 - "That it's important to show them love, attention, and that I will always be there."
 - "Knowing what my baby needs to be healthy and keeping myself healthy."
- The most helpful thing that I learned today about managing my money is:
 - "Checking the unit price when grocery shopping."
 - "Be patient and see if there are organizations that can help me find a solution for my specific problem."
- The most helpful thing that I learned today about co-parenting is:
 - "Be patient and consider the other parent's feelings."
- Other comments:
 - "I love the way she explains the information she provides to us."
 - "Great class!"

Smart Portions

- January and February 2019:
 - 100% of participants maintained or increased their willingness to make healthy food choices a permanent part of their lifestyle
- January and February 2020:
 - 100% of participants reported reducing their intake of at least one food that was high in saturated fat
 - 80% of participants reported increasing their duration of exercise

Break Up With Salt

- Of the seven participants, five completed the series along with the pre-program and post-program surveys. Participants were asked to answer how confident they were in the following

five areas on the pre-program and post-program surveys. Participants selected: not at all confident, barely confident, fairly confident, or very confident.

- Use food labels when grocery shopping, to figure out which foods are healthier for you.
 - Pre-program percent confidence: 82%
 - Post-program percent confidence: 100%
- Select foods and fix meals that follow the DASH eating plan.
 - Pre-program percent confidence: 57%
 - Post-program percent confidence: 95%
- Prepare food that tastes good without adding salt.
 - Pre-program percent confidence: 86%
 - Post-program percent confidence: 100%
- Make lower sodium food choices when eating out.
 - Pre-program percent confidence: 71%
 - Post-program percent confidence: 90%
- Make small, simple lifestyle changes to help manage your blood pressure.
 - Pre-program percent confidence: 79%
 - Post-program percent confidence: 95%
- Participants were also asked if their blood pressure dropped since beginning the Break Up With Salt program.
 - 80% (4 of 5) of participants responded that yes.
 - 20% (1 of 5) of participants responded not sure/don't know.
- Overall, the participants rated this Break Up With Salt program 3.8 out of 4.

Cooking in Caddo

- Caddo Kids Cooking: July 24-26, 2019, October 15, 2019, and February 18, 2020
 - In total, forty-two youth participated in the Caddo Kids Cooking workshop series during the 2019-2020 year. Results from their evaluation surveys are as follows:
 - 50% strongly agreed "I tried one new food because of my participation in this cooking camp"
 - 50% agreed "I learned to try new foods as a result of this class"
 - 50% strongly agreed "I had fun taste testing new foods as a result of this class"
 - 55% strongly agreed "I learned about ways to prepare different foods"
 - 50% strongly agreed "I learned proper etiquette to use at the dinner table"
 - 64% strongly agreed "I learned the importance of washing my hands before preparing my food"
 - Youth were asked, "What was your favorite part of this class?" Responses included:
 - "Cooking meals that you would actually cook at home"
 - "Cooking healthier foods"
 - "Working with new people"
 - "Learning to make new foods"
 - "Making new friends"
 - Youth were asked, "Tell me one thing that you learned from this class?" Responses included:
 - "To include all of the food groups"
 - "It is very important to wash your hands"
 - "How to handle tools in the kitchen"

- “Raw meat can have foodborne diseases”
 - “How to cook and to prepare new recipes”
- Camp-in-a-Box: July 2020
 - A survey was emailed to the participant’s parents to gain feedback on Camp-in-a-Box.
 - 100% of respondents agreed (somewhat agree, agree, or strongly agree) that they enjoyed participating in the Camp-in-a Box format
 - They were asked what they liked about Camp-in-a-Box. Responses included:
 - “(Participant) enjoyed being able to make his own lunch and snack. He said the video and booklet made it super easy.”
 - “We love that the project was so interactive and that it allowed the students to be ‘little chefs’.”
 - “My daughter and her grandmother had a fun activity to do together while I was at work. Great recipes, fun and gave my 10 year old confidence in cooking. Thank you!”
- Cooking in Caddo Explores Series: August 2021 – March 2022
 - In total, thirty-seven youth participated in the Caddo Kids Cooking workshop series during the 2021-2022 year. Results from their evaluation surveys are as follows:
 - 97% of participants agreed or strongly agreed that “I tried one new food because of my participation in this cooking camp.”
 - 89% of participants agreed or strongly agreed that “I learned to try new foods as a result of this camp.”
 - 92% of participants agreed or strongly agreed that “I had fun taste testing new foods as a result of this camp.”
 - 97% of participants agreed or strongly agreed that “I learned to be safe in the kitchen.”
 - 97% of participants agreed or strongly agreed that “I learned the importance of washing my hands before preparing my food.”
 - When asked “What was your favorite part of this class?” answers included:
 - “Being with and learning with other kids.”
 - “Getting to cut the cabbage.”
 - “My favorite part was learning about the different baked goods all over the world!”
 - “The suspense of taking out the cake.”
 - “Cooking with friends.”
 - When asked “Tell me one thing you learned from this class” answers included:
 - “How important it is to wash your hands before cooking my food.”
 - “I learned to wash your hands 200,000,000,000 times.”
 - “How to cook new things.”
 - “I learned to use an oven.”
 - “How to hold a knife right.”
 - “How to make a different cake.”
 - “I learned about Moroccan food and how to cook it.”

Healthy Holiday Bites Virtual Series

- Holiday Food Safety lesson survey results:

- 100% (4 of 4) of respondents correctly identified that there are four basic principles of food safety
- 100% (4 of 4) of respondents correctly answered that cooked food cannot stay out for 3 hours before being refrigerator or frozen
- 100% (4 of 4) of respondents correctly answered that leftovers stay good for 3-4 days
- 75% (3 of 4) of respondents correctly identified the temperature danger zone
- Healthy Holiday Meals lesson survey results:
 - 100% (5 of 5) of respondents correctly answered that half of our plates should be fruits and vegetables
 - 100% (5 of 5) of respondents correctly answered that the Dietary Guidelines for Americans recommend limiting sodium intake to less than 2300 mg
 - 100% (5 of 5) of respondents correctly answered that you should not wash your raw chicken prior to cooking
- Cutting Holiday Recipes in Half lesson survey results:
 - 50% (3 of 6) of respondents correctly identified how many ounces of dip or spread should be planned per person
 - 100% (6 of 6) of respondents correctly answered that eggs can be reduced in a downsized recipe
- Setting Health Goals for the New Year lesson survey results:
 - 100% (7 of 7) of respondents correctly answered that the amount to limit sodium to per day is 2300 mg
 - 100% (7 of 7) of respondents correctly answered that added sugars should only account for 10% of our total calorie intake
 - 86% (6 of 7) of respondents were able to correctly identify the recommended goal of 150 minutes of exercise each week
- Of twenty-two surveys collected, 100% of respondents answered that the presenter seemed knowledgeable about the topic presented and 100% answered that they had a better understanding after attending the class.

Food Safety Lesson for Northwestern School of Nursing

- 87% (46 of 53) correctly identified the four steps of food safety as clean, separate, cook, and chill.
- 94% (50 of 53) correctly identified the temperature danger zone as 40-140 degrees F.
- 68% (36 of 53) correctly identified that leftovers can stay in the refrigerator for 4 days prior to being thrown out.
- 30% (16 of 53) answered that they used a food thermometer prior to the lesson and 85% (45 of 53) answered that they would use a food thermometer after the lesson. In total, an additional 29 participants plan to use a food thermometer after participating in this food safety lesson.

Shreve Memorial Library Nutrition Series

Results from the Healthy Eating with Diabetes lesson survey included:

- 89% (8 of 9) correctly identifying the different classifications of diabetes.
- 100% (9 of 9) correctly identifying that insulin is needed to get glucose out of the blood and into the cells
- 89% (8 of 9) correctly identified that the Diabetes Plate Method recommends that nonstarchy vegetables make up one half of your plate

- 100% (9 of 9) correctly identified that regular soda is not an appropriate drink choice with the Diabetes Plate Method

AgMagic at the State Fair of Louisiana

In 2018, 2030 youth and adults participated in guided school tours. Educational resources were provided to 330 adults. School tours reached students from 12 different parishes.

- 127 teachers participated in an exit survey. Results included:
 - 97% reported “My overall experience at AgMagic was a positive one.”
 - 97% reported “My students were introduced to the many uses of Louisiana grown products.”
 - 89% reported “The AgMagic experience aligned with my classroom objectives.”
 - 98.5% reported “I would be interested in bringing my group back to AgMagic next year.”
 - “Super impressed with the organization of AgMagic this year!! It was really a great experience!”
 - “Very informative and hands on!”
 - “Wonderful educational experience for my students. They learned a lot about nature and agriculture.”
- 396 students in 3rd-6th grade participated in an exit survey. Results included:
 - 86% reported that they thought AgMagic was either “awesome” or “pretty cool”
 - 69% reported that they learned that agriculture is a part of my life “everyday”
 - 89% reported that they learned that “agriculture produces the food I eat”

In 2019, 2910 youth and adults participated in guided school tours. Educational resources were provided to 300 adults. School tours reached students from 12 different parishes.

- 86 teachers participated in an exit survey. Results included:
 - 96% reported “My overall experience at AgMagic was a positive one.”
 - 96% reported “My students were introduced to the many uses of Louisiana grown products.”
 - 94% reported “AgMagic provided hands on opportunities to learn about agriculture.”
 - 94% reported “The AgMagic experience aligned with my classroom objectives.”
 - 97% reported “I would be interested in bringing my group back to AgMagic next year.”
 - “Wonderful hands on experience for my students. The experience brings the text book to real life.”
 - “Awesome event and hands on!”
- 372 youth participated in an exit survey. Results included:
 - 90% reported that AgMagic was “awesome” or “pretty cool”
 - 83% reported that they learned that agriculture is a part of their life either “often” or “everyday”
 - 94% reported that “agriculture produces the food I eat”

During 2020 and 2021, AgMagic tours were not scheduled due to COVID-19 and continued social distancing. During 2021, Elizabeth served at the Division Director for Adult Competitive Exhibits. With this responsibility, she oversaw 111 competitive exhibit entries.

Extension Collaboration on Immunization Teaching and Engagement (EXCITE)

As part of the train-the-trainer approach, participant surveys were collected at the conclusion of the two trainings. In total, nine participants completed a survey. They were asked to rank the following questions from 1 to 5 (1 being not at all likely; 5 being very likely).

- How likely are you to talk to someone about the COVID-19 vaccination?
 - The average of the answers was 5.
- How comfortable were you discussing the COVID-19 vaccination BEFORE today's training?
 - The average of the answers was 3.33.
- How comfortable were you discussing the COVID-19 vaccination AFTER today's training?
 - The average of the answers was 4.78.

As of February 28, 2022, it is estimated that 6,383 printed materials have been distributed amongst the project's target communities and around 3,711 people have been reached through these materials. Of the 400 people reached through the Community Health Organizers, 260 of these people were visitors of the "Conversations about COVID-19" exhibit at AgMagic at the State Fair of Louisiana.

As of April 6, 2022, the virtual forums have reached a total of 343 participants. Post-program surveys were collected from participants at the conclusion of each forum. One hundred and fifty total responses have been collected with 87% of survey respondents answering "agree" or "strongly agree" when asked if they had learned something new as a result of the forum.

Ten LSU AgCenter faculty and staff attended the statewide training. Of the ten attendees, nine attended the first part of the training and eight completed the post-survey for this portion of the training.

Survey results for Part 1: "A Systems Approach to Healthy Communities" are as follows:

- "I learned something new as a result of today's training": 7 strongly agree, 1 agree
- "I have a better understanding of people who live in under-resourced communities": 6 strongly agree, 2 agree
- "I have a better understanding of strategies for community engagement": 5 strongly agree, 3 agree
- "I have a better understanding of sustainability in Healthy Community initiatives": 5 strongly agree, 3 agree

When asked for any other feedback regarding Part 1 of the training, comments on the survey were as follows:

- "Good job!!!"
- "Would love to see Grace present across the state on CHH."
- "Great presentation! Very informative! Thank you ladies!"
- "Wonderful training! It is information that we can directly apply and is extremely beneficial. Thank you!"
- "As a newer agent I left with great information that can be used in my parishes."
- "Great vision for us to learn how to make Healthy Communities to work—best way to understand how it works. Thank you!"

Six attendees stayed for the second part of the training session and one agent joined virtually. Of the six in-person attendees, four completed the post-survey for this portion of the training. Survey results for Part 2: "Conversations about COVID-19" are as follows:

- "I learned something new as a result of today's training": 3 strongly agree, 1 agree
- "I was comfortable discussing the COVID-19 vaccine BEFORE today's training": 2 strongly agree, 2 agree
- "I am more comfortable discussing the COVID-19 vaccine AFTER today's training": 2 strongly agree, 2 agree

VIII. DEVELOPMENT AND PRESENTATION OF RESEARCH BASED MATERIALS

Elizabeth has developed many presentations and materials to provide clients throughout Caddo and Bossier parishes. Each presentation and material is created and designed using research based information, as well as following Americans with Disabilities Act (ADA) requirements.

Listed below are presentations that Elizabeth has taught since her employment with the LSU AgCenter. These are individual lessons and not part of curriculum series that have been listed above.

Presentations

- **Adding in More Fruits and Vegetables**
 Teaches the importance of making half your plate fruits and vegetables.
 This lesson has been taught to youth and adult audiences three times.
- **Nutrition 101**
 Teaches community volunteers the basics of the MyPlate and nutrition. Lesson created by Abigail McAlister and adapted by Elizabeth.
 This lesson has been taught four times for Shreveport Green volunteers.
- **Cooking 101**
 Teaches community volunteers basic cooking techniques, including measuring ingredients, knife skills and safety, and basic food preparation. Lesson created by Abigail McAlister and adapted by Elizabeth.
 This lesson has been taught once for Shreveport Green volunteers.
- **More About Portions**
 Teaches the importance of reading food labels while allowing participants a chance to test their portion skills.
 This lesson has been taught once at a local library.
- **Healthy Eating for High School Women**
 Teaches the importance of eating for your body and needs.
 This lesson has been taught once at an afterschool program in partnership with the Junior League of Shreveport Bossier.
- **Smart Snacking**
 Teaches the importance of reading food labels and choosing snacks wisely.
 This lesson has been taught to youth and adult audiences twice.
- **Choose MyPlate**
 Teaches the importance of MyPlate and the different food groups to youth.
 This lesson has been taught to youth and adult audiences four times.
- **Mediterranean Diet**
 Teaches adult audiences about the Mediterranean diet and how to implement healthier lifestyle changes.
 This lesson has been taught once for a senior living facility.
- **The Importance of Food Safety and Handwashing**

Teaches the importance of food safety practices, including the four steps to food safety, the temperature danger zone, and handwashing skills.

This lesson has been taught for library branches and a senior living facility three times.

- **Community Nutrition**

Teaches Dietetic Interns about the LSU AgCenter, community nutrition, EFNEP, and Healthy Communities and PSE Changes.

This lesson has been taught twice for Louisiana Tech University Dietetic Interns.

- **Heart Health**

Teaches the importance of knowing your blood pressure and ways to adjust your diet to improve your heart health.

This lesson has been taught to adult audiences three times.

- **Extracting Iron**

Teaches youth audiences the importance of selecting iron fortified cereal. This lesson is part of the Family Nutrition Night series.

This lesson has been taught to six youth groups from Caddo and Bossier parish participating in 4-H camp.

- **Eating Healthy with Diabetes**

Teaches the importance of knowing your diabetes risk and how to follow the American Diabetes Association Diabetes Plate Method.

This lesson has been taught at libraries three times.

- **What is the Leadership Experience?**

Teaches National Extension Association of Family and Consumer Sciences (NEAFCS) members about the Leadership Experience.

Elizabeth served as a panelist on this webinar once.

IX. **Publications (Print and Electronic)**

Elizabeth utilizes print and electronic publications to provide updated nutrition information and education to the community she serves. Since Elizabeth's hire with the LSU AgCenter, she has created nutrition education materials for lessons, recipe cards for food demonstrations, and EFNEP newsletters for community partners, among others.

Listed below are the publications that Elizabeth has created:

Title of Publication	Type of Publication	Date	Description
Ways to Maximize Produce	Handout	8/21/2018	Handout with tips to maximize fruits and vegetables.
Red Potato Hash	Recipe Card	9/18/2018	Developed recipe card.
Sweetened Beverages	Handout	9/26/2018	Handout for health fair to educate on beverages.
One Pan Teriyaki Chicken	Recipe Card	9/30/2018	Developed recipe card.
Cooking	Handout	10/24/2018	Handout with cooking temperatures.

Temperatures			
Holiday Cookbook	Cookbook	11/27/2018	Cookbook created for 2018 Holiday Cooking Class.
Spicy Cabbage Soup	Recipe Card	11/30/2018	Developed recipe card.
Skillet Popcorn	Recipe Card	11/30/2018	Developed recipe card.
Skillet Macaroni and Cheese	Recipe Card	11/30/2018	Developed recipe card.
Okra Cornmeal Cakes	Recipe Card	1/31/2019	Developed recipe card.
Picnic Chicken Salad	Recipe Card	3/13/2019	Developed recipe card.
Strawberry Spinach Smoothie	Recipe Card	4/18/2019	Developed recipe card.
Extra Easy Hummus	Recipe Card	7/1/2019	Developed recipe card.
Lemon Velvet Supreme	Recipe Card	7/29/2019	Developed recipe card.
Avocado Salsa	Recipe Card	10/1/2019	Developed recipe card.
Easy Broccoli Salad	Recipe Card	10/1/2019	Developed recipe card.
Easy Lasagna	Recipe Card	10/1/2019	Developed recipe card.
Butternut Squash and Black Bean Soup	Recipe Card	11/4/2019	Developed recipe card.
2019 Holiday Cookbook	Cookbook	12/5/2019	Created cookbook for the 2019 Holiday Cooking Class.
What Foods to Purchase During an Emergency	Handout	3/16/2020	Created handout that was distributed to R.V. Kerr Elementary School as part of their feeding program during the COVID-19 school closures.
Adult – Dairy: Switch to Skim or 1% Milk Lesson	Curriculum PowerPoint	7/2/2020	Created PowerPoint for the adult dairy lesson from the “Let’s Eat for the Health of It” curriculum. PowerPoint used for virtual lessons presented by Nutrition Agents and Educators throughout the state.
Youth – Dairy: Switch to Low-Fat or Fat-Free Dairy Lesson	Curriculum PowerPoint	7/2/2020	Created PowerPoint for the youth dairy lesson from the “Let’s Eat for the Health of It” curriculum. PowerPoint used for virtual lessons presented by Nutrition Agents and Educators throughout the state.
Youth – Handwashing Lesson	Curriculum PowerPoint	7/2/2020	Created PowerPoint for the youth handwashing lesson from the “Let’s Eat for the Health of It” curriculum. PowerPoint used for virtual lessons presented by Nutrition Agents and Educators throughout the state.
Camp-in-a-Box Cookbook	Cookbook	7/27/2020	Prepared cookbook with recipes and handouts for participants of Cooking in Caddo Camp-in-a-Box.
Snack Pack Cooking Class Cookbook	Cookbook	4/29/2021	Created a cookbook for an after school cooking class at Oak Park Microsociety Elementary School and North Highlands

			Elementary School with EFNEP.
Blueberry Spinach Smoothie	Recipe Card	6/4/2021	Developed recipe card.
2020 Caddo Parish EFNEP Outreach Program Report	EFNEP Outreach Program Report	6/9/2021	Compiled FY2020 data to complete EFNEP parish outcome report.
Caddo Parish Commission Report	Caddo Parish Commission Report	7/1/2021	Contributed data to the Caddo Parish Commission report.
Take a Guess!	Worksheet	7/7/2021	Created worksheet for Caddo and Bossier 4-H Camp. Campers participated in a fruit and vegetable guessing activity and recorded their answers using the worksheet.
Cooking in Caddo explores Italy!	Flyer	7/12/2021	Created flyer used for advertisement.
Food Safety	PowerPoint	7/19/2021	Created PowerPoint used with lessons.
Meal Planning on a Budget	PowerPoint	7/27/2021	Created PowerPoint used with lessons.
Community Nutrition: EFNEP, PSE Changes, and Healthy Communities	PowerPoint	8/4/2021	Created PowerPoint used with lessons.
Weekly Meal Plan	Handout	8/6/2021	Created handout for Northwest Region FCS Quarterly Training presentation.
Cooking in Caddo explores Italy!	Cookbook	8/10/2021	Created cookbook for participants of youth cooking class.
Cooking in Caddo explores Italy!	Participant Certificates	8/10/2021	Created participant certificates for participants of youth cooking class.
Vivian Family Dinner Nights	Flyer	9/1/2021	Created flyer used for advertisement for EFNEP program.
4 Steps for Food Safety	Handout	9/13/2021	Created handout for food safety lesson.
Youth: Switch to Skim or 1% Milk	Curriculum	9/13/2021	Reviewed and edited curriculum lesson based on updated Dietary Guidelines for Americans.
Youth: Make Half Your Plate Fruits and Vegetables	Curriculum	9/13/2021	Reviewed and edited curriculum lesson based on updated Dietary Guidelines for Americans.
Cooking in Caddo explores Germany!	Flyer	9/14/2021	Created flyer used for advertisement.
Caddo/Bossier EFNEP Quarterly Newsletter	Newsletter	10/1/2021	Created newsletter that was emailed to program participants, volunteers, and community partners.
Cooking in Caddo	Participant	10/11/2021	Created participant certificates of youth

explores Germany!	Certificates		cooking class.
Cooking in Caddo explores Germany!	Cookbook	10/11/2021	Created cookbook for participants of youth cooking class.
Healthy Eating with Diabetes	Handout	11/1/2021	Created handout used with lessons.
Create Your Own Parfait	Recipe Card	11/1/2021	Developed recipe card.
Healthy Eating with Diabetes	PowerPoint	12/1/2021	Created PowerPoint used with lessons.
Holiday Nutrition	PowerPoint	12/2/2021	Created PowerPoint used with lessons.
Cooking in Caddo presents Holiday Baking Around the World!	Cookbook	12/20/2021	Created cookbook for participants of youth baking class.
Cooking in Caddo presents Holiday Baking Around the World!	Participant Certificates	12/20/2021	Created participant certificates for participants of youth baking class.
Caddo/Bossier EFNEP Quarterly Newsletter	Newsletter	1/12/2022	Created newsletter that was emailed to program participants, volunteers, and community partners.
Adult: Switch to Skim or 1% Milk	Curriculum	1/14/2022	Reviewed and edited curriculum lesson based on updated Dietary Guidelines for Americans.
Adult: Make Half Your Plate Fruits and Vegetables	Curriculum	1/14/2022	Reviewed and edited curriculum lesson based on updated Dietary Guidelines for Americans.
Cooking in Caddo explores Morocco!	Flyer	2/22/2022	Created flyer used for advertisement.
A Systems Approach to Healthy Communities and Conversations about COVID-19	Resource Binder and Kit	3/2/2022	Created and organized resource binders and kits used for statewide EXCITE training.
Cooking in Caddo explores Morocco!	Cookbook	3/8/2022	Created cookbook for participants of youth cooking class.
Cooking in Caddo explores Morocco!	Participant Certificates	3/8/2022	Created participant certificates for participants of youth cooking class.
2021 Caddo Parish EFNEP Outreach Program Report	EFNEP Outreach Program Report	3/8/2022	Compiled FY2021 data to complete EFNEP parish outcome report.
2021 Bossier Parish EFNEP Outreach Program Report	EFNEP Outreach Program Report	3/8/2022	Compiled FY2021 data to complete EFNEP parish outcome report.
Homemade Italian	Recipe Card	3/11/2022	Developed recipe card.

Seasoning Blend			
Caddo/Bossier EFNEP Quarterly Newsletter	Newsletter	3/31/2022	Created newsletter that was emailed to program participants, volunteers, and community partners.
Bossier Parish Profile	Parish Profile	3/31/2022	Contributed EFNEP data to the Bossier Parish Profile.
Caddo Parish Profile	Parish Profile	3/31/2022	Contributed data to the Caddo Parish Profile.

X. MASS MEDIA

Elizabeth utilizes mass media efforts to provide updated nutrition information and education to the community she serves.

Listed below are Elizabeth's mass media efforts:

Title of Mass Media	Location of Mass Media	Date	Description
Slow Cooker Food Safety	The Best of Times	1/1/2019	Assisted in writing article with Abigail McAlister for slow cooker month.
LSU AgCenter Dietitian Receives Award	Louisiana Agriculture Magazine	4/12/2019	Featured in article covering the 2019 Young Dietitian of the Year award that Elizabeth received.
National Nutrition Month Week 1: Eat a Variety of Nutritious Foods	LSU AgCenter Website	3/6/2020	Article contributed to LSU AgCenter website.
Happy National Nutrition Month Week 2: Plan Your Meals Each Week	LSU AgCenter Website	3/16/2020	Article contributed to LSU AgCenter website.
National Nutrition Month Week 3: Learn Skills to Create Tasty Meals!	LSU AgCenter Website	3/16/2020	Article contributed to LSU AgCenter website.
National Nutrition Month Week 4: Consult a Registered Dietitian Nutritionist	LSU AgCenter Website	3/23/2020	Article contributed to LSU AgCenter website.
Physical Activity During Quarantine	LSU AgCenter Website	5/1/2020	Article contributed to LSU AgCenter website.
Staying Hydrated	LSU AgCenter Website	5/13/2020	Article contributed to LSU AgCenter website.
LSU AgCenter Launches Virtual	LSU AgCenter Website	7/16/2020	Elizabeth contributed to article highlighting virtual nutrition

Nutrition Lessons			lessons.
National Blueberry Month	LSU AgCenter Website	7/23/2020	Article contributed to LSU AgCenter website.
Cooking in Caddo	The Aggregate LEAFCS Newsletter	2/22/2021	Article contributed to The Aggregate LEAFCS newsletter.
LSU AgCenter receives grant to improve vaccination rates	LSU AgCenter Press Release	8/5/2021	EXCITE team and projects were featured in press release.
LSU AgCenter virtual forums focus on COVID-19 vaccinations	LSU AgCenter Press Release	8/31/2021	EXCITE team and projects were featured in press release.
PANDEMIC RESPONSE: LSU AgCenter Agents Teach Nutrition Through Snacks	Louisiana Agriculture Magazine	9/2/2021	Article featured in magazine about Snack Pack Cooking Class at Oak Park Microsociety Elementary School and North Highlands Elementary School.
LSU AgCenter to provide COVID immunization training, education	LSU AgCenter Press Release	1/13/2022	EXCITE team and projects were featured in press release.

XI. OTHER EDUCATIONAL MATERIALS SUCH AS EXHIBITS, CURRICULUM, LESSON PLANS, AUDIO TAPES, VIDEOS, ETC.

During the COVID-19 pandemic, Elizabeth created many videos to reach clientele. She recorded food demo videos to post to social media and as part of the Cooking in Caddo Camp-in-a-Box workshop. Listed below are videos that Elizabeth created:

Videos

Title of Video	Location of Video	Date	Description
Roasted Parmesan Acorn Squash Food Demo Video	Facebook Page	4/23/2020	Filmed and edited food demo video.
Healthy Banana Split Food Demo Video	Facebook Page	5/14/2020	Filmed and edited food demo video.
Firecracker Snacks Food Demo Video	Facebook Page	7/2/2020	Filmed and edited food demo video.
Handwashing and Measuring Ingredients Video	YouTube	7/27/2020	Filmed and edited video. Link was provided to youth participating in Cooking in Caddo Camp-in-a-Box.
Turkey Ranch Wraps Food Demo Video	YouTube	7/27/2020	Filmed and edited video. Link was provided to youth participating in Cooking in Caddo Camp-in-a-Box.
Poolside Parfait Food	YouTube	7/27/2020	Filmed and edited video. Link

Demo Video			was provided to youth participating in Cooking in Caddo Camp-in-a-Box.
Sweet Safari Pops Food Demo Video	YouTube	7/27/2020	Filmed and edited video. Link was provided to youth participating in Cooking in Caddo Camp-in-a-Box.
Thanksgiving Vegetable Tian Food Demo Video	Facebook Page	11/17/2020	Filmed and edited video as part of the Cooking in Caddo series.
Hanukkah Potato Pancakes Food Demo Video	Facebook Page	11/30/2020	Filmed and edited video as part of the Cooking in Caddo series.
Christmas Lasagna Roll Ups Food Demo Video	Facebook Page	12/11/2020	Filmed and edited video as part of the Cooking in Caddo series.
Kwanzaa Benne Cakes Food Demo Video	Facebook Page	12/21/2020	Filmed and edited video as part of the Cooking in Caddo series.
Popcorn Balls Food Demo Video	Facebook Page	2/8/2021	Filmed and edited video as part of the Cooking in Caddo series.
Sugar Cookies Food Demo Video	Facebook Page	2/9/2021	Filmed and edited video as part of the Cooking in Caddo series.
Raspberry Mousse Food Demo Video	Facebook Page	2/11/2021	Filmed and edited video as part of the Cooking in Caddo series.

Elizabeth has participated in a variety of exhibits and health fairs. Her involvement is listed below:

Exhibits

- Community Health Conversations Health Fair, September 27, 2018.
- The Best of Times Health Fair, October 25, 2018.
- American Association of Retired Persons (AARP and The Best of Times Caregiver Information EXPO, March 1, 2019.
- Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Annual Education Event and Health Fair, April 10, 2019.
- Louisiana Children's Trust Fund (LCTF) Regional Meeting, August 7, 2019.
- United Healthcare Networking Event, September 5, 2019.
- The Best of Times Health Fair, October 24, 2019.
- Bossier Parish Community College Health Fair, October 27, 2021.

Curriculum

During the COVID-19 pandemic, Elizabeth was asked to serve on the Alternative Programming Committee to assist with the shift to virtual programming. As part of this committee, Elizabeth assisted

on the Curriculum Subcommittee. This subcommittee was responsible for creating PowerPoint lessons for each “Let’s Eat For the Health Of It” lesson. This is the curriculum taught to EFNEP, SNAP-Ed, and some Flavors of Health audiences. Virtual programming using the PowerPoints was encouraged during the stay-at-home order. She created PowerPoints for the following lessons:

- “Switch to Skim or 1% Milk” adult lesson
- “Switch to Skim or 1% Milk” youth lesson
- “Handwashing and Food Safety” youth lesson

Elizabeth was also asked to serve on the “Let’s Eat For the Health of It” Revisions Curriculum Committee. This committee was established to help make edits and updates to the curriculum series following the release of the 2020-2025 Dietary Guidelines for Americans. Elizabeth was responsible for editing the following lessons:

- “Make Half Your Plate Fruits and Vegetables” adult lesson
- “Make Half Your Plate Fruits and Vegetables” youth lesson
- “Switch to Skim or 1% Milk” adult lesson
- “Switch to Skim or 1% Milk” youth lesson

XII. COOPERATION/COLLABORATION WITH OTHER FACULTY

Elizabeth is domiciled in the Caddo parish office, but also spends time in the Bossier parish office as part of her EFNEP supervision duties. This has allowed her the opportunity to work with Extension Agents in a variety of fields.

Elizabeth has worked closely with 4-H Agents on many projects. In 2019, Elizabeth began working with Lola Boone, 4-H Agent, and Abigail McAlister, FCS Regional Coordinator, to create the Caddo Kids Cooking workshop series. This series transitioned from in-person workshops to a Camp-in-a-Box approach to virtual food demo videos due to COVID-19 and social distancing. Elizabeth has assisted with 4-H University contests. She helped with set up and testing for the Consumer Decision Making contest in 2019, 2020, and 2021. In 2021, Elizabeth assisted Katherine Pace, 4-H agent, with preparing two Caddo youth who entered the Louisiana CHEFS contest. This team placed 3rd overall. Elizabeth taught the Extracting Iron session for 4-H camp on July 7, 2021. Due to COVID-19 and social distancing, 4-H camp was held for Caddo and Bossier parishes at Louisiana State University Shreveport during July 6-8, 2021. Elizabeth also assisted with the planning process for the nutrition focused day on July 7th, with both Caddo and Bossier 4-H staff. Elizabeth has also worked with Katherine Pace on the HYPE project implemented at Southwood High School in Shreveport.

Elizabeth worked with CYFAR (Children, Youth, and Families At Risk) program assistant, Jessica Sherrill, by assisting with the LYFE simulation held at Green Oaks Middle School in April 2019.

Elizabeth worked with Mark Wilson, Horticulture Agent, to plan and build a community garden at Reader Chapel CME Church in Vivian. This was a result of the Faithful Families curriculum taught by Elizabeth and Leona Camel-Clinton, as part of EFNEP programming. Elizabeth has received guidance from Mark and John Terrell, ANR Agent, with her continued efforts with the Reader Chapel garden, as well as the garden installation at Restoration Crisis Center.

Elizabeth works closely with FCS Agents from throughout the state. Elizabeth has taught Smart Portions, Holiday Cooking Class, and lessons at Shreveport Green with Abigail McAlister. Elizabeth and Abigail work together to serve as preceptors for Louisiana Tech University Dietetic Interns. Elizabeth works closely with Dr. Grace Peterson on the St. Rest Baptist Church Healthy Communities project. She also worked with Dr. Peterson to conduct programming with Head Start parents and children. Elizabeth planned the Healthy Holiday Series class with FCS Agents throughout the state. The team also consisted

of Mandy Armentor, Amanda Gibson, Kimberlyn Jones. This four-lesson series focused on healthy eating around the holidays. Elizabeth works on the EXCITE grant with the team consisting of Abigail McAlister, Dr. Grace Peterson, Cookie Coleman, and Coco Alcade.

Elizabeth worked with Mark Wilson, Bentley Fitzpatrick, Insect Specialist, and Carrie Lott, Red River Research Station Greenhouse Manager, to provide a tour for Shreve Island Elementary School students in partnership with Ochsner LSU Health. Elizabeth organized the tour where students heard about plants and pollinators, planted their own vegetable seed to take home, and toured the tomato greenhouses.

Elizabeth is currently serving on the NEAFCS Member Resources: Mentoring and Leadership committee. This opportunity has allowed Elizabeth to work with 15 committee members from across the country. She has assisted with multiple subcommittees including; awards, poster session application, mentee and mentor programming, and webinar. Elizabeth was selected as a mentee for the inaugural NEAFCS Leadership Experience class. This opportunity has allowed Elizabeth to be mentored by Leslee Blanch, FCS Agent with the University of Idaho.

XIII. EXTERNAL FUNDING, MATERIAL SUPPORT AND GRANTS

Grant Funding:

- 2019 Program Year:
 - Louisiana Healthy Communities Coalition: \$2,850.00
 - This grant was received to install a community garden at Reader Chapel CME Church in Vivian, Louisiana. The garden provides fruits, vegetables, and herbs for the congregation of Reader Chapel and the students who participate in the B-Smart Starfish Academic Learning Academy afterschool program, which is housed at the church.
- 2022 Program Year:
 - Extension Collaboration on Immunization Teaching and Engagement (EXCITE): \$24,178.00
 - Centers for Disease Control and Prevention and the National Institute of Food and Agriculture awarded grant funds to the LSU AgCenter. Funds were received to create a train-the-trainer model for the EXCITE team to educate Community Health Organizers to provide COVID-19 vaccination education, partner with community organizations, and to implement a virtual forum series on COVID-19. This grant originally focused on Caddo parish, but expanded its reach throughout the state.
 - Healthy Young People Empowerment (HYPE): \$500.00
 - Funds were received to implement a HYPE project at Southwood High School in Shreveport.

Monetary Support:

- 2019 Program Year:
 - Brookshire Grocery Company: \$500.00
 - Elizabeth received the donation to purchase canned goods for the canned food structure displayed at AgMagic at the State Fair of Louisiana. Once AgMagic concluded, the canned goods were donated to the Food Bank of Northwest Louisiana.
 - Holiday Cooking Class Registration Fees: \$160.00

- Participant registration fees covered the cost of supplies, food, and ingredients for the Holiday Cooking Class. The registration fee was \$20.00 per participant.
 - Smart Portions Registration Fees: \$650.00
 - Participant registration fees covered the cost of supplies, ingredients, educational reinforcement items, and binders. The registration fee was \$65.00 per participant.
- 2020 Program Year:
 - Fully Devoted Developer of Children (FDDOC): \$2,500.00
 - FDDOC donated funds to the Caddo 4-H Foundation to fund projects for EFNEP and 4-H at Oak Park Microsociety Elementary School.
 - Holiday Cooking Class Registration Fees: \$240.00
 - Participant registration fees covered the cost of supplies, food, and ingredients for the Holiday Cooking Class. The registration fee was \$20.00 per participant.
 - Smart Portions Registration Fees: \$455.00
 - Participant registration fees covered the cost of supplies, ingredients, educational reinforcement items, and binders. The registration fee was \$65.00 per participant.
 - Caddo Kids Cooking Participant Registration Fees: \$1,550.00
 - Participant registration fees covered the cost of supplies, ingredients, and binders. The summer workshop fee was \$50.00 for three days. Sixteen youth enrolled in the summer workshop. Fall and Winter workshop fees were \$30.00. Ten youth enrolled in the Fall workshop and fifteen in the Winter workshop.
- 2021 Program Year:
 - Fully Devoted Developer of Children (FDDOC): \$1,500.00
 - FDDOC donated funds to the Caddo 4-H Foundation to fund projects for EFNEP and 4-H at Oak Park Microsociety Elementary School and North Highlands Elementary School. Funds were used to purchase picnic tables and to provide cooking camps for after school programs at both schools.
 - Cooking in Caddo Camp-in-a-Box Registration Fees: \$110.00
 - Participant registration fees covered the cost of supplies and ingredients for the Cooking in Caddo Camp-in-a-Box workshop. The registration fee was \$10.00 per participant.
- 2022 Program Year:
 - Cooking in Caddo Registration Fees: \$750.00
 - Participant registration fees covered the cost of materials, supplies, and ingredients. A total of forty participants registered for different workshops during the year. The registration fee was \$20.00 for the Italy, Germany, and Morocco camps and \$15.00 for the Holiday Baking Around the World camp.

In-Kind Support:

- 2019 Program Year:
 - Red River Revel: Grocery Store Display
 - Elizabeth received a donation from the Red River Revel in the form the mini grocery store display. The grocery store was used as a stage in the nutrition exhibit for AgMagic at the State Fair of Louisiana. The Red River Revel also allowed the team to borrow food models for hands-on participant learning.
- 2020 Program Year:
 - Louisiana Department of Child and Family Services: Meeting Space

- Provided a classroom for Healthy Beginnings for Your Baby lessons taught in Caddo and Webster parishes.
 - Louisiana Workforce Commission: Meeting Space
 - Provided a classroom for Healthy Beginnings for Your Baby lessons taught in Bossier parish.
 - Vivian United Methodist Church: Meeting Space
 - Provided a classroom for Faithful Families classes taught for the Reader Chapel CME Baptist Church congregation.
 - VOA South Pointe Place: Meeting Space
 - Provided a classroom for nutrition lessons provided to residents.
 - Shreveport Green: Meeting Space
 - Provided a classroom for nutrition lessons.
 - St. Rest Baptist Church: Meeting Space
 - Provided a classroom for Healthy Communities meetings for congregation and community members.
- 2022 Program Year:
 - Various organizations, schools, and community partner locations: Meeting Space
 - Classrooms and meeting rooms were provided for EFNEP lessons throughout Caddo and Bossier parishes.
 - St. Rest Baptist Church: Meeting Space
 - Provided a classroom for Healthy Communities meetings and projects for congregation and community members.
 - Shreve Memorial Library: Meeting Space
 - Provided a classroom at six library branches for Flavors of Health lessons.
 - Bossier Parish Libraries: Meeting Space
 - Provided a classroom at one branch for a Flavors of Health lesson.
 - Volunteers of America South Pointe Place: Meeting Space
 - Provided a meeting space monthly for Flavors of Health lessons.
 - Restoration Crisis Center Garden Donations
 - Northwest Louisiana Master Gardeners: Pledged donation of ~\$100 worth of soil.
 - Lowe's Home Improvement: Pledged donation of cinderblocks and plants.

Volunteer Support:

- 2019 Program Year:
 - EFNEP Volunteer Support: \$10,172.00
 - EFNEP volunteers contributed approximately 400 hours during the 2019 program year. Using the 2019 volunteer rate of \$25.43, their volunteer time equals \$10,172.00.
- 2020 Program Year:
 - EFNEP Volunteer Support: \$12,308.12
 - EFNEP volunteers contributed approximately 484 hours during the 2020 program year. Using the 2020 volunteer rate of \$25.43, their volunteer time equals \$12,308.12.
 - Summer Volunteer Support: \$228.87
 - One summer volunteer donated her time to work with Caddo Kids Cooking. She spent an estimated 9 hours working directly with Elizabeth. Using the 2020 volunteer rate of \$25.43, her volunteer time equals \$228.87.

- Louisiana Tech University Dietetic Interns Support: \$3,255.04
 - Three Dietetic Interns spent approximately 128 hours working directly with Elizabeth. Using the 2020 volunteer rate of \$25.43, their volunteer time equals \$3,255.04.
- 2021 Program Year:
 - Louisiana Tech University Dietetic Interns Support: \$7,120.40
 - Four Dietetic Interns spent approximately 280 hours working directly with Elizabeth. Using the 2021 volunteer rate of \$25.43, their volunteer time equals \$7,120.40.
 - EFNEP Volunteer Support: \$18,411.32
 - EFNEP volunteers contributed approximately 724 hours during the 2021 program year. Using the 2021 volunteer rate of \$25.43, their volunteer time equals \$18,411.32.
- 2022 Program Year:
 - Louisiana Tech University Dietetic Interns Support: \$5,023.04
 - Four Dietetic Interns spent approximately 176 hours working directly with Elizabeth. Using the 2022 volunteer rate of \$28.54, their volunteer time equals \$5,023.04.

XIV. REFERRED JOURNAL ARTICLES

Elizabeth does not have any journal articles to report at this time.

XV. PRESENTATIONS AT PROFESSIONAL AND CLIENTELE TARGETED CONFERENCES

- Elizabeth, along with Abigail McAlister and Grace Peterson, was chosen to present a 60 minute panel session at the 2022 National Urban Extension Conference along with two of our community partners. The title of the presentation is “Community Health Hubs: A Systems Approach to Collaboration and Wellness.” Due to extenuating circumstances, the team was unable to present.
- Elizabeth is included as a presenter for a submitted poster session for the National Extension Association of Family and Consumer Sciences (NEAFCS) 2022 Annual Session, titled “NEAFCS Leadership Experience: Growth and Development through Interactive Programming.”
- Elizabeth, along with members of the NEAFCS Mentoring and Leadership Committee, is included as a presenter for a concurrent session at the NEAFCS 2022 Annual Session, titled “Everything You Need to Know About the NEAFCS Leadership Experience.”
- Elizabeth, along with members of the NEAFCS Mentoring and Leadership Committee, is included as a presenter for an IGNITE presentation at the NEAFCS 2022 Annual Session covering the NEAFCS Leadership Experience.

XVI. PARTICIPATION IN AND LEADERSHIP OF PROFESSIONAL ORGANIZATIONS/COMMITTEES

Elizabeth has shown leadership not only through her EFNEP supervisory duties, but also through her involvement in professional organizations and committees. Her involvement is listed below:

- Member of the National Extension Association of Family and Consumer Sciences (NEAFCS) 2018–present
 - 2021-2022 Member Resources: Mentoring and Leadership Committee member
 - Subcommittees: Awards, Poster Session Application, Mentee and Mentor Programming, and Webinar: “What is the Leadership Experience?”
 - Presenter for the “What is the Leadership Experience?” webinar held on February 17, 2022
- Member of the Louisiana Extension Association of Family and Consumer Sciences (LEAFCS) 2018-present
 - 2019-2020
 - Installation Committee
 - Handbook Committee
 - 2020-2021
 - LEAFCS Alternate Regional Director for Region 1
 - Special Awards Committee Chair
 - Member Resources Committee
 - Ways and Means Committee
 - Minutes Review Committee
 - 2021-2022
 - LEAFCS Regional Director for Region 1
 - Special Awards Committee Chair
 - Conference Planning Committee
- Member of the Academy of Nutrition and Dietetics (AND) 2011-present
 - Member of the Public Health/Community Nutrition Dietetics Practice Group 2018-present
- Member of the Louisiana Academy of Nutrition and Dietetics (LAND) 2011-present
 - Served on the Awards Selection Committee 2020-2021
 - Board meeting participant as SAND President 2020-2021
 - Treasurer and Board Member 2021-2023
- Member of the Shreveport Academy of Nutrition and Dietetics (SAND) 2016-present
 - Secretary 2017-2019
 - President-Elect 2019-2020
 - President 2020-2021
 - Nominating Chair 2021-2022

XVII. CONTINUED COURSEWORK, IN-SERVICE TRAINING, SABBATICALS, PROFESSIONAL IMPROVEMENT

Continued Coursework

- AEEE 7122 – Program Development and Evaluation, Louisiana State University, Fall 2019.

In-Service Training

- New Employee Orientation, Baton Rouge, August 2018
- EFNEP Agent Training, Baton Rouge, August 2018
- Northwest Region FCS Quarterly Training, Arcadia, August 2018
- WebNEERS Training, Virtual, September 2018
- Faithful Families Thriving Communities Training, Raleigh, North Carolina, December 2018
- LSU AgCenter Annual Conference, Baton Rouge, December 2018
- FCS New Agent Training, Vidalia, February 2019
- LEAFCS Annual Conference, West Monroe, April 2019
- Louisiana Academy of Nutrition and Dietetics Annual Conference, Baton Rouge, April 2019
- FCS New Agent Training, Hammond, June 2019
- FCS New Agent Training, Alexandria, October 2019
- ADA Training, Bossier City, November 2019
- FCS Quarterly Training, Shreveport, December 2019
- LEAFCS Winter General Meeting, Virtual, December 2019
- Canning Workshop with Quincy Vidrine, Alexandria, February 2020
- North Carolina State University Online EFNEP Modules Webinar, March 2020
- Faithful Families Virtual Summit, March-April 2020
- Northwest Region FCS Quarterly Training, Virtual, May 2020
- Northwest Region FCS Quarterly Training, Virtual, June 2020
- Microsoft Teams Technology Training, Virtual, June 2020
- Online Nutrition Training for FCS Agents and Nutrition Educators, Virtual, June 2020
- Town of Vivian Grant Training, Virtual, July 2020
- Leadership Experience Webinar, Virtual, February 2021
- Northwest Region FCS Quarterly Training, Virtual, February 2021
- EFNEP Quicken Training, Virtual, February 2021
- Louisiana Tech University Preceptor Workshop, Virtual, March 2021
- Louisiana Healthy Communities Coalition Annual Summit, Virtual, March 2021
- FCS/4-H HYPE Training, Virtual, March 2021
- Louisiana Academy of Nutrition and Dietetics Annual Conference and Training, Virtual, March 2021
- Food Safety and Preservation Training, Virtual, April 2021
- Walk Audit Training, Ruston, April 2021
- National Health Outreach Conference, Virtual, May 2021
- Northwest Region FCS Quarterly Training, Virtual, May 2021
- Leadership Experience: Leading Yourself, Virtual, May 2021
- Virginia Tech University Physical Activity in Cooperative Extension Training, Virtual, May-August 2021
- Leadership Experience: Leading in Your Community, Virtual, June 2021
- HYPE Purchasing Orientation, Virtual, June 2021

- Leadership Experience: Leading in Family and Consumer Sciences, Virtual, July 2021
- Northwest Region FCS Quarterly Training, Virtual, August 2021
- NEAFCS Annual Conference, Virtual, November 2021
- ServSafe Training and Exam, Alexandria, November 2021
- Louisiana Department of Health and Feeding Louisiana Anti-Hunger Summit, Virtual, December 2021
- Break Up with Salt Training, Virtual, December 2021
- Northwest Region FCS Quarterly Training, Virtual, December 2021
- EFNEP Quicken Training, Virtual, January 2022
- Extension Foundation Impact Collaborative Summit, Virtual, January 2022
- 4-H Food Challenge Training, Alexandria, January 2022
- EXCITE Statewide Training, Alexandria, March 2022
- Northwest Region FCS Break Up with Salt Data Input and Analysis Training, Virtual, March 2022
- EFNEP Coordinator's Conference, Virtual, March 2022
- Geaux Shop Healthy Training, Virtual, March 2022
- Crucial Conversations Training, Shreveport, April 2022
- Louisiana Academy of Nutrition and Dietetics Annual Conference and Training, Virtual, April 2022

XVIII. PARTICIPATION IN PUBLIC POLICY AND COMMUNITY ISSUES

Elizabeth is an active member of her community. She participates in community events, health fairs, and networking events throughout the Caddo and Bossier community. Elizabeth works with community members and nutrition professionals to stay up to date on local, state, and national public policies and issues. Elizabeth strives to serve as a resource for her community on all food and nutrition topics.

XIX. AWARDS AND RECOGNITION

- April 9, 2019: Recognized Young Dietitian of the Year Award from the Louisiana Academy of Nutrition and Dietetics
- 2019-2020 Human Ecology Featured Alum in Dietetics by Louisiana Tech University
- April 6, 2021: Extension Disaster Education Award (team application with Sharman Charles and Sandra May)
 - Selected as 1st place LEAFCS award winner
- 2020-2021: NEAFCS Leadership Experience member
- March 11, 2022: LEAFCS/NEAFCS Awards
 - Selected as the LEAFCS Betty Jane Fairchild Award winner
 - Past Presidents' New Professional Award
 - Selected as LEAFCS award winner
 - Selected as NEAFCS Southern Region winner
 - Florence Hall Award: EXCITE Project (team application with Abigail McAlister and Grace Peterson; submitted by Grace Peterson)
 - Selected as 1st place LEAFCS award winner

- SNAP-Ed/EFNEP Educational Program Award: Healthy Communities at St. Rest Baptist Church (team application with Grace Peterson)
 - Selected as 1st place LEAFCS award winner
 - Selected as 1st place NEAFCS Southern Region award winner
- Community Partnership Award: Vivian Family Dinner Nights Program
 - Selected as 1st place LEAFCS award winner

XX. MULTI-INSTITUTION, AGENCY, AND STATE COLLABORATION

Elizabeth has collaborated with other organizations on many projects. The Vivian Family Dinner Nights program was a collaboration between Caddo EFNEP, Caddo Parish 4-H, the Town of Vivian, North Caddo High School, and Caddo Parish Public Schools Title 1 Family and Community Engagement Department. This program brought these entities together to provide lessons to families living in the North Caddo community. This four-week series provided families with EFNEP nutrition lessons, skill building lessons for parents, and hands-on innovative activities for youth. Upon completion of the lessons, Caddo Parish 4-H Junior Leaders decided to throw a holiday party for the children. The Junior Leaders purchased tennis shoes for the children and presented them with hand wrapped boxes on December 9, 2021.

Elizabeth has worked with Extension Agents from other states to plan the NEAFCS Leadership Experience for 2022-2023. In addition, they are working to plan the mentor and mentee event at the 2022 NEAFCS Annual Conference in September 2022.

In addition, Elizabeth has also worked with the following organizations:

- Volunteers of America South Pointe Place
- Shreveport Green
- Louisiana Tech University Dietetic Internship Program
- Shreve Memorial Library
- Bossier Libraries
- Red River Revel
- Brookshire Grocery Company
- Junior League of Shreveport Bossier
- Caddo Parish Public Schools
- Bossier Parish Public Schools
- Reader Chapel CME Church
- St. Rest Baptist Church
- We Grow Together!
- Department of Children and Family Services
- Louisiana Workforce Commission
- Surfari Pals
- Southwood High School
- Northwestern School of Nursing
- Restoration Crisis Center
- Lowe's Home Improvement
- Northwest Louisiana Master Gardeners
- Fully Devoted Developer of Children Winners' Circle
- Louisiana Healthy Communities Coalition

- Community Renewal

XXI. OTHER SCHOLARLY OR CREATIVE ACTIVITIES OR OTHER CONTRIBUTIONS TO THE PROFESSION

- Served as Dorm Supervisor for 4-H University during June 2019.
- LA Chefs 4-H University Contest: Assisted with teaching and training Caddo participants in content. The team went on to place 3rd in the event.
- Vivian Family Dinner Nights was featured in the March 2022 National Extension Association of Family and Consumer Sciences (NEAFCS) Network Newsletter highlighting Southern Region activities.

XXII. SERVICE ACTIVITIES

A. Organizations Advised

As a Registered Dietitian, Elizabeth serves as a preceptor for Louisiana Tech University Dietetic Interns. In this capacity, she serves as a resource for current and former interns. Elizabeth also participates in preceptor trainings and meetings held virtually by Louisiana Tech University staff.

Elizabeth and Abigail McAlister served as a resource for Ochsner's Eat Fit Dietitian, Savanna Latimer. Shortly after Savanna was hired, Elizabeth and Abigail assisted Savanna by connecting her with local restaurants.

As part of her NEAFCS committee involvement, Elizabeth has assisted with planning the 2022-2023 mentor and mentee scheduled activities. Elizabeth is also assisting with scheduling the Leadership Experience event at the 2022 NEAFCS Annual Conference.

B. Recruitment of Students and Faculty

Elizabeth served as a reference for Kimberlyn Jones, Nutrition Agent for Bienville and Red River parishes, as part of her application process. Elizabeth served as a preceptor for Kimberlyn during her Louisiana Tech University Dietetic Internship rotation with the LSU AgCenter.

Elizabeth currently serves as a mentor for Dr. Dewanna Drewery, EFNEP Supervising Agent for East Baton Rouge parish. She also serves as a second mentor for Tamika Jones, EFNEP Supervising Agent for Lafayette, St. Landry, and Acadia parishes.

C. University Service (department, region, station, parish, committees, and etc.)

Elizabeth serves as an EFNEP Supervising Agent for three Nutrition Educators in Caddo and Bossier parish. In this role, Elizabeth was responsible for the search committee to hire two of the current Nutrition Educators. Elizabeth currently serves as a mentor for one EFNEP Supervising Agent, Dr. Dewanna Drewery, and serves as a second mentor for another EFNEP Supervising Agent, Tamika Jones. Elizabeth has also served on numerous LEAFCS committees.

Elizabeth has also served on a variety of LSU AgCenter committees, which are listed below:

- Nutrition Educator Selection Committees, 2018-2020
- FCS Regional Coordinator Selection Committee, 2020
- Caddo 4-H Agent Selection Committee, 2021
- EFNEP Local Training Planning Committee, 2018-2022
- Alternative Programming Committee, 2020
 - Curriculum Subcommittee, 2020
- EXCITE Student Worker Selection Committee, 2021
- Division Director for Adult Competitive Exhibits at the State Fair of Louisiana, 2021

D. Professional Service

Elizabeth has shown leadership through her involvement in professional organizations and committees, which were noted in section XVI.