EFNEP VERMONT
2017 IMPACTS: NUTRITION EDUCATION THAT WORKS

UVM Extension's Expanded Food and Nutrition Education Program (EFNEP) empowers limited resource families to eat, shop and live healthier lives through hands-on nutrition education.

The Challenge

- 80% of people don't consume recommended amounts of vegetables
- 14% of children lack regular access to nutritious foods
- 1 in 4 youth don't meet recommended activity goals

The People

- 1,139 Vermont children and adults served
- 179 parents received an average of 11 hours of education
- 960 youth received an average of 7 hours of education

The Impact

- 89% improved nutrition practices, like eating more vegetables
- $40 in savings per month, making them more food secure
- 80% improved shopping and meal-planning skills
- 25% increased time spent in physical activity

The Partnership

- USDA NIFA
- UVM Extension
- EFNEP Educators
- Evidence-Based Curricula
- 100+ Community Partners

These lifestyle changes are critical to addressing the health and food insecurity issues facing Vermonter.