**2014 Impacts**

**Providing Nutrition Education for Families with Limited Resources through K-State Research and Extension, with Funding from USDA**

### Changing Adult Behavior
- **Diet Quality**
  - 98% adults improving diet, including consuming an extra cup of fruits and vegetables
- **Food Savings**
  - 88% adults bettering food resource management practices
- **Food Safety**
  - 72% adults improving food safety practices
- **Nutrition**
  - 89% adults improving nutrition practices

### Influencing Youth Choices
- **Diet Quality**
  - 73% youth improving ability to choose healthful foods
- **Food Savings**
  - 40% youth improving their physical activity practices or knowledge
- **Food Safety**
  - 38% youth improving safe food handling practices

### Demonstrating Results
Data reported through diet recalls show that EFNEP graduates change their behavior and eat more closely to MyPlate recommendations. Despite positive changes, the need for improvement continues.

#### Diet Quality
- **Before EFNEP:**
  - Amount consumed: 7.4 ounces
  - Amount needed: 6.0 ounces
- **After EFNEP:**
  - Amount consumed: 7.0 ounces
  - Amount needed: 6.0 ounces

#### Food Savings
- **Before EFNEP:**
  - Amount consumed: 6.3 cups
  - Amount needed: 6.4 cups
- **After EFNEP:**
  - Amount consumed: 6.4 cups
  - Amount needed: 6.3 cups

#### Food Safety
- **Before EFNEP:**
  - Extra calories from solid fats and added sugars (SoFAS): 386 cups
- **After EFNEP:**
  - Extra calories from solid fats and added sugars (SoFAS): 472 cups

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**Volunteers Strengthen EFNEP**

174 adults volunteered their time to Kansas EFNEP in FY14, in a variety of support roles. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.
This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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ASSISTING FAMILIES ACROSS KANSAS

REACHING DIVERSE AUDIENCES
At least 19% of Kansas EFNEP adults are minorities.

YOUTH LEARN
Many of our Hispanic EFNEP clients have young children, and our bilingual nutrition educator involves them in the lesson, teaching them how to wash their hands and how to help in the kitchen. A client who graduated from our program said that her son, now a kindergartener, told his school teacher that he “always washes his hands before eating” because his mother’s nutrition teacher taught him that when she was doing EFNEP nutrition lessons in their home.

FAMILIES STRENGTHEN
“I had difficulty stretching my food dollars and I usually ran out of food before the end of the month. Also, I was not sure I was feeding my children what they needed. I hated to cook, especially towards the end of the month, when there was almost nothing left in the pantry. EFNEP taught me to cook, now the food lasts longer and I love to cook, and there is always something delicious on the table. My husband’s health has improved tremendously and he has more energy. He stopped drinking sweet carbonated drinks and enjoys water or natural lemonade with his meals. Thank you for helping me learn to enjoy life again.” (Southwest Kansas)

SUPPORTING LOW INCOME FAMILIES
80% of EFNEP participants who reported income are at or below 100% of poverty, earning $22,050 a year or less for a family of four.

65% OF LOW INCOME KANSANS ARE OVERWEIGHT OR OBESE
EFNEP helps participants achieve a healthy weight by teaching sound nutrition practices and encouraging wise food choices.

ENVIRONMENTS IMPROVE
School and community gardens are increasing across Shawnee County (Topeka), however, an old ordinance was still in effect that allowed only grass to be grown on vacant lots. A group of community volunteers, including EFNEP staff, worked with the city to update the ordinance so that gardens could be planted on the vacant lots, and temporary food sales could be held to increase access to fresh produce, especially in food deserts. The new community garden ordinance passed, and the volunteer group is now working on forming a community network to support and educate the public on school and community gardens.