Healthier Lives Through Nutrition Education

EXPANDED FOOD AND NUTRITION EDUCATION - EFNEP

THE CHALLENGE

- 28% of NH third graders are overweight or obese
- 61.7% of NH adults are overweight or obese
- 16.8% of adults in NH eat vegetables less than one time per day
- 10.2% of families in NH face hunger/food insecurity

Every $1 spent on nutrition education saves as much as $10 in long-term health care costs

THE EFNEP SOLUTION

Introduce

- EFNEP families how to buy and prepare healthy foods

Teach

- School children to new fruits and vegetables through a series of lessons and school gardens

Help

- EFNEP families stretch tight budgets and buy healthy options

THE EFNEP RESULTS

Statewide Outreach

- EFNEP reached 158 adult participants with education benefiting 537 additional family members

Increased Food Security

- 30% of participants indicated they ran out of food less often

Increased Intake of Healthier Foods

- 56% of participants increased their intake of vegetables

More Physical Activity

- 22.4% of participants reported being more physically active

Connecting with Youth

- 2,134 youth participated in a series of lessons at school, in after-school programs and through youth gardens

EFNEP works in New Hampshire
Read what participants and teachers are saying about our work.

I have observed students being able to identify which foods belong to which food groups. I’ve listened to them share ways they have changed their behaviors in an effort to be healthier. Kids asking for a recipe to a healthy snack is certainly a step in the right direction. My life has been enriched by watching these students increase their knowledge of nutrition and make choices that are better for them.

I and my family have learned about healthy eating and we now buy better food and prepare better meals. Thank you to the people who take the time for those that don’t know enough about making a change.

I have learned really good tips about food preparation, safety and making healthy choices. I always felt like I had a good understanding of these topics but I did learn new things and I’m happy my family (husband and two children) were involved and learned good tips as well.

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