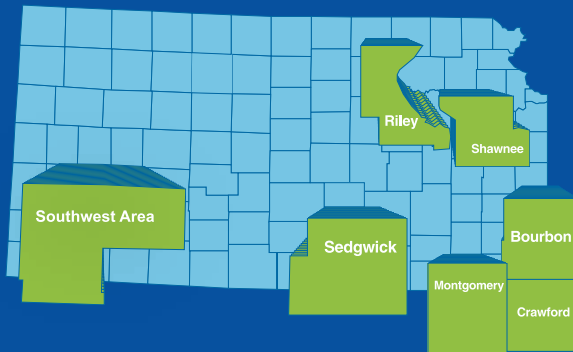


IN FY12, KANSAS EFNEP ASSISTED WITH FAMILIES ACROSS KANSAS



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 make healthy food and physical activity choices and effectively manage available resources.

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:

- 60% more often thaw foods safely
- 71% used food labels more often to make food choices
- 88% showed improvement in one or more food resource management (i.e. planning meals, comparing prices, using a grocery list)
- 91% 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)
- 50% increased their physical activity through participation in EFNEP
- 44% of program families increased the number of family meals eaten together

FOR ADDITIONAL INFORMATION CONTACT: SANDY PROCTER, Ph.D., RD, LD

Kansas Coordinator
Expanded Food and Nutrition Education Program
785.532.1675



Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director

K-STATE
Research and Extension



EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

KANSAS 2012



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

SUCCESS STORIES

In Sedgwick County, youth programming made a real difference in FY2012. In 26 third grade classrooms, pretest scores were 66% correct, while post-test scores improved to 91% correct following EFNEP lessons.

“Because of the nutrition and budgeting classes I have started preparing more of my meals at home. I started out with the simple things and have been using the recipes from class. I made the Turkey Sloppy Joes, my family really enjoys them and it is one way to use less red meat and more beans and poultry for my family.”

“Thanks to what I learned in EFNEP, I will definitely start washing my green beans to help lower my sodium intake. Off-brand foods taste as good as name brand, and will help me save money as well.”

“Since going to the EFNEP budget and nutrition classes I have started planning healthier meals and snacks for my family. Now I am using a lot of the recipes that we were given in class and I also look through magazines for recipes that have different vegetables in them. Some of them have become my family’s favorites. Things like omelets with chicken breast and peppers and pineapple, just to name one. We are eating more and more vegetables and less and less mac and cheese every day -- it is great.”

In Montgomery County, the EFNEP nutrition assistant visited a client’s home with a mom and her two sons, grades 2 and 4. The educator took whole grains and cereal labels to read, measured sugar content, and also prepared a whole grain snack with the client. Mom texted the educator *“the boys loved it and couldn’t quit talking about it all day long.”*

In Shawnee County, the EFNEP nutrition assistant presented a lesson to school-age children at the Topeka Salvation Army Childcare center. They learned about the sugar content of soft drinks, and then made a “Fruit Juice Cooler” recipe using 100% fruit juice concentrate and soda water. The students really liked the drink, and the organization’s food service worker requested the recipe to serve as an afterschool snack after hearing the children’s excited acceptance of the new, low-sugar drink.



SUPPORTING KANSAS FAMILIES SINCE 1969

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 2012,

- 923 families with 1,496 children enrolled in EFNEP
- 4,291 youth participated in EFNEP programming
- 422 pregnant women received EFNEP lessons
- 57% of participants were at or below 100% of federal poverty level
- 26% of adult participants were non-White
- 23% of adult participants and 18% 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 2012, 25% of EFNEP nutrition assistants were Hispanic/Latino, and 12% self-identified as Black or Asian.

VOLUNTEERS STRENGTHEN EFNEP

In 2012, 293 adult and youth volunteers donated 3,952 hours of work to Kansas EFNEP. At a rate of \$15/hr, this volunteerism yields a dollar value of \$59,280. Many of these volunteers (43%) are past or present EFNEP participants. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.