EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded by the USDA’s National Institute of Food and Agriculture. EFNEP combats obesity by helping low-income individuals gain the skills and motivation they need to improve their diets and be more physically active.
EFNEP paraprofessional educators use evidence-based curriculum with third and fourth graders in schools and after-school settings.

In federal fiscal year 2013, 21,826 youth participated in EFNEP lessons statewide.

Youth learn to:
- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling

EFNEP for YOUTH

Paraprofessional
Nutrition Educator

Adult Participant

Youth Participant

When the nutrition educator first visited my 3rd grade classroom three years ago, I was overweight and had a 32 oz. soda and a honey bun each morning for breakfast. I let my students know that they needed to eat better but I wasn’t going to change my habits. As I listened to the lessons taught by the nutrition educator and reading the newsletters for the parents, I realized I needed to change. When the nutrition educator returned to my classroom the second year, I had lost 20 pounds! When she returned to my classroom the third year, I had lost a total of 45 pounds and look and feel great! I simply started to eat more fruits, vegetables, and whole grains and have completely eliminated soda from my diet!

The lessons helped the participant shop more economically. The family cut their food costs, bought healthier foods, and is eating more meals as a family. The participant loved the ease of the recipes and is proud to announce she has dropped two pant sizes since starting the program.

I used the 15 minute walking DVD to get up from sitting at the computer and I actually lost weight! My family eats more green vegetables and more fruit and we fry foods less often.

Because of the food safety lesson at school, my family has been washing our hands before we eat!

ADULT IMPACTS & OUTCOMES

In federal year 2013, 1,412 adult participants were taught the EFNEP series of classes in Oklahoma by paraprofessional educators. The majority of participants reported improvement in behaviors related to healthy eating (71%), budgeting and food resource management (87%), food safety (56%), and physical activity (34%). These improved behaviors will help families eat healthier and stretch their food dollars.

Nutrition Pract. Food Resource Mgmt. Food Safety Physical Activity

Oklahoma ranks higher than the national average of those who are hungry or food insecure. Children who are malnourished or hungry are at a greater risk for falling in school and work, marking them for a lifetime. As a result of Oklahoma EFNEP, 46 percent of participating families ran out of food less often.