

Food Safety in Your Home: *Computer-Based Lessons for High Risk Audiences*

Barbara H. Ingham
University of Wisconsin-Madison
Extension Food Scientist

Background

- **Integrating programs in food safety, EFNEP, and health**
- **Educating consumers in NY, LA, and WI**
- **Visiting learners one-on-one in their homes**

Goals

- **Improve the ability of consumers to make informed, responsible decisions related to food safety**
- **Integrate programs in food safety, nutrition and health**
- **Evaluate the effectiveness of the tool and its delivery**

Methodology

Food Safety Educational Tool

- **380 low-income households reached in NY, LA and WI**
- **interactive computer tool with audio in English or Spanish**
- **20 self-assessment statements related to 5 food safety areas: Clean, Chill, Cook, Separate, Store**
- **post-test administered 6 weeks after lessons**

Hear Our Stories

- What are participants and educators saying about this project?



Conclusions

- 66% of clients improved in using a thermometer to cook meat, chicken, turkey and fish thoroughly
- 52% of clients improved handling of hot leftover food
- 43% of clients adopted positive behaviors in washing fresh fruits and vegetables
- 34% of clients learned to properly handle fresh meat, chicken or fish
- 32% of clients learned to properly use a microwave oven to cook and reheat foods

***Computer-based learning can be fun for the entire family.

Visit www.foodsafetyinyourhome.org for more information.

