



HEALTHY INTENTIONS, HEALTHY BEHAVIORS

Diet Quality

96% of adults improved diet-quality indicators such as eating fruits & vegetables, drinking less sugar-sweetened beverages, & cooking dinner at home.



84% of youth & children improved making choices for foods consistent with Federal Dietary Guidelines.

Food Resource Management

91% of adults improved practices like meal plans, comparison of prices or use of grocery lists.



\$67.66 average monthly food cost saving per participant following an EFNEP program.

Food Safety

65% of adults improved food safety practices, such as thawing & storing foods correctly.



47% of youth improved knowledge, skills, or behaviors related to handling food safely.

Physical Activity

63% of adults reported positive change in physical activity.



54% of youth improved knowledge, skills, or behaviors necessary to improve their physical activity practices.

MAKING A DIFFERENCE



I wanted to share a picture that a mom sent me this week. Her teen made parfaits for them on Monday. I had a virtual visit with them yesterday and they LOVE Teen Cuisine!



— Health & Human Services Social Worker

WHY IT WORKS

Programs are **evidence-based**.



They build community, leverage university resources & **support community health**.

