

Extension Program

APPROVED as of 04/02/2021

[University of Alaska Fairbanks](#)

Funding Source

Extension Capacity Fund (Smith-Lever 3(b) and 3(c))

Primary Critical Issue

[Healthy Individuals, Families & Communities](#)

Title

Supporting wellness, safe food handling and use of food preservation best practices in Alaskan communities

Start Date

10/01/2020

Project Initiator

Alda Norris

Non-Technical Summary

Issue: Alaska faces challenges such as high rates of botulism, obesity, food insecurity and other risks to public health. To address such concerns, CES faculty and staff will offer educational opportunities regarding nutrition and physical activity, chronic disease prevention and management, food safety practices and food preservation techniques.

Statewide Goals:

Goal 1: Participants in nutrition classes will increase their understanding and adoption of healthy food choices.

Goal 2: Participants in physical activity and disease management classes will maintain healthy lifestyle practices.

Goal 3: Participants in Certified Food Protection Management workshops will increase their food safety knowledge and practices.

Goal 4: Participants in home canning, fermenting, freezing, drying and related classes will increase their use of best practices for food preservation.

Target Audiences: Community members managing chronic diseases. Seniors interested in building strength. Any Alaskan adults and children in need of improving their nutrition and/or levels of physical activity. Food industry workers in need of food safety certification. Foragers, small business owners, home growers and others interested in preserving locally harvested or purchased foods.

Expected Outcomes: Increased knowledge and awareness of the principles and benefits of good nutrition and adequate physical activity will lead to better nutrition and increased movement. Training on safe food handling will result in better prepared food services workers who are less likely to contribute to incidents of foodborne illness. Participation in hands-on food preservation classes will lead to adoption of research-based practices for canning, drying, freezing and fermenting foods. Instructors can use post-workshop and post-training surveys to ascertain changes in awareness, knowledge and behavior related to health, food safety and food preservation practices.

Integrated Activities

An Extension agent and a researcher are collaborating on the Children's Healthy Living Network (CHLN) project.

Multistate Activities

IANRE faculty and staff multi-state activities related to health includes participation in W1194: Children's Healthy Living Network (CHLN) in the U.S. Affiliated Pacific Region; eXtension Impact Collaborative's National Diabetes Prevention Program Interest Group; Extension Disaster Education Network (EDEN); and National Extension Association of Family and Consumer Sciences (NEAFCS).

Edit