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
- 15% of children lack regular access to nutritious foods
- 1 in 4 youth don’t meet recommended activity goals

**The People**
- 1,380 Vermont children and adults served
- 194 parents received an average of 11 hours of education
- 1,186 youth received an average of 7 hours of education

**The Impact**
- 93% improved nutrition practices, like eating more vegetables
- $32 in savings per month, making them more food secure
- 70% improved shopping and meal-planning skills
- 71% 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 Vermonters.