Welcome to the Virginia Expanded Food Nutrition Education Program (EFNEP)

EFNEP

Celebrating 35 Years of Success
**Target Audience**

- Limited-resource families in households with children under the age of 12.
- Individuals who are eligible for USDA food assistance programs.
- Families receiving public assistance.
- Unemployed families with a low level of formal schooling.
- Families living in housing that is in need of extensive repairs or replacement.

**Objective**

EFNEP’s objective is to help low-income families and youth acquire the knowledge, skills, attitudes, and changed behavior necessary for securing nutritionally sound diets and to contribute to their personal development.

Participation in the program can be expected to result in:

- Increased knowledge of the essentials of human nutrition.
- Improved practices in food production, storage, preparation, safety, and sanitation.
- Increased preference for selecting nutritious food that fits into available resources.
- Increased ability to manage food budgets and related resources, such as food stamps and Special Supplemental Food Program for Women, Infants, and Children (WIC) food vouchers.
- Improved diets and nutritional well being for the total family.

**Making money and food stamps go further by:**

- planning meals
- making grocery lists
- shopping wisely for groceries
- budgeting food dollars and food stamps
- using food labels to choose best buys

**Making healthy choices for the whole family by:**

- choosing healthy foods
- preparing nutritious snacks
- choosing foods for healthy pregnancy
- making healthy food choices for infants’ and children’s development
- learning about the Food Guide Pyramid
Preparing delicious and safe food by:
- preparing new recipes
- tasting new foods
- acquiring cooking skills
- learning about food safety and storage
- achieving good personal hygiene

Prevention of Chronic Diseases Through Nutrition Education at the Grass Roots Level

Cardiovascular Disease

Diabetes

Obesity

Cancer

Osteoporosis

EFNEP Across the Commonwealth: Where would you find our program?

We collaborate with these agencies:

Virginia Views    WIC    Head Start
Healthy Families  Food Banks
Recreational Departments  Department Of Social Services
Department Of Health  Local Schools

Goal: Increased funding to expand to other localities.

EFNEP county and city locations in blue.
Impacts

For every $1.00 spent on nutrition education, $10.64 is saved in health care costs.

EFNEP programs serve individuals whose income is no more than 185% of the poverty level. For 2003, that was $34,040 for a family of four; and $16,613 for an individual.*


### EFNEP Program Input and Participants Reached (2003)

<table>
<thead>
<tr>
<th>Participants</th>
<th>Number of Virginia Federal Funds</th>
<th>Counties/Cities Served</th>
<th>Program Assistant FTEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult 3642</td>
<td>$1,214,186 (75%) ($333 per household)</td>
<td>27</td>
<td>23.6</td>
</tr>
<tr>
<td>Youth 7748</td>
<td>$415,000 (25%) ($53 per household)</td>
<td>13</td>
<td>10.5</td>
</tr>
</tbody>
</table>

### EFNEP Volunteers

- 900 volunteers during fiscal year 2003
- 11,395 hours donated in fiscal year 2003

### Changed Behavior

- **85%** of EFNEP participants show improvement in one or more nutrition practices.
- **80%** of EFNEP participants show improvement in one or more food resource-management practices.
- **70%** of EFNEP participants show acceptable food safety practices after participation.

### Another long-range goal of 4-H EFNEP is to help low-income youth develop positive character traits through other opportunities in 4-H.

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