



# IMPACT 2019

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

## Food and Nutrition

### Cooking Healthful Meals

Cooking classes showed impact in several states. **Texas'** *Dinner Tonight* program offered cooking schools and recipes to reach 3,711 persons, in addition to having 10,000 website views per month. Youth programs at University of **Idaho** Extension contacted 1,141 students at 2 elementary schools. **Florida's** *Cooking Matters for Parents* connected with three partners to reach persons with low income. *Holiday Baking* and *Cooking workshops* were held in **Montana**, and a 12-hour hands-on *Kids Cooking School* held in many **North Dakota** counties reached 974 youth. *Healthy Cooking* reached 66 people in **Florida**, and *Quick Healthy Meals for 1 or 2* reached 58 older adults in **Florida** and 111 adults in **Oklahoma**. **Georgia** involved 22 agents to teach the health benefits of *Ocean to Table Seafood*, which involved 10 partners. *Ideas for Cooking and Nutrition* reached 4,425 persons in **New Mexico**. **Wyoming** educators taught beginning food preparation skills to 67 youth with *Real Kids, Real Skills, Real Meals*.

"70% of participants said they would be more diligent in following MyPlate recommendations as a result of attending" – **Montana** *Cooking Across Cultures* participants

### EFNEP

The Expanded Food Nutrition Education Program (EFNEP) provides nutrition and physical active living education to youth whose families' experience low resources. **West Virginia**, which ranks first nationally in obesity, partnered with *PLANTERS* in schools to reach 683 persons with educational

programs teaching how to access and produce healthy foods, along with providing fresh fruits and vegetable tastings. In **Florida**, 9 weekly classes reached 1,696 health care students by involving 25 partners. **Maine**, the most food-insecure state in New England, sought to improve food security and diet quality of at-risk families by reaching 2,232 participants. In **Arkansas**, 8,076 were reached by EFNEP educators, with 91% of adults reporting improvement in diet quality. **Massachusetts** involved 77 partners to teach 1,434 adults in 4,962 families. **California's** statewide EFNEP program reached 5,608 adults in 34,251 class sessions through the help of 418 partners to change the way their families eat, practice food safety, food budgeting, and become more physically active.

### Health and Nutrition

*Smarter Lunchroom* efforts in **Idaho** reached 157,150 students in 11 schools to increase fruit and vegetable choices. *Med instead of Meds* is based on Mediterranean meal pattern; in **North Carolina**, 379 participants attended 6 class sessions to learn about and taste foods.

"Thank you for providing the tools to help me live a healthier life." – **Georgia** EFNEP participant

**Virginia** trains *Master Food Volunteers* who taught 16,746 persons *Balanced Living with Diabetes, Diabetes, Teen Cuisine, Poverty Simulation, Healthy Weights for Healthy Kids, LIFT program, ServSafe*, and the *Family Nutrition Program*.

Raising kids, Eating right, Spending smart



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Michigan Healthier Child Care Environment

## Farm to Table

Farmers markets provide opportunities for education and outreach. In **New Jersey**, 225 persons, with the help of 5 partners, tasted local foods and used their EBT cards. **Oregon** educators used 10 different activities to reach 961 youth in 4 farmers markets in Douglas County. *Growing Illinois Food Access Allocation* provided fresh produce from community gardens to food pantries to reach 1,800 persons.

"I didn't know what Brussels sprouts were." – **Oregon Fruits and Veggies for Families (FAVFF)** youth participant

## SNAP-Ed

SNAP-Ed educators help people eat more healthfully to prevent obesity and chronic diseases. They teach skills, such as preparing quick, nutritious meals, and empower individuals to make healthier food choices. **Utah** reached 23,214 participants, **Kansas** reached 17,151, and **Ohio** reached 45,881, of which 92% of participating adults were able to prepare healthful meals at home on a budget and 86% of participating adults were physically active at least 30 minutes most days of the week. In **Arkansas**, 21,063 adults and youth received education which resulted in adult participants increasing nutrition knowledge by 89% and physical activity by 54%.

**Minnesota's Nudging to Health** reached 64,833 food shelf staff and volunteers, where 98% felt confident about the nutrition education, support for technical assistance, text messaging, and resources offered by SNAP-Ed educators.

"You have given me confidence to try new things." – **Utah Healthy Living Education** participant



Tennessee Healthy Food Preparation

## Food Preservation

Food preservation includes inherent food safety risks, and some online resources may lead individuals to unsafe practices. **New York's** Cornell Cooperative Extension offered classes to 1,035 persons to teach USDA research-based information in 22 counties through hands-on experiential learning.

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