



# Kansas EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



## 2014 Impacts

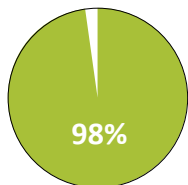
PROVIDING NUTRITION EDUCATION FOR FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION, WITH FUNDING FROM USDA

### CHANGING ADULT BEHAVIOR

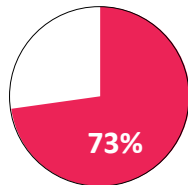
### INFLUENCING YOUTH CHOICES

### DEMONSTRATING RESULTS

#### DIET QUALITY

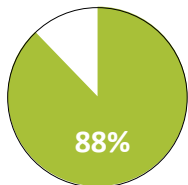


adults improving diet, including consuming an extra cup of fruits and vegetables

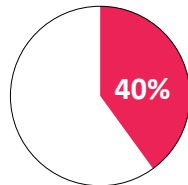


youth improving ability to choose healthy foods

#### FOOD SAVINGS

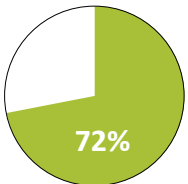


adults bettering food resource management practices

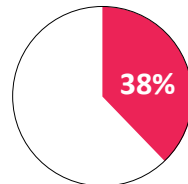


youth improving their physical activity practices or knowledge

#### FOOD SAFETY

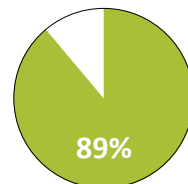


adults improving food safety practices



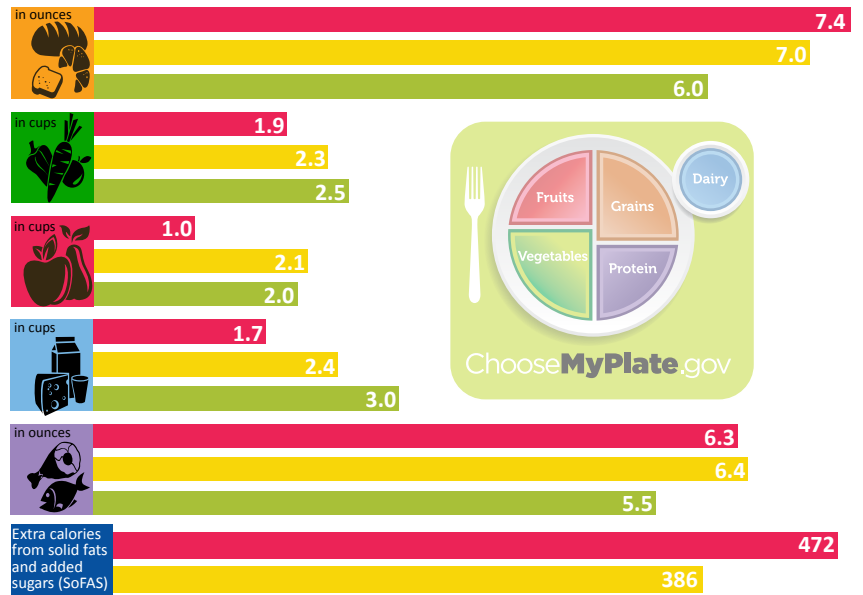
youth improving safe food handling practices

#### NUTRITION



adults improving nutrition practices

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.



■ amount consumed before EFNEP  
■ amount consumed after participation in EFNEP  
■ amount needed to meet MyPlate recommendations\*

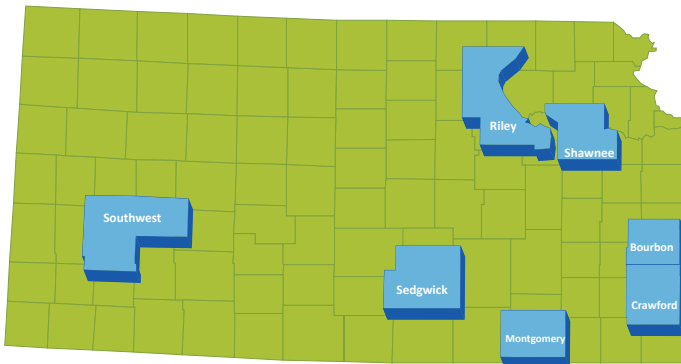
\*This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other levels vary (see MyPlate.gov).

### 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.

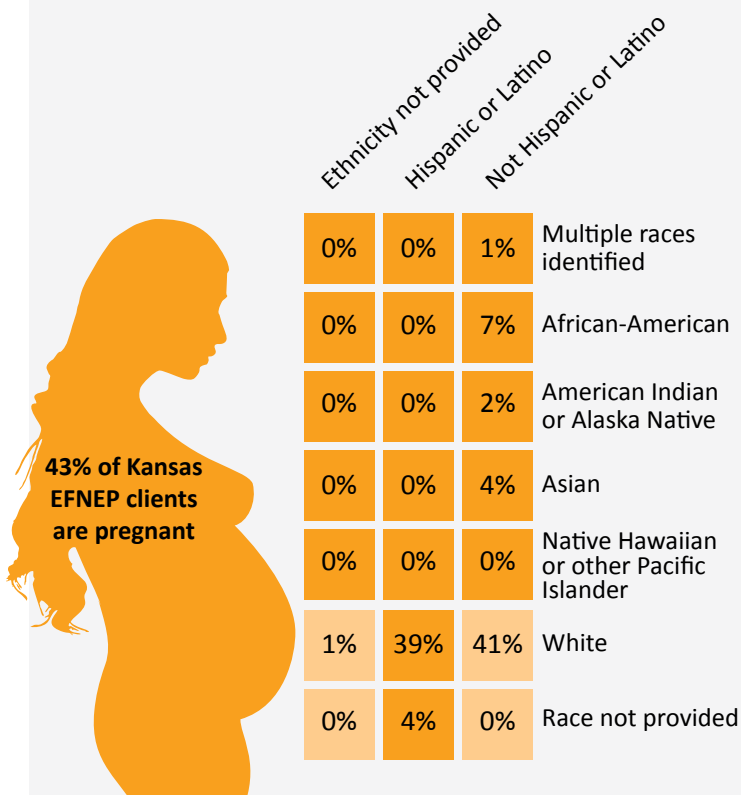


## ASSISTING FAMILIES ACROSS KANSAS



## 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

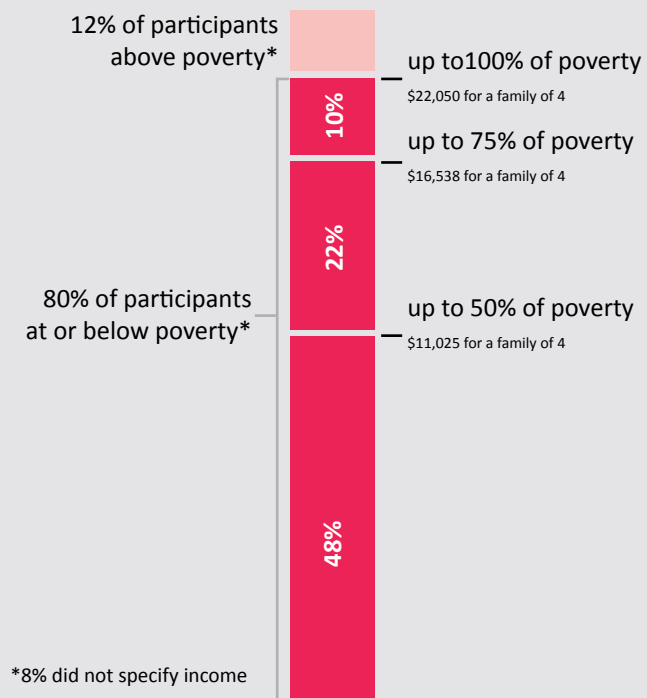
“I had difficulty stretching my food dollars and I usually ran out of food before the end of the month. Also, I was not sure I was feeding my children what they needed. I hated to cook, especially towards the end of the month, when there was almost nothing left in the pantry. EFNEP taught me to cook, 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)

### 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.

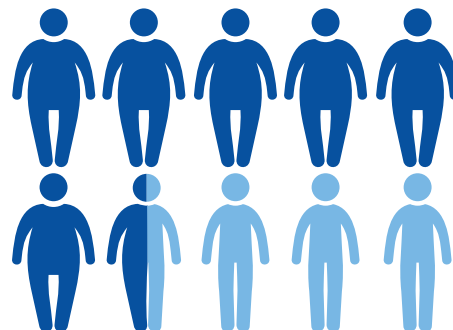
## SUPPORTING LOW INCOME FAMILIES

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.



### FOR ADDITIONAL INFORMATION CONTACT:

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