**THE CHALLENGE**

- 28% of NH third graders are overweight or obese
- 62% of NH adults are overweight or obese
- 17.6% of adults in NH eat vegetables less than one time per day
- 10.2% of families in NH face hunger/food insecurity

**THE EFNEP SOLUTION**

- **Introduce**
  - School children to new fruits and vegetables through a series of lessons and school gardens

- **Teach**
  - EFNEP families how to buy and prepare healthy foods

- **Help**
  - EFNEP families stretch tight budgets and buy healthy options

**THE EFNEP RESULTS**

- **Statewide Outreach**
  - EFNEP reached 247 adult participants with education benefiting 923 additional family members

- **Increased Food Security**
  - 29% of participants indicated they ran out of food less often

- **Increased Intake of Healthier Foods**
  - 36% of participants think about healthy food choices when deciding what to feed their families.

- **More Physical Activity**
  - 20.5% of participants reported being more physically active

- **Connecting with Youth**
  - 3,912 youth participated in a series of lessons at school, in after-school programs and through youth gardens

**Every $1 spent on nutrition education saves as much as $10 in long-term health care costs**

**EFNEP works in New Hampshire**
Read what participants and teachers are saying about our work.

A wealth of knowledge related to nutrition was brought to my students. Students learned about “Choose MyPlate” in a positive and fun way. Students were able to try a variety of food that they may not have had a chance to without someone (outside of home) encouraging this. This is a very worthwhile program!

Love this class! I always learn something new every class! My family is eating and trying new things. My family is also cooking together. Thank you so much for everything.

It showed me how I need to start eating better. It also showed me what I need to eat more of and less of. My daughter has also learned a lot about how to mix the right stuff together. She also learned what to look for in food.

Cooking with food from the garden

Reading labels

Cooking Matters graduates

Chopping vegetables in a cooking class

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating. This publication was printed with funds from the EFNEP program. 1/16