

## How can EFNEP benefit your community?

- Teach new skills that help families overcome barriers to healthy eating and physical activity
- Through changed behavior, help families save money in potential health care costs by reducing risk factors of obesity
- Provide encouragement for positive behavior changes
- Connect families to additional community resources



# What is EFNEP?

## The Expanded Food and Nutrition Education Program is:

- For limited resource youth and families with children
- Based on the latest research in nutrition and physical activity
- Conducted by trained nutrition educators
- Federally funded since 1969

## EFNEP is successful:

- One of the best programs in increasing fruit and vegetable consumption
- Empowers participants to make life changes for better health

## What services does EFNEP offer?

- A series of interactive nutrition education sessions that:
  - Are based on a needs assessment of current diet and physical activity behaviors, food resource management skills, food safety practices, and food security
  - Include food experiences, tastings, demonstrations, and hands-on activities to engage participants and increase skills
  - Include opportunities to practice simple physical activities
- Connection and referral to additional assistance and educational resources within the community

## EFNEP addresses overweight and obesity by helping families to:

- Prepare and eat more meals at home
- Eat more fruits and vegetables
- Increase physical activity
- Make healthy drink choices
- Limit screen time
- Control portion sizes
- Keep food safe



### Health Clinics

- Partnership between EFNEP and clinics serving low-income families with children
- EFNEP offered on-site in clinics or through home visits
- EFNEP as intervention for health risk management
- Education coordinated with physician, nurse practitioner/ case manager

### WIC

- Partnership between EFNEP and local WIC clinic
- On-site education
- Serves as point of service educational contact to low-risk clients
- Education targeted to assist families in maximizing use of WIC food instrument for optimum health benefit

### Job Skills Training Programs

- Partnership between EFNEP and local Job Skills Training Programs
- Education offered on-site
- Certificate
- Develop skills useful to continued successful employment:
  - Punctuality
  - Teamwork
  - Resource Management
  - Specific Food Service Skills
  - Food preparation
  - Food Safety
  - Food Storage and Handling



## What Participants Learn

EFNEP helps participants learn skills and strategies to feed their family nutritious meals on a limited budget and improve their overall health. The skills learned also help families learn how to change behaviors that place them at risk for overweight and the diseases associated with being overweight.

### Participants learn to:

- Save money at the grocery store
- Eat more meals at home
- Prepare healthy and tasty meals for their families
- Control portion sizes
- Improve the diets of family members
- Keep food safe, reducing waste and food-borne illness
- Use leftovers
- Move more every day
- Move more and watch less
- Replace sugary beverages with healthy options

### As a result of their EFNEP experience, participants:

- Become better food resource managers
- Improve decision-making skills
- Adopt healthy eating behaviors
- Increase their daily physical activity
- Become more self-reliant

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## EFNEP Makes a Real Difference

Participants completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 91% of program graduates improved in one or more food safety practices
- 90% of program graduates practice better food resource management
- 51% of program graduates now practice increased daily physical activity
- 92% of program graduates improved dietary intake
  - 50% increased fruit consumption
  - 53% increased vegetable consumption
  - 56% increased consumption of calcium-rich foods
  - 55% decreased their consumption of solid fats and added sugars