

EFNEP MAKES A DIFFERENCE

EFNEP participants completing the multi-lesson series improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 56% more often thaw foods safely
- 71% used food labels more often to make food choices
- 87% showed improvement in one or more food resource management (i.e. planning meals, comparing prices, using a grocery list)
- 95% showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares foods without adding salt, reads nutrition labels or has children eat breakfast)
- 43% increased their physical activity through participation in EFNEP.
- 47% of program families increased the number of family meals eaten together.

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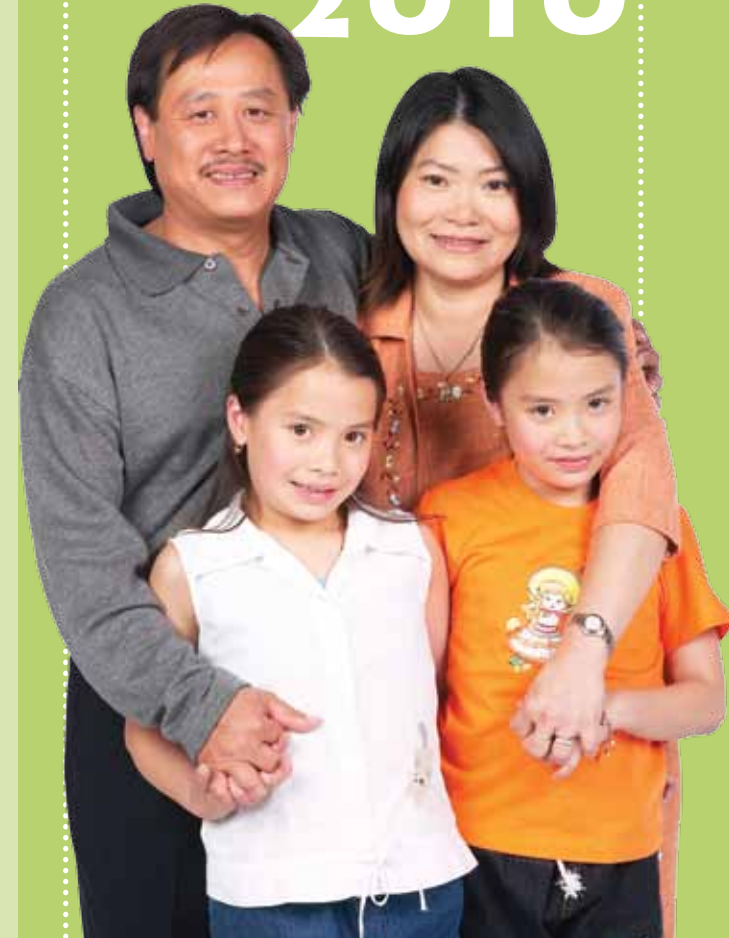
K-STATE Research and Extension

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KANSAS 2010



EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

In FY10, Kansas EFNEP programming occurred in nine Kansas counties: Sedgwick, Shawnee, Crawford, Wyandotte, Riley, Bourbon, Montgomery, Finney and Cherokee.

EFNEP nutrition assistants help families improve skills and increase knowledge of basic nutrition, food preparation, food budget management and food safety. Kansas EFNEP nutrition assistants teach in homes, schools, assisted living sites, clinics and libraries.

EFNEP youth programs help young Kansans develop skills and behaviors needed to improve their diets and effectively manage available resources.



EFNEP 2010

KANSAS ANNUAL REPORT



PROVIDING NUTRITION EDUCATION FOR FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION, WITH FUNDING FROM USDA

SUCCESS STORIES

"EFNEP has helped me learn to prepare my own recipes, and now I save time and money. With the extra time, I take a minute to carefully read the food labels and to properly store my food."

"I learned about the Farmer's Market from my EFNEP lessons. I saved a lot of money going there, and my family eats more fruits and vegetables now."

"EFNEP helped me learn how to carefully prepare just enough food for us – so that none of it goes to waste. If we do have leftovers, I use them!"

"My husband was drinking 6 to 8 cans of soda a day, and we were having issues because he wanted to have several 24 packs of pop in the house at all times. The children were drinking soda too, and I was very concerned about their health. After I attended the first EFNEP class, I came home and explained what I learned about the amount of sugar in soft drinks. I invited him to come with me to the next meeting and that was the last day he had a soda (he put all the cases in the trash). The following week he learned that his father had been diagnosed with diabetes and that he also was vulnerable to get diabetes. Now we don't buy pop anymore, and we no longer have issues about a healthy diet. We are all eating right and feel good and proud about it."

"After I started in the EFNEP program, my family and I no longer eat at fast food restaurants. We cook at home and now we are eating healthier and saving money. We will use that money we are saving to have our first family trip that we have been wanting for ten years."

"Because of EFNEP, I saved \$40 at the grocery store last month by making a list and sticking to it. I also ate before I went shopping and I did not buy a bunch of junk food."

SUPPORTING KANSAS FAMILIES FOR OVER 40 YEARS

EFNEP helps young families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants.

EFNEP TARGETS OBESITY WITH FOCUS ON HEALTHFUL EATING

EFNEP helps participants achieve a healthy weight by teaching sound nutrition practices and encouraging wise food choices. EFNEP graduates report that their new behaviors, including eating breakfast, label reading, increased physical activity and smart snacking, enable sensible weight loss without dieting.

KANSAS EFNEP REACHES DIVERSE AUDIENCES

In 2010,

- 1,358 families with 2,074 children enrolled in EFNEP
- 5,700 youth participated in EFNEP programming
- 638 pregnant women received EFNEP lessons
- 53% of participants were at or below 100% of federal poverty level
- 29% of adult participants were non-White
- 19% of adult participants and 17% of youth participants were Hispanic/Latino

In Kansas, ethnically diverse EFNEP nutrition assistants reach homemakers, youth and adult groups whose principal language may be English, Spanish or Vietnamese. Participants benefit from helpful EFNEP lessons in family and child nutrition, food safety tips and food shopping skills shared in several languages.

Kansas EFNEP supports a diverse workforce. In 2010, 18% of EFNEP nutrition assistants were Hispanic/Latino, and 19% self-identified as Black or Asian.

VOLUNTEERS STRENGTHEN EFNEP

In 2010, 299 adult and youth volunteers donated 3,536 hours of work to Kansas EFNEP. At a rate of \$7.50/hr, this volunteerism yields a dollar value of \$26,520. Many of these volunteers (57%) are past or present EFNEP participants. Volunteers make a difference in their own communities, and contribute to EFNEP's ongoing success.