

EFNEP in our Communities:

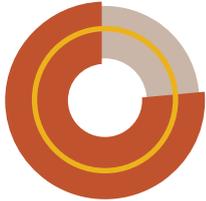
Wyandotte County

21

KANSANS RECEIVED
NUTRITION EDUCATION.
21 Adults

61

TOTAL FAMILY
MEMBERS REACHED.



76%

identified as
Hispanic or Latino.



86% reported income at or below
100% the Federal Poverty Level

Education with Impact

EFNEP's hands-on learning helps Kansans make positive health changes in their everyday lives.

Adults Graduates



100% Improved food resource management behavior



100% Improved diet quality behaviors



75% Improved physical behaviors



88% Improved food safety behaviors



75% Improved food security

Impact in Action

Overcoming Language Barriers and Learning Nutrition

At Sue Safe Haven, a transitional housing program for women and families in Wyandotte County, families face numerous challenges, including limited access to nutrition education and healthy food choices. One participant, a Lao-speaking mother, attended EFNEP classes with the help of an interpreter. She was concerned about her family's eating habits, particularly her son's consumption soft drinks. Her son was drinking 3 to 6 cans of soda daily, had gained weight, and she was eager to understand how to make healthier choices for her family.

Through EFNEP classes, the participants learned about the impact of sugary drinks on health and how to read food labels to make informed choices. During the class, we discussed strategies to reduce soft drink consumption, including substituting water and other healthier beverage options, and ways to involve her children in planning healthier meals. We also talked about the potential cost savings from buying fewer sodas and using that money to purchase more fruits and vegetables.

The participant was surprised to learn how much sugar and calories there were in the sodas her son consumed. She stated, "That's why my son has gained weight! He thinks he needs soft drinks." Additionally, the interpreter expressed interest in EFNEP programming, noting that the lessons were helpful and that she wanted to share them with her community. EFNEP programming not only empowers families to make healthier choices but also creates ripple effects within diverse communities.

For more information or to get involved:

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