

EFNEP WORKS



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



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

OHIO EFNEP HAS BEEN...

THE OHIO EFNEP

REACH

INTRODUCING families to new ways to incorporate more fruits and vegetables in their diet since 1969

TEACHING how to stretch their food dollars through the month while maintaining a healthy diet

HELPING low-income families and youth strengthen their food safety skills



THE CHALLENGE

75

percent of adults & youth in Ohio do not eat **FRUITS AND VEGETABLES** at least one time daily

17

percent of Ohioans reported running out of food in the last 12 months

Food Research Action Center 2016 How Hungry is America

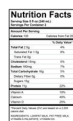
Ohio EFNEP impacted 4,351 ADULT Ohioans. Out of this group 2,859 completed and graduated from EFNEP. The knowledge and skills learned impacted their families as well, extending the impact to 17,746 Ohioans.

OHIO EFNEP PARTICIPANTS ARE...

THE RESULTS

ADULTS

YOUTH



READING LABELS
63% more often used the Nutrition Facts label to make food choices



EATING HEALTHY FOOD
84% improved their ability to choose healthy foods



PLANNING MEALS
51% more often planned meals in advance



USING SAFE PRACTICES
49% are using safe food handling practices more often



MANAGING FOOD
40% less often ran out of food before the end of the month



PREPARING FOODS
45% improved their ability to prepare simple healthy foods



FOOD SAFETY
60% of participants improved in use of a meat thermometer to ensure proper food temperature for safe consumption



GETTING PHYSICAL
42% improve physical activity practices during childhood and adolescence

