Food Resource Management: An Evaluation of Measures of Behavior Change for EFNEP Participants
Karen Barale, Washington State University Extension

Situation:
- Food resource management (FRM) skills are a key component of EFNEP class content
- FRM Behavior Checklist Questions were develop in the early 1990's and have not been revisited
- Accurate evaluation tools are critical to assess program impact.

Project:
- Assess specific FRM behavior checklist questions in light of research, changes in program delivery, as well as changes in social/cultural norms.
- Identify and/or develop valid behavior checklist survey questions that assess food resource management behavior change.
- Test the validity and reliability of selected questions.
- Submit revised questions to National EFNEP Office

Timeline
- **Phase I**
  - Identify curriculum to review
  - Develop FRM content assessment tool
  - Pilot assessment tool: CenSible Nutrition (Wyoming)
- **Phase II**
  - Complete curricula content analysis
  - Expert panel reviews FRM content themes and concepts that should be taught
  - Select/develop questions
- **Phase III**
  - Finalize with expert panel
  - Field/Cognitive testing
  - Revisions
- **Phase IV**
  - Test version 2
  - Assess results and need for changes
  - Test-retest

January 2015
**NC2169 continues validity testing with the entire revised checklist. Assess retrospective pre/post, different formats (words vs photos)**

Curricula to be Reviewed
1. Eating Smart  •  Being Active
   (Colorado State University & University of California Davis)
2. Eating Smart and Moving More
   (North Carolina State University)
3. Healthy Food, Healthy Families
   (Texas A & M University)
   - 60% states use these 3 curricula
   - 78% participants taught using these curricula
   - 9 of the 13 largest programs use these curricula

Based on work done by Erin Murray, PhD student at Colorado State University

WebNEERs Checklist Questions
✓ How often do you plan meals ahead of time? *
✓ How often do you compare prices before you buy food? *
✓ How often do you shop with a grocery list? *
✓ How often do you use community food resources like a food pantry or soup kitchen?
✓ How often do you budget enough money for food purchases?
✓ How often do you run out of food before the end of the month?
✓ How often do you check “sell-by” or expiration dates to make sure food can be used before it spoils?
✓ How often do you use a written spending plan or budget?
✓ How often do you make main dishes from scratch?
✓ How often do you prepare dishes from scratch?
✓ I inventory my food supply before going food shopping?
✓ How many times a week do you eat in a restaurant?
✓ How many times during the month do you check grocery ads to find sales on food items you need?

* currently part of 10 required checklist questions

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