

Mealtime Inspirations: Global flavors encourages safe food handling and nutrition

AT A GLANCE

Mealtime Inspirations is an annual event aimed to provide insight into themed food preparation while encouraging safe food handling and increasing food preparation skills.

The Situation

Extension educators in eastern Idaho strive to present inspirational meal options that teach nutrition and food safety. The theme for this year's demonstration was centered on global flavors. The goal was to facilitate preparing favorite cultural cuisine on a budget and encouraging families to prepare meals and eat together, building skills and relationships.

Our Response

Seven educators collaborated to demonstrate and make a video tutorial for each meal idea that is available for anyone to use as a resource. The live demonstrations took place in the forested recreational community of Island Park. The afternoon demonstrations entertained 23 community participants with a beverage, hors d'oeuvre, three entrees and a dessert. Corresponding raffle items were drawn throughout, and the event ended with participants enjoying a taste-testing of each dish.

Bannock county educator, Jenifer Reader, demonstrated an "Easy Red Sangria Mocktail." Bonneville County educator, Leslee Blanch, demonstrated a "Bruschetta Baguette." Lemhi County educator, Katie McFarland, demonstrated "One-Pan Fajitas."



Educators present their taste-testing spread, ready for participants to enjoy. Photo by Marnie Spencer.

Jefferson County educator, Deanna Poulsen, demonstrated "Eggrolls and Sweet-n-sour sauce." Bingham County educator, Abby May, demonstrated "Butter Chicken Curry and Rice." Franklin County educator, Laura Sant, demonstrated "Belgium Almond Pear Tart." Madison County educator, Lance Hanson, assisted with the filming and editing of video footage for tutorials.

Program Outcomes

Participants gained knowledge and indicated their intention to change behavior in relation to the demonstrations. Intended behavior was measured by participants selecting how likely they were to put a skill or procedure into practice in their home. See Table 1.

Table 1. Number and percentage of participants agreeing with behavior statement

Behavior	Strongly Agree and Agree
I am confident in my ability to customize spices and ingredients to fit my flavor preferences and dietary needs in the future.	100% (n23)
I intend to prepare or choose desserts that are nutrient-rich.	96% (n22)
I plan to prepare or choose desserts that include nutrient-rich ingredients such as fruits and nuts in the future.	92% (n21)
Today's presentation discussed the skills, practice of muddling produce or herbs to release their flavors. I intend to implement this skill at home in the future.	88% (n20)
I plan to use bruschetta as a vegetable-based appetizer in the future.	88% (n20)
I plan to involve my family when making meals in the future.	88% (n20)
I plan to use the chicken pan fajita recipe to incorporate more vegetables in my meals.	84% (n19)
I plan to use the chicken sheet pan fajita recipe to save time in the future.	83% (n19)

Educators taught nutrition facts, key food safety principles, safe handling of utensils and equipment, best practices in the kitchen, tips to save money and time

while offering meal preparation experiences that build family relationships. See Table 2.

Table 2. Number and percentage of participants answering knowledge questions correctly

Knowledge Question	Correct
The fruit in a sangria mocktail provides a good source of which vitamin?	100% (n23)
What can you do to lower the fat content in the dishes that call for heavy cream?	96% (n22)
What is one health benefit that pears do not provide?	92% (n21)
Nutrients in tomatoes benefit the body by contributing to:	88% (n20)
What is the minimum internal temperature chicken should reach to ensure it is safe to eat?	88% (n20)
What is/are the benefits(s) of carrots and cabbage in egg rolls?	88% (n20)
What type of oil is recommended for home frying?	75% (n17)

The Future

Family and consumer sciences educators in eastern Idaho intend to continue the annual “Mealtime Inspirations” demonstration and look forward to collaborating for another successful event.

Cooperators and Co-Sponsors

Special thanks to the Ashton Library and Community Center for hosting the event.

FOR MORE INFORMATION

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