

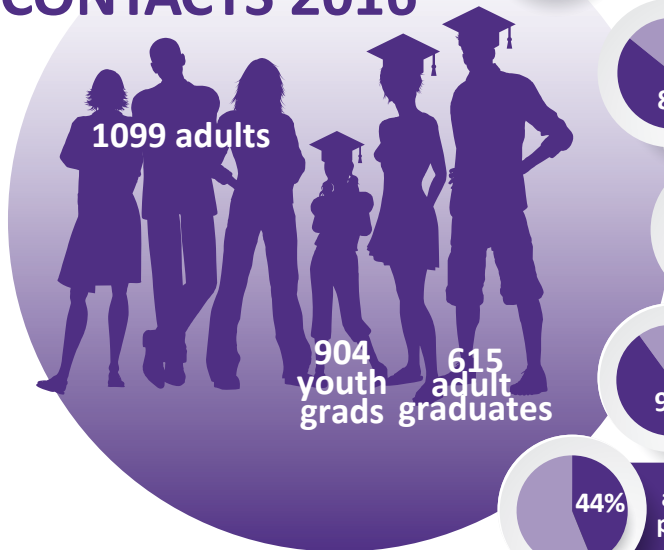
KANSAS EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

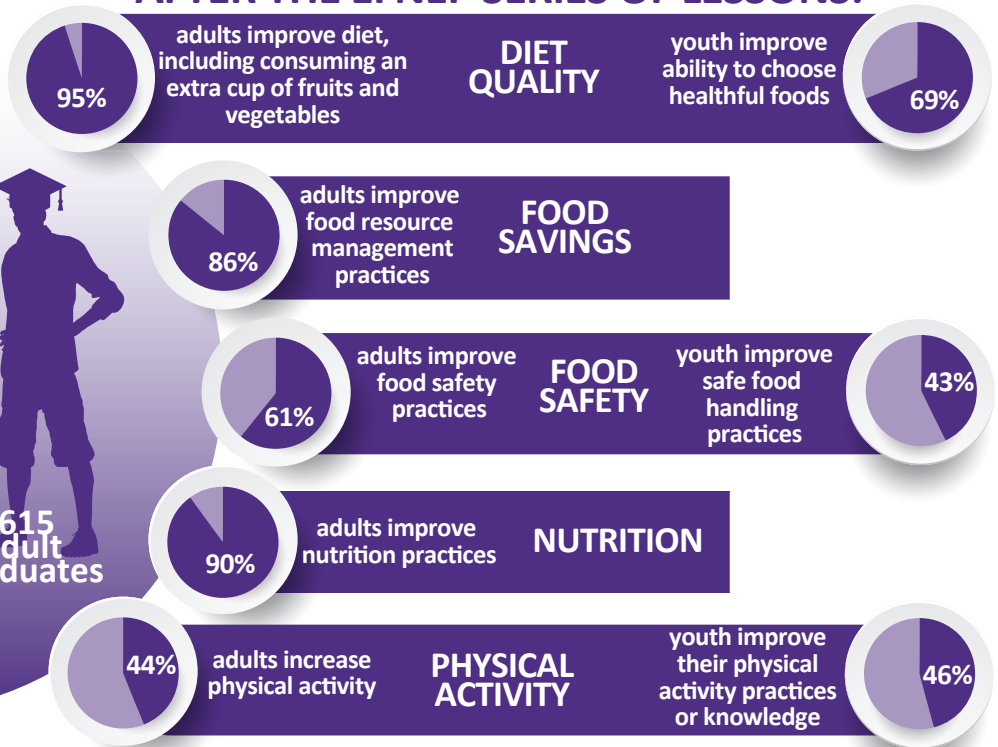
2016 IMPACTS

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

KANSAS EFNEP CONTACTS 2016

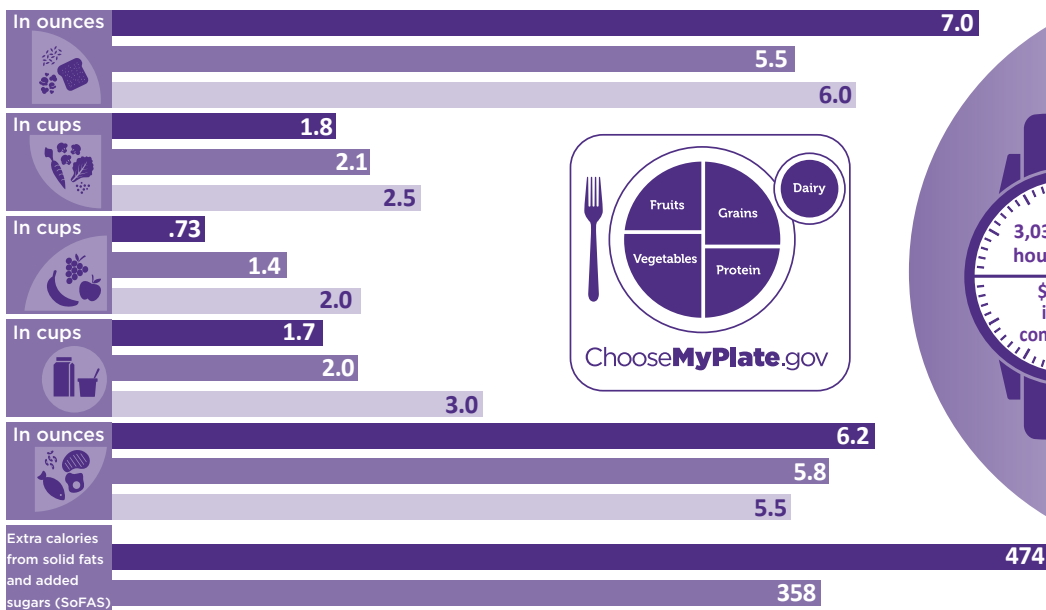


AFTER THE EFNEP SERIES OF LESSONS:



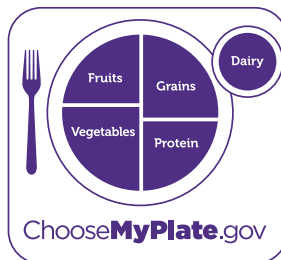
DEMONSTRATING RESULTS

Data reported through diet recalls show that Kansas EFNEP graduates change their behavior and eat more closely to MyPlate recommendations.



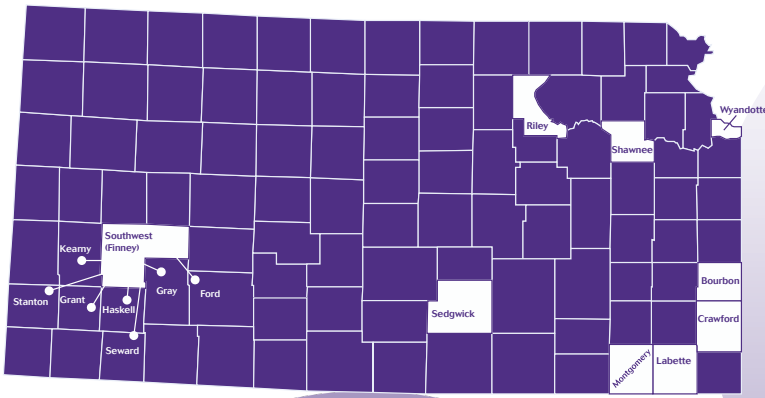
■ amount consumed before EFNEP ■ amount consumed after participation in EFNEP ■ amount needed to meet MyPlate recommendations

VOLUNTEERS STRENGTHEN EFNEP



ASSISTING FAMILIES ACROSS KANSAS

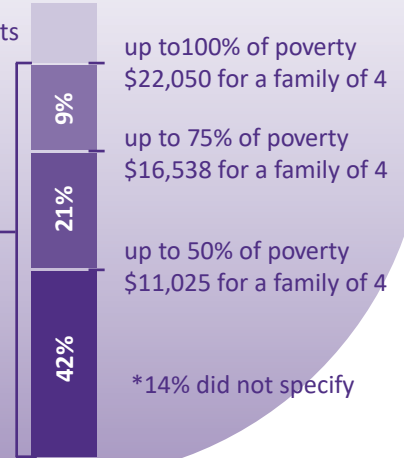
SUPPORTING LOW INCOME FAMILIES



77% of Kansas EFNEP participants who reported income are at or below 100% of poverty, earning \$22,050 a year or less for a family of four.

14% of participants above poverty*

72% of participants at or below poverty*



REACHING DIVERSE AUDIENCES

At least 21% of Kansas EFNEP adults identify as Hispanic.

| | | | |
|---|----|-----|-----|
| Multiple races identified | 0% | 0% | 1% |
| African-American | 0% | 1% | 3% |
| Native Hawaiian or other Pacific Islander | 0% | 0% | 0% |
| White | 1% | 21% | 71% |
| Race not provided | 0% | 4% | 0% |

27% of EFNEP clients were pregnant

Ethnicity not provided
Hispanic or Latino
Not Hispanic or Latino

EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

One participant, who was very overweight, took action with steps learned in EFNEP. When the lesson focused on better choices for drinks, and the benefits of simply drinking tap water, the participant stopped drinking almost all soda – and she had been drinking 6-8 regular sodas a day. When the group learned about baking food vs. frying, she stopped eating French fries and started baking her potatoes, and re-thought her potato toppings – opting for yogurt vs. sour cream, or sometimes using salsa. At the end of the 6-week class series, the EFNEP participant had lost almost 15 pounds and was sleeping better at night.

Sedgwick County

An 8-year-old boy asked his mom to take EFNEP classes on an evening when he was out of school and could also attend. He attended all 10 classes with her. He now goes to the store with his mother and reads all the labels to make sure everything she gets is healthy. She says they no longer buy candy, cookies, sugary cereal or cola. (This is a Latino family and sometimes grocery shopping is challenging because of language.)

Wyandotte County

COLLABORATING TO IMPROVE COMMUNITIES

Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to improve environmental settings and positively affect sectors of influence. Here are some of the many partners in 2016:

- Schools • Churches • Worksites
- Adult rehabilitation centers
- Emergency food assistance sites
- Adult education and training sites
- Health care sites • Community centers

EFNEP IMPROVES SAFE FOOD HANDLING

An EFNEP participant reported: "I have learned so much in this class and am trying new recipes for my family. I put the cooking temperature magnet on my refrigerator and use my food thermometer to make sure food is cooked to the right temperature."

Shawnee County

FOR ADDITIONAL INFORMATION CONTACT:
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