



IMPACT 2019

FOOD AND NUTRITION

Limited resources of time, money and energy for families creates struggles. Extension Family and Consumer Science educators create and deliver programs to address healthy homes with a focus on nutritionally sound diets.

Cooking Healthful Meals

Educators offer cooking classes for parents, youth, and elementary school students. They also reach older adults who cook for one or two.

The Expanded Food Nutrition Education Program

Programs focusing on nutrition and physical activity help youth and adults learn how to access and produce healthy foods, while improving food safety, food budgeting and physical activity..

Health and Nutrition

Lunchroom efforts help increase fruit and vegetable choices. Some states offer Mediterranean food cooking classes. Family nutrition classes promote healthy weights for children through balanced nutrition and physical activity.

SNAP-ED

SNAP education promotes skills to prepare quick, nutritious and economical meals and be empowered to make healthy choices that help prevent chronic disease and obesity.

Farm to Table

Farmers markets provide opportunities for education and outreach, including tasting local foods.

Farm-to-table educational programs reach youth and families and use produce from community gardens..

Food Preservation

Educators provide research-based resources to teach food preservation.

Hands-on experiential learning in food processing promotes confidence in avoiding food safety risks and using research-based resources.



Raising kids
Eating right
Spending smart

