



Photos by Edwin Remsberg

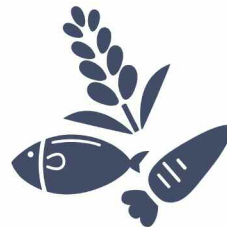
# EFNEP

Expanded Food and Nutrition Education Program

## Youth

Over  
**3,600**  
 low-income  
 youth and adults

participated in UMaine  
 Cooperative Extension's Expanded  
 Food and Nutrition Education  
 Program (EFNEP) in 2014.



**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).