Over 3,600 low-income youth and adults participated in UMaine Cooperative Extension’s Expanded Food and Nutrition Education Program (EFNEP) in 2014.

### Youth

- 80% of youth improved their nutrition knowledge
- 45% of youth improved their food safety practices
- 32% of youth improved daily physical activity

### Adults

- 95% of adults improved their diet
- 88% of adults improved nutrition practices
- 85% of adults improved food resource management practices
- 68% of adults improved food safety practices
- 27% of adults increased daily physical activity by 30 minutes

The University of Maine Cooperative Extension’s Expanded Food and Nutrition Education Program brings nutrition education to limited-income families and youth in Maine. For more details on the program and educational resources, visit [umaine.edu/food-health/eat-well](http://umaine.edu/food-health/eat-well).

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