

# ISU Extension and Outreach Update

Christine Hradek, MPH  
Iowa State University  
Extension and Outreach



# Agenda

- Changes coming – Spend Smart. Eat Smart.
- Pictorial Recipes
- Kids in the Kitchen
- Partnership Opportunity

# Spend Smart. Eat Smart.

- Overhauled website launching this fall – target date is November 7.
  - Responsive design
  - Improved accessibility and functionality
  - Recipes lead
  - New media content

# Spend Smart. Eat Smart. App

- Spend Smart. Eat Smart. on the go!
- Shopping tools in your hand at the grocery store.
- App Link

# Pictorial Recipes

- Designed for use with adult education audiences with limited literacy or limited English literacy
- Describe recipe preparation using as much imagery as possible.
- Print copies available initially with online versions coming.

# Pictorial Recipes

- Skillet Lasagna
- Any Day Picnic Salad
- Easy Roasted Vegetables
- Crunchy Apple Rollup

# Kids in the Kitchen



# Kids in the Kitchen

- Black Hawk and Polk Counties only
- Nutrition and cooking classes
  - Each lesson includes hands-on cooking
  - Grades K-5
  - Delivered in summer and after-school at any qualifying partner site
  - Excellent companion to PABS

# Partnership Opportunity



# Growing Together Timeline

- Master Gardeners will receive application materials in October with applications due in January.
- Pre-application Zoom session on October 26.



# HEALTHY & HOMEMADE

Nutrition and Fitness Calendar

# 2017

# Christine Hradek, MPH

Human Sciences Specialist

Iowa State University

Extension and Outreach

[hradek@iastate.edu](mailto:hradek@iastate.edu)

IOWA STATE UNIVERSITY

Extension and Outreach

Healthy People. Environments. Economies.