Since 1969, EFNEP has reached more than 31 million low income families and youth, helping to improve their diets and food related behaviors.

In Illinois, EFNEP serves residents in six counties where families are most in need: Cook, Peoria, Champaign, Vermilion, Madison and St. Clair.

The healthy choice is not always the easy choice, especially for busy families on a limited budget.

Poor eating habits, low physical activity levels, and obesity can lead to poorer health outcomes. These also affect minority and low income populations to a greater degree than other groups.

**What Clients are Saying...**

“I was surprised by how much money I saved at the store after using the sales ads and coupons like we talked about in class.”

“I’ve been planning better when shopping each month. It has helped make sure there is food left at the end of the month for my family.”

“I switched to water instead of the soda pop I would drink all day long after learning about sugar. I have lost 50 pounds since making this change!”

**Why EFNEP Works**

- EFNEP helps low income audiences gain knowledge and skills needed to make behavior changes for healthy diets and active lifestyles.

- Programs are based on evidence and engage learners in practical, hands-on classes and activities.

- Programs are taught by peer educators who are members of the community where they teach. Educators are highly trained and dedicated to impacting a diverse population through nutrition education.

**2017 EFNEP Educational Reach**

9,780 Illinois Residents in Need Received Education

3,576 adults

6,204 youth

Total of 13,252 Family Members

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Reaching Low Income Families Most in Need: Percentage of Poverty Level for 2017 Families

- 36% < 50%
- 34% 51-75%
- 14% 76-100%
- 8% > 101%
- 4% not specified

56% who reported income are at or below 100% of poverty level, earning $24,600 or less for a family of four.

Working with Diverse Adult Populations
- 89% female
- 53% identify as a minority
- 20% identify as Hispanic or Latino
- 69% have 1-3 children 19 years or younger

Demonstrating Results
EFNEP graduates report eating closer to MyPlate recommendations.

MyPlate Recommendations
Post-EFNEP Intake
Pre-EFNEP Intake

Changing Adult Behaviors, Influencing Youth

**Adults**

- Protein (in ounces)
  - MyPlate Recommendations: 6
  - Post-EFNEP Intake: 4
  - Pre-EFNEP Intake: 2
- Dairy (in cups)
  - MyPlate Recommendations: 2
  - Post-EFNEP Intake: 1
  - Pre-EFNEP Intake: 1
- Fruits (in cups)
  - MyPlate Recommendations: 4
  - Post-EFNEP Intake: 3
  - Pre-EFNEP Intake: 2
- Vegetables (in cups)
  - MyPlate Recommendations: 4
  - Post-EFNEP Intake: 3
  - Pre-EFNEP Intake: 2
- Whole Grains (in ounces)
  - MyPlate Recommendations: 3
  - Post-EFNEP Intake: 2
  - Pre-EFNEP Intake: 1
- Grains (in ounces)
  - MyPlate Recommendations: 6
  - Post-EFNEP Intake: 4
  - Pre-EFNEP Intake: 2

**Youth (K-9th Grade)**

- Protein (in ounces)
  - MyPlate Recommendations: 6
  - Post-EFNEP Intake: 4
  - Pre-EFNEP Intake: 2
- Dairy (in cups)
  - MyPlate Recommendations: 2
  - Post-EFNEP Intake: 1
  - Pre-EFNEP Intake: 1
- Fruits (in cups)
  - MyPlate Recommendations: 4
  - Post-EFNEP Intake: 3
  - Pre-EFNEP Intake: 2
- Vegetables (in cups)
  - MyPlate Recommendations: 4
  - Post-EFNEP Intake: 3
  - Pre-EFNEP Intake: 2
- Whole Grains (in ounces)
  - MyPlate Recommendations: 3
  - Post-EFNEP Intake: 2
  - Pre-EFNEP Intake: 1
- Grains (in ounces)
  - MyPlate Recommendations: 6
  - Post-EFNEP Intake: 4
  - Pre-EFNEP Intake: 2

- Percent of adults improving nutrition practices: 84%
- Percent of adults improving food resource management practices: 78%
- Percent of adults improving food safety practices: 63%
- Percent of youth increasing knowledge or ability to choose healthy foods: 75%
- Percent of youth improving food safety and food preparation knowledge or practices: 45%
- Percent of youth improving physical activity knowledge or practices: 43%