

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



93%
OF ADULT
PARTICIPANTS
ATE MORE
FRUITS & VEGETABLES



ADULTS **76%**
IMPROVED FOOD SAFETY PRACTICES



45%
YOUTH



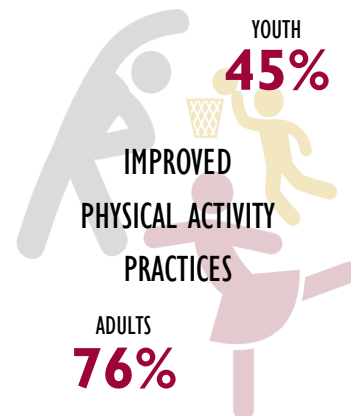
85% & 80%
YOUTH ADULTS
ADOPTED HEALTHIER
NUTRITION PRACTICES

\$42,809.08

TOTAL REPORTED SAVINGS



MONTHLY SAVINGS PER FAMILY
\$33.00



ADULTS **76%**
YOUTH **45%**
IMPROVED
PHYSICAL ACTIVITY
PRACTICES

79%
OF ADULTS IMPROVED FOOD RESOURCE MANAGEMENT PRACTICES

48%
OF ADULTS IMPROVED FOOD SECURITY

...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



United States
Department of
Agriculture

National Institute
of Food
and Agriculture