How Did EFNEP Help Adults?

“Most of my life I never worried about what I ate or bought to eat. This class has taught me and my children to be more conscientious consumers of food.”
– Arapahoe County Participant

“Because of this class, I eat more veggies and drink more water. I also learned to save money on groceries, help my family eat healthy, and be more active. I enjoyed every class.”
– Weld County Participant

“I really enjoyed learning the importance of reading labels and watching my intake of fat, salt and sugar. I enjoyed learning new recipes and the all-around knowledge of eating healthier.”
– Denver County Participant

Adult EFNEP Participants

In 2017, Colorado EFNEP taught 1,301 adults, indirectly reaching 4,667 family members.

Important Changes in EFNEP Adult Participants’ Behavior

92% improved in one or more nutrition practices (planning meals, making healthy food choices, preparing food without salt, reading nutrition labels or feeding children breakfast)

86% improved in one or more food resource-management practices (planning meals, comparing prices, or using grocery lists)

70% used the Nutrition Facts on food labels to make food choices

Additional Changes in Adult Behaviors

68% were more physically active
58% improved meal planning skills
57% began thawing and storing foods correctly
49% made healthier food choices when deciding what to feed their families
47% were less likely to run out of food at the end of the month
Third Graders in EFNEP

In 2017, Colorado EFNEP taught 1,566 third graders to:

- understand MyPlate and portions
- taste a variety of healthy foods
- be physically active in creative ways
- make healthy food choices
- plan healthy snacks and meals
- keep food safe to eat

High School Students in EFNEP

In 2017, Colorado EFNEP taught 416 high school students how to:

- make healthier food choices
  (eat more fruits and vegetables, drink more milk, eat more low-fat food and whole grains)
- increase their physical activity
- keep foods safe to eat

Changes in Teen Behaviors

- 75% were more physically active
- 75% practiced safe food handling more often
- 60% ate more vegetables
- 52% ate more fruit

How Did EFNEP Help Youth?

“Ninety percent of our students live in poverty and don’t really understand the idea of eating healthy. They’re happy to eat at all.”
– Sandra Frasier, Third Grade teacher, Irving Elementary, Pueblo, CO

“I like teaching third grade nutrition and my goal is to see changes in these students, healthy changes that will grow with them as they go into adulthood.”
– CSU Extension EFNEP Educator, Pueblo County, CO

“Instead of eating something not healthy for you at lunch, I always eat an apple or a vegetable.”
– Third Grader, Irving Elementary, Pueblo, CO

“My teenage participants have made really big changes by staying away from fast food and including healthy foods in their diets. Now they exercise and eat healthier. Best of all, they follow MyPlate.”
– CSU Extension Educator, Arapahoe County
In 2016-2017, Colorado State University Extension EFNEP reached:

- 1,301 adults
- 1,982 high school and third grade youth
- 4,667 family members

EFNEP nutrition educators in six Colorado counties and the San Luis Valley, partnered with over 130 schools, human service agencies, health clinics, Head Start programs, and non-profits to teach low-income families how to:

- make healthy food choices
- stretch food dollars
- keep foods safe to eat
- prepare healthy meals
- be more physically active

For more information, please visit:
www.efnep.colostate.edu