



# IMPACT 2022

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

There are many reasons families do not cook at home, including lack of time, skills, or knowledge, and even confidence in the kitchen. Extension programs are accessible and affordable for all who want to increase their knowledge.

In **Mississippi**, *Cooking Matters for Adults* reached 203 participants. After a six-week course, participants reported increased confidence in their ability to prepare healthy foods for their family on a budget (84%), increased their fruit, vegetables, whole grain, or low-fat dairy consumption (78%), and used basic cooking skills (68%).

In **Kentucky**, Extension responded to the increased request for food preservation information along with nutritious recipes as more people prepared meals at home and many counties created recipe clubs utilizing *Plate It Up Ky Proud* recipe cards which they mailed seasonally to participants. The cards focus on nutritious and delicious foods using in-season produce.

*"I am so thankful for the recipe cards. Cooking at home is less challenging and we have some new family favorites! We also feel like we are eating healthier and have lost a few pounds."* - Participant from **Kentucky**

**Illinois** had similar requests and presented a five-part virtual series called *Eat Fresh, Eat Local* which focused on cooking, storing, and preserving local found food.

In **Pennsylvania**, *Let's Cook with Penn State Extension* increased participant knowledge and confidence in creating healthy recipes. The program reached 935 participants via the live presentation and an additional 458 viewed the recording.

*"Amazing class and loved how interactive and fun it was! Can't wait to attend another cooking demo."* - Participant from **Pennsylvania**



In **North Carolina**, *Med Instead of Meds* reached 986 participants on how to eat the Mediterranean way to promote health and decrease risk of many chronic conditions. Participants learned to increase fruits and vegetables, plant-based foods, whole grains, olive oil, fish and be physically active.

*"I never thought I could eat salmon. Now that I know how to sear it, my whole family enjoys it. I've enjoyed the chance to try new foods."* - Participant from **North Carolina**

In **Minnesota**, *Cooking Matters with Family* reached 23 families, including 54 children who gathered virtually to learn new cooking skills. All the families graduated from the program.

Recent research documented that people who are most food insecure are at a greater risk for poor health and obesity than those who are food secure. Food insecurity is associated with poor diet quality resulting in a variety of health issues both physical and mental. Through Nutrition Education Programs (NEP) such as Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) families and individuals can learn valuable information and skills for nutritionally sound diets, personal development and the improvement of total family diet and nutritional welfare. In **Texas**, *Healthy Heroes Adventures*, a nutrition and food resource management program, reached more than 12,400 participants, with economic benefits estimated at \$5.4 million. **Oregon** SNAP-Ed, adapted its curriculum *Plan, Shop, Save and Cook* for remote education in response to COVID-19 restrictions. One participant reflected after learning to read the food label they decided to limit their soda intake and drink more water each day. Ninety-seven percent of **Oklahoma's** *Fresh Start* program participants improved in one or more dietary quality area.

*"I learned the importance of eating vegetables and moving more after work. I have lost 20 pounds during my time in the program and am motivated to keep going so I can live a long life." - Participant from Oklahoma*



Over 3,200 adults attended SNAP-Ed programs in **Ohio**. Follow up revealed 92% of adults were able to prepare healthy meals at home on a budget and 95% reflected they are physically active at least 30 minutes most days of the week. **Alabama's** *Eat More Move More* program helped 2,390 kids increase vegetable intake and daily physical activity while decreasing sweetened beverage consumption. Alabama also ranks sixth in lowest fruit/vegetable consumption. Through a series of programs titled, *Live Well Alabama*, local schools and community gardens helped supplement food pantries, soup kitchens, school cafeterias and summer feeding sites. This program provided 11,113 pounds of produce-enough to help 2,470 adults reach the USDA recommended daily allowance. **Kansas** shifted to both in person and virtual programming to reach SNAP recipients with education to help minimize hunger and improve overall health.

In **Kentucky**, the *Nutrition Education Program (NEP)* program worked with the Kentucky Department of Agriculture to promote the use of Victory Gardens. As a result, participants reported 1,050 bushels of produce were grown with over 3,420 quarts of food preserved for later use providing a greater access to food past the growing season. Similarly, **Arizona's** *Seed to Supper* program taught 52 adults how to garden through a six-week program and continues to provide expert support as participants continue their gardening journey.

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*Raising kids, Eating right, Spending smart*



**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. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)