In cooperation with the Mississippi Department of Human Services and the U.S. Department of Agriculture, Extension provides the Family Nutrition Program (FNP).

FNP offers classes for varying age groups, designed to assist participants to become more effective managers of available food resources and to make healthier food choices.

2012 FNP efforts saw 138,280 PARTICIPANTS

% Increased Intention of Consumption

Another MS SNAP-Ed project is Body Walk, featuring the Organ Wise Guys. Body Walk educates elementary students about making healthy choices through an interactive tour of the human body. The Body Walk exhibit was set up at 69 public schools in Mississippi, allowing 15,913 students in kindergarten through 5th grade to participate.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director. This institution is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP- and/or EFNEP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office.
2012 Youth Impact Report

Improvements were noted in the following daily activities:

- Increased daily consumption of vegetables
- Increased daily consumption of fruit
- Increased daily physical activity lasting at least 60 minutes
- Increased daily moderate activity (such as using stairs)

“As a teacher I am trying to do more of these things myself to be an example to my students.”
-Mississippi Delta

Nutrition Behavior Reports

- Read nutrition labels
- Eat breakfast every day

Number of Students

<table>
<thead>
<tr>
<th>Always/Most of the Time</th>
<th>Before Classes</th>
<th>After Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read nutrition labels</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Eat breakfast every day</td>
<td>10</td>
<td>15</td>
</tr>
</tbody>
</table>

4 Goals of FNP Programming

1. Maintain calorie balance during each stage of life.
2. Make half the plate fruits and vegetables; eat whole grains, and switch to fat-free or low-fat milk products.
3. Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle.
4. Improve the likelihood that eligible SNAP participants will make healthy food choices.

Teacher Observations

Approximately 300 teachers of pre-K through 1st grade observed positive changes in their students’ nutrition behaviors such as increased awareness of the importance of good nutrition habits, choosing healthier meals and snacks, eating breakfast more often, and willingness to try new foods. Teachers also observed students being more physically active, and talking about this positive change.
Expanded Food & Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sounds diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

MS Adult EFNEP Impact Highlights

<table>
<thead>
<tr>
<th>Resource Management:</th>
<th>Food Safety:</th>
<th>Nutrition:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan meals, compare prices, use grocery lists, does not run out of food</td>
<td>Thaw food, store foods properly</td>
<td>Plan meals, make healthy food choices, prepare food without added salt, read nutrition labels, have children eat breakfast</td>
</tr>
<tr>
<td>• 87% of participants improved in one or more practices</td>
<td>• 66% of participants improved in one or more practices</td>
<td>• 91% of participants improved in one or more practices</td>
</tr>
</tbody>
</table>

Mississippi EFNEP 2012:

- Paraprofessionals worked with 801 families and 2,780 family members in 61 counties.
- 91% of program participants graduated from the program by successfully completing 8 nutrition lessons.
- EFNEP worked with 39,096 youth in 2012.
- Youth program topics include: eating from all food groups, physical activity, hand washing, eating breakfast, and high-nutrient vs. low nutrient foods.
- Adult program topics include: planning healthy meals, low-cost recipes, comparing prices, preparing food safely, and identifying whole grains.