EFNEP WORKS
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

OHIO EFNEP HAS BEEN...

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

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 Ohio State University

ADULTS

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

PLANNING MEALS
51% more often planned meals in advance

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

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

YOUTH

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

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

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

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

THE RESULTS

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

OHIO STATE UNIVERSITY EXTENSION

FAMILY AND CONSUMER SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOCY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Food Research Action Center 2016 How Hungry is America

THE OHIO EFNEP REACH

THE CHALLENGE