



IMPACT 2016

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

Food and Nutrition

Extension Food and Nutrition programming enables Americans of all ages to make healthier food choices that also are more economical. Extension educators use research-based information to create, teach and evaluate hands-on learning situations where consumers gain not only content but confidence!

Expanded Food & Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program – Education (SNAP-Ed) Improves Nutrition and Food Security for Low Income Individuals and Families

EFNEP and SNAP-Ed nutrition educators teach food preparation, food safety, nutrition and physical activity programs for lifelong health and fitness. Lessons include hands-on activities to engage the participants to build and reinforce skills.



Youth education provides information in kid-friendly terms and lessons with hands-on activities, taste-tastings and practicing skills that lead to good health.

The **Georgia** EFNEP program reached more than 4,700 participants, and 82% reported improvement in at least one food resource management practice, 88% reported improvements in one nutrition practice and 53% reported improvement in at least one food safety practice.

“There were a lot of changes in my life that came from these classes. Including more vegetables in my meals has changed my life and has helped me control my diabetes, high blood pressure, high cholesterol and weight.”

~ **California** EFNEP participant

The **Arizona** EFNEP program reached nearly 12,000 participants. About 90% of adults reported a positive change in dietary improvement, 79% showed improvement in one or more nutrition practices, including planning meals, making healthful food choices, and having their children eat breakfast.

“This class allowed me to explore other ways of preparing food, reading labels and having fun cooking. I have learned a lot about cooking and feel more confident to cook for others.”

~ **Missouri** participant

In the **Alabama** EFNEP program, 2,915 participants learned how to choose nutritious foods at the lowest cost and how to better utilize food resources during six educational sessions. 42% of EFNEP graduates ran out of food less often before month’s end.

The **Oregon** SNAP-Ed program reached more than 45,000 people and had help from 700 volunteers. About 75% of adults reported their children talked to them about what they had learned in class about healthy eating, and more than half of the respondents changed the food they ate at home as a result.

The **Michigan** SNAP-Ed program reached 103,605 participants. About 85% of senior participants reported maintaining or increasing vegetable intake and 79% reported improvements in one or more nutrition practices.

The **Kentucky** SNAP-Ed program reached more than 795,000 participants in 360 communities. About 95% of adult participants made a positive change in food group choices, 60% plan meals in advance more often and 64% use the Nutrition Facts labels to make food choices.

Raising kids, Eating right, Spending smart



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In **Missouri**, the Cooking Matters program, which is part of the No Kid Hungry campaign to end childhood hunger in America, and Michelle Obama's Let's Move initiative was provided for 1,267 participants.

In the **New York** Hudson Valley Region, 12 percent of residents are living at or below the poverty level. The Eat Smart program reached 36,395 adults and 5,101 youth.

More than 3,300 residents in a **Utah** county, indicated they do not know where their next meal is coming from. The Utah Food Sense Nutrition Education program reached more than 43,000 people with ways to improve food security.

Volunteer and Technology-based Program



The Master Food Volunteer program in **Virginia** allowed Extension agents to expand their food and nutrition programs in their communities. In 2015, 187 local volunteers reached 11,211 adults and 1,966 youth statewide, contributing 5,779 volunteer hours through farmer's market

demonstrations, home food preservation workshops, nutrition/healthy cooking programs and physical activity promotion programs.

Minnesota Extension educators used online training to increase the amount of whole grains served in childcare settings. The training increased the knowledge and skills of children care providers.

Local Foods and Gardening Programs

In **Ohio**, youth participated in the "Adding a Youth Flavor to Local Foods" promotion at the county fair.



The Plate It Up! **Kentucky** Proud Program was created to encourage an increase in fruit and vegetable consumption and promote locally grown products. The program reached more than 10,000 participants in at least 200 community-based programs. Follow-up surveys showed that 90% had increased their daily consumption of fruits and vegetables.

"I now have even more veggies planted in my garden!"
~ **Pennsylvania** participant

National Extension Association of Family and Consumer Sciences (NEAFCS) provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.

During a **Montana** EFNEP program children cooked foods made with zucchini, beets and pumpkins they helped grow in their school garden.

A participant in the **Arizona** "Garden Kitchen – Apache County" program said, "I learned about better gardening and how to prepare and process what you grow."



Extension Programs Promote Family Meals, Healthy Weight

Many Extension programs focus on increasing the number of family meals, which have been shown to have numerous positive influences on nutrition, relationships, school performance and reducing risky behavior.

In **Texas**, the "Dinner Tonight!" program reached 40,240 participants through live cooking schools, weekly video webcasts and other web-based methods such as blogs and Facebook.

The Eating Smart Being Active Program in **Florida** reached 24,525 participants. In **Kansas**, ES/BA participants enjoyed increased meal preparation, at home, after 3 months.

"Thanks to the Eating Smart Being Active Program, I have lost 40 pounds, and I have learned to maintain my extra weight off. I feel healthier with a lot of energy."
~ **Florida** participant

After a **New Jersey** Kids Cooking program, a participant said "Before the class I thought I didn't like vegetables. Now I changed my mind about them because we made them in so many good ways."

Illinois Home and Community Education Clubs offer research-based lessons and community support in their communities.

In the 21 states represented here, 2,910,022 adults and youth participated in food and nutrition lessons with assistance of over 14,090 volunteers.

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