**Expanded Food and Nutrition Education Program**

**Impacts in Arkansas for the 2018 Program**

**Year Celebrating 50 Years!**

**Total Reach**

12,375

ADULTS, YOUTH, & FAMILIES

1,586 ADULT GRADUATES

4,039 YOUTH GRADUATES

**Total Reported Savings**

$42,809.08

**Monthly Savings per Family**

$33.00

**What our Participants are Saying...**

“Being a culinary professional, I usually cook fairly healthy meals. But, I did not realize the portions were out of control. I will use smaller portions and a different proteins in my meals. Also, I will try to cook things that my child will like to help me with.”

**Adult Participant** — Mississippi County

“I’m spending my snack money on healthier choices like fruits and vegetables now!”

**Youth Participant** — Chicot County

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