

# EFNEP

Expanded Food and Nutrition Education Program



## 2020 Impact

Brought to you by Nebraska Extension



Two friends got to cook and explore food together at an EFNEP class in Douglas County. The youth attended the nutrition class with their parents at a Community Outreach center. The classes provided a safe and healthy space for caregivers to cook with their children. The mothers of the children enjoyed the community aspect of the class. They got to spend time with other parents and have a fun space to cook with their children. They liked the classes so much, they scheduled more!

EFNEP (Expanded Food and Nutrition Education Program) is a federally-funded program aimed at providing education to limited-resource families to support their health and well-being. In Nebraska, EFNEP is taught in six counties. EFNEP staff partner with community agencies to create relationship-driven classes focused on teaching nutrition, food safety, physical activity, menu planning and budgeting. Participants increase the quality of their diet, increase physical activity time, and save money at the grocery store. **A statement from one mother who participated in an EFNEP class sums up the impact of EFNEP: after the EFNEP class she felt empowered to make a healthier life for herself and her family.**

# 538

families taught via  
EFNEP  
**1917**  
total family  
members impacted

# 2493

youth taught in EFNEP  
programs

# 92%

adults who improved  
diet quality as a result  
of participating in  
EFNEP

# 79%

children and youth  
who improved their  
ability to choose  
healthy food

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EFNEP classes provide hands-on learning so adult and youth participants can gain skills and confidence in planning for, purchasing, preparing, and eating healthy meals and snacks. Participants enjoy family-based classes so families can learn, adapt and change health behaviors together - a practice backed by research to make behavior change long-lasting.

- 82% of parents and caregivers were better able to manage their food resources and provide healthy meals for their families as a result of attending EFNEP classes.
- 78% of adult participants also improve food safety practices, including hand washing.

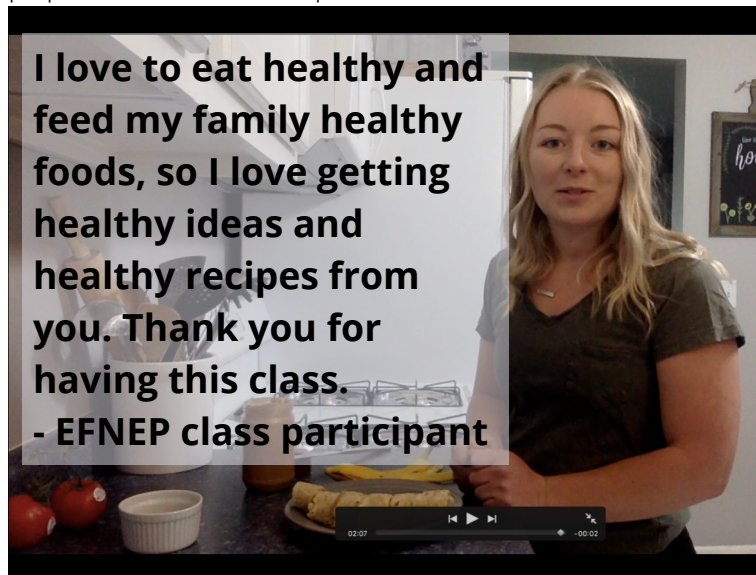
**"I was really bad at cross-contamination, so it was good to learn about that and keeping food safe to eat."**

**-EFNEP Class Participant**



## Virtual Teaching

Nebraska Extension's EFNEP program quickly pivoted to remain relevant and responsive to participant's needs following directed health measures for social distancing by teaching virtual nutrition education classes. The team piloted a nutrition class on Facebook - a needs assessment deployed by Nebraska EFNEP indicated Facebook to be a popular social media platform for limited-resource families.



**I love to eat healthy and feed my family healthy foods, so I love getting healthy ideas and healthy recipes from you. Thank you for having this class.**

**- EFNEP class participant**



Nebraska EFNEP nearly doubled youth participants in nutrition education during the summer of 2020. The team provided innovative virtual nutrition programs; adapting hands-on learning in creative ways, including a "nutrition passport" program. During the academic year, the team continued to teach youth in after school programs via virtual engagement and take-home "nutrition kits".