

2020-2021

# EDUCATOR PLAN OF WORK

(TO IMPACT GRAND CHALLENGE GOALS/STATE PRIORITY ISSUES)

**Table 1: Complete the information below**

Unit:	8
Your Program Area:	Family Consumer Sciences, Nutrition and Wellness
Educator Name:	Susan Glassman

**PURPOSE:** TO INCREASE THE LIKELIHOOD THAT PROGRAMS AND OUTREACH ACTIVITIES WILL BE INTENTIONALLY TARGETED TOWARD OUTCOMES/IMPACTS THAT ALIGN WITH OUR GRAND CHALLENGES/STATE PRIORITY ISSUES.

**SNAP-ED EDUCATORS AND EFNEP EDUCATORS ARE NOT EXPECTED TO COMPLETE AN EDUCATOR PLAN OF WORK AS THEY WILL FOLLOW INEP GUIDANCE FOR PLANNING DOCUMENTS**

**DEADLINE:** COUNTY DIRECTORS WILL POST ALL EDUCATOR PLANS TO THEIR UNIT'S BOX FOLDER BY **NOVEMBER 2, 2020**

**PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT:**

2019-2020 Educator Plan of Work\_Lastname\_Firstname  
e.g., 2019-2020 Educator Plan of Work\_Welbes\_Beth

## Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues 2020-2021

<p><b>(ECONOMY)</b>  <b>Grow a Prosperous Economy</b></p> <ul style="list-style-type: none"> <li>• Workforce Preparedness/Advancement</li> <li>• Financial Wellbeing</li> <li>• Economic Vitality</li> </ul>	<p><b>(FOOD)</b>  <b>Maintain a Safe &amp; Accessible Food Supply</b></p> <ul style="list-style-type: none"> <li>• Food Access</li> <li>• Food Safety</li> <li>• Food Production</li> </ul>
<p><b>(COMMUNITY)</b>  <b>Support Strong and Resilient Youth, Families, and Communities</b></p> <ul style="list-style-type: none"> <li>• Involvement and Leadership</li> <li>• Connectedness and Inclusion</li> <li>• Thriving Youth (<i>plans for this new priority will be addressed in the 2020-2021 Unit Plan of Work</i>)</li> </ul>	<p><b>(HEALTH)</b>  <b>Maximize Physical and Emotional Health for All</b></p> <ul style="list-style-type: none"> <li>• Chronic Disease Prevention and Management</li> <li>• Social and Emotional Health</li> <li>• Healthy and Safe Community Environments</li> </ul>
<p><b>(ENVIRONMENT)</b>  <b>Sustain Natural Resources in Home &amp; Public Spaces</b></p> <ul style="list-style-type: none"> <li>• Enhancing and Preserving Natural Resources</li> <li>• Engagement with Home and Community Landscapes and Environment</li> </ul>	

**This plan of work is NOT intended to outline all outreach activities that you will conduct and report during the 2020-2021 program year.**

This plan of work is focused on developing **one or more issue-focused impact plans** (see Table 1). Each issue-focused impact plan will include outreach activities that *directly align a state priority issue* and will represent a *concentrated focus* of your work. At the conclusion of the 2020-2021 program year, you will be expected to submit one brief IMPACT Success Story in PEARS that describes a summary of the activities and outcome evaluation results associated with addressing a state priority issue.

### Instructions:

Complete the **Table 1: Issue-Focused Impact Plan (To Be Conducted and/or Led by Educator)** for EACH state priority issue you will direct *concentrated effort* toward OR will lead a team in your unit or statewide to address. Add more rows to the table if you need additional space to describe your issue-focused impact plan. Copy the table to outline each issue-focused impact plan if you will (or will lead a unit team to) direct *concentrated effort* to more than one state priority issue during the 2020-2021 Extension year.

Examples of types of programs/outreach activities you might include.

- Educational outreach onsite and online (direct education)
- Digitally and/or print-released information (indirect activities)
- Consultation and expert assistance for decision support
- Applied research
- Engaging in partnerships and coalitions to reach a common goal

**Table 2: Issue-Focused Impact Plan (To Be Conducted and/or Led By Educator)  
COMPLETE ONE TABLE PER STATE PRIORITY ISSUE YOU PLAN TO ADDRESS**

**Identify the state priority issue to be targeted (see [Illinois Extension’s Grand Challenge Goal Statements and Related State Priority Issues](#)):**

**FOOD – Food Safety**

**Other unit staff collaborating on/contributing to planned outreach addressing this issue:**

**Illinois Nutrition Education Program, Extension Program Coordinators, Sherry Todas & Jani Kidd on behalf of ABC’s of School Nutrition Grant**

<p>What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc.</p> <p>List each program or group of activities that are intended to target the <b>same audience(s) and outcome(s)</b> in a separate row.</p>	<p>Describe the audience(s) you will target with this planned outreach program or group of activities</p>	<p>What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities:</p> <ul style="list-style-type: none"> <li>• Increase awareness/knowledge in...</li> <li>• Increase positive attitudes towards...</li> <li>• Participants report intent to change/adopt...</li> <li>• Increase/decrease in behaviors/practices such as....</li> <li>• Changes in policies/environment such as....</li> </ul> <p>(also indicate with an asterisk * any outcomes <b>you plan to measure</b>)</p>
<p>Certified Food Protection Manager (CFPM) for ABC’s of School Nutrition</p>	<p>School Food Service Professionals that require necessary food safety knowledge to protect public from foodborne illness.</p>	<ul style="list-style-type: none"> <li>• Increased awareness, knowledge, and skill of food safety principles and procedures to decrease risk of foodborne illness</li> <li>• Workforce development and certification of food service professionals</li> </ul>
<p>Food Handler Training for ABC’s of School Nutrition</p>	<p>School Food Service Professionals Teachers &amp; Paraprofessionals</p>	<ul style="list-style-type: none"> <li>• Increased awareness, knowledge, and skill of food safety principles and procedures to decrease risk of foodborne illness</li> <li>• Workforce development and certification of food service professionals</li> </ul>

Serving Safe Food For Groups (Online self-paced training using Microsoft Sway)	University of Illinois Extension volunteers, including Master Gardeners	<ul style="list-style-type: none"> <li>• Increase the awareness/knowledge of proper food handling procedures when preparing and serving food for groups, including safe food holding at community events and trainings.</li> <li>• Increase intent to adopt safe food handling procedures when preparing and serving food for groups.</li> <li>• Increase adoption of proper food handling procedures across all sectors, including safe food handling at community events and trainings.</li> <li>• Increase positive attitudes to making food safety a top priority when handling food.</li> </ul>
Yes! You CAN: Preserving Practice	Gardeners, farmers, food entrepreneurs, and consumers	<ul style="list-style-type: none"> <li>• Increase the awareness/knowledge and adoption of proper food handling procedures when canning food.</li> <li>• Increase awareness/knowledge and adoption of food preservation methods, equipment, and food storage.</li> </ul>
Cottage Foods, Farmers Markets	Food entrepreneurs, consumers, persons needing pressure canner gauges tested	<ul style="list-style-type: none"> <li>• Increase the awareness/knowledge of cottage food law, operations, and regulations.</li> <li>• Increase intent to adopt safe food handling procedures when preparing and transporting food for direct sale.</li> <li>• Increased awareness of food safety, free pressure canner gauge testing at farmers market information tables</li> </ul>
Live Well Eat Well Blog	Residents of IL	<ul style="list-style-type: none"> <li>• Increased knowledge of research-based information to prevent chronic conditions</li> <li>• Increased knowledge of healthy lifestyle behaviors</li> </ul>

**Table 2: Issue-Focused Impact Plan (To Be Conducted and/or Led By Educator)  
COMPLETE ONE TABLE PER STATE PRIORITY ISSUE YOU PLAN TO ADDRESS**

**Identify the state priority issue to be targeted** (see [Illinois Extension’s Grand Challenge Goal Statements and Related State Priority Issues](#)):

**HEALTH- Chronic Disease Prevention and Management**

**Other unit staff collaborating on/contributing to planned outreach addressing this issue:**

**EPC Jani Kidd**

<p>What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc.</p> <p>List each program or group of activities that are intended to target the <b>same audience(s) and outcome(s)</b> in a separate row.</p>	<p>Describe the audience(s) you will target with this planned outreach program or group of activities</p>	<p>What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities:</p> <ul style="list-style-type: none"> <li>• Increase awareness/knowledge in...</li> <li>• Increase positive attitudes towards...</li> <li>• Participants report intent to change/adopt...</li> <li>• Increase/decrease in behaviors/practices such as....</li> <li>• Changes in policies/environment such as....</li> </ul> <p>(also indicate with an asterisk * any outcomes <b>you plan to measure</b>)</p>
<p>Meals for a Healthy Heart</p>	<p>Individuals with cardiovascular disease, those at higher risk of cardiovascular disease and individuals caring for those with cardiovascular disease</p>	<ul style="list-style-type: none"> <li>• Increase awareness/knowledge of cardiovascular disease and cardiovascular disease risk factors.</li> <li>• Increase awareness/knowledge and adoption of healthier lifestyle choices to reduce the risk or better manage cardiovascular disease.</li> </ul>
<p>1 on Diabetes</p>	<p>Individuals with diabetes, those at higher risk of diabetes and individuals caring for those with diabetes</p>	<ul style="list-style-type: none"> <li>• Increase awareness/knowledge of diabetes and diabetes risk factors.</li> <li>• Increase awareness/knowledge of healthier lifestyle choices to reduce the risk or better manage diabetes.</li> <li>• Increase adoption of healthier lifestyle choices to reduce the risk or better manage diabetes.</li> </ul>
<p>Abriendo Caminos</p>	<p>Hispanic Families</p>	<ul style="list-style-type: none"> <li>• Increase awareness/knowledge and adoption of healthier lifestyle choices to reduce the risk of obesity</li> </ul>

Living Well with Diabetes/ Vivir Bien Con las Diabetes	Hispanic individuals with diabetes, those at higher risk of diabetes and individuals caring for those with diabetes	<ul style="list-style-type: none"> <li>• Increase awareness/knowledge of diabetes.</li> <li>• Increase awareness/knowledge of healthier lifestyle choices to reduce the risk or better manage diabetes.</li> <li>• Increase adoption of healthier lifestyle choices to reduce the risk or better manage diabetes.</li> </ul>
Diabetes Prevention Program	Individuals at risk for developing type 2 diabetes, diagnosed as pre-diabetes.	<ul style="list-style-type: none"> <li>• Increased physical activity</li> <li>• Increased knowledge of how to prevent/manage chronic conditions</li> <li>• Increase intake of healthier choices using the food groups</li> </ul>
Diabetes Support Group – Back on Track	Persons managing diabetes, individuals caring for persons with diabetes	<ul style="list-style-type: none"> <li>• Increased knowledge of managing chronic conditions</li> <li>• Increased skill in meal planning</li> <li>• Increased healthy behaviors</li> <li>• Increased healthy food choices</li> <li>• Increased physical activity</li> </ul>
Health at Home Webinar Series	Residents of IL	<ul style="list-style-type: none"> <li>• Increased knowledge of managing chronic conditions</li> <li>• Increased skill in meal planning</li> <li>• Increased healthy behaviors</li> <li>• Increased healthy food choices</li> <li>• Increased physical activity</li> </ul>
Coalition Building	Extension Education Center & Community Teaching Kitchen	<ul style="list-style-type: none"> <li>• Increased participation in programs offered by the Extension Education Center &amp; Community Teaching Kitchen</li> <li>• Development of partnerships to promote and achieve PSE goals for SNAP-Ed</li> </ul>
Walking Clubs	Residents of Unit 8	<ul style="list-style-type: none"> <li>• Increased physical activity</li> <li>• Increased knowledge of how to decrease obesity and risk factors</li> <li>• Increased adoption of healthier lifestyle choices to reduce the risk of obesity, diabetes.</li> </ul>