

2018 Expanded Food and Nutrition Education Program

I ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



The healthy choice is not always easy, especially for families on a limited budget.

Unhealthy eating habits, low physical activity levels, and obesity can lead to poorer health outcomes. These also affect minority and low income populations more than other groups.

Since 1969, the Expanded Food and Nutrition Education Program (EFNEP) has reached more than 31 million limited-resource families, helping improve their nutrition, food budgeting, and physical activity behaviors.

In Illinois, EFNEP serves families in six counties where there is the greatest need: Champaign, Cook, Madison, Peoria, St. Clair, and Vermilion.

Celebrating 50 Years

Illinois EFNEP serves thousands of people in communities each year, encouraging them to take control of their health and well-being in impactful ways. We are excited to celebrate 50 years and look forward to continuing this critical work. Happy 50th birthday, EFNEP!



Illinois EFNEP by the Numbers



Making a Difference



Success by Design

-  EFNEP helps limited-resource families **gain knowledge and skills** needed to make behavior **changes for healthy diets and active lifestyles.**
-  Programs are **based on evidence** that engages learners in practical, hands-on classes and activities.
-  Programs are taught by **peer educators** who are members of their communities. Educators are **trained, passionate, and dedicated** to impacting a diverse population through nutrition education.



Working with Diverse Adult Populations

78%

Have children

85%

Female

28%

Identify as Hispanic or Latino

45%

Identify as a minority



Real Impact on Everyday Life

An EFNEP participant shared she has seen a big change in herself and her children since participating in EFNEP, stating “small things can make a big change. Like different snacks and going for a walk.” In addition, they now they eat together as a family more often than before.

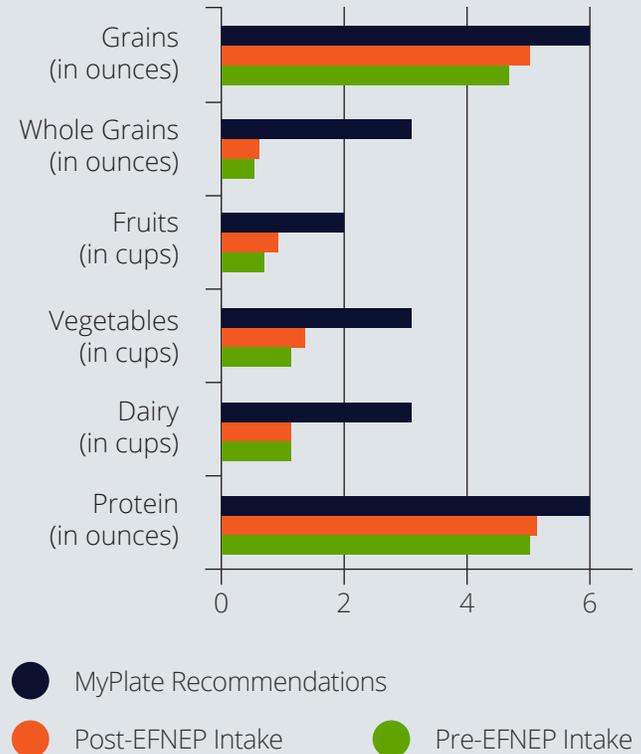
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“I didn’t realize cooking a meal at home was so much more affordable than eating fast food every day. This program has been life changing for me and my family!”

Demonstrating Results

EFNEP graduates report eating closer to MyPlate recommendations

91% had at least one positive change in food group intake



Helping Youth Adopt Healthier Behaviors

83%

youth improved knowledge and ability to choose healthier foods

48%

youth improved physical activity knowledge or behaviors

48%

improved food safety knowledge or behaviors

54%

improved knowledge or ability to prepare simple, nutritious, affordable foods

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