Expanded Food and Nutrition Education Program (EFNEP)

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Encourage Families to:

Improve **eating habits** and increase physical activity

Improve **food resource management**

Improve **practices of food safety**
Our approach

• Meet families where they are and encourage small healthy changes
• Conversation based education
• Learning by problem solving together
• Engage with families’ experience and existing knowledge
Who can benefit
How we connect

• Work with schools, parks, and community organizations
• Series of cooking classes
• Teach about safety in kitchen
• Youth make recipes that are quick and healthy
Program Reach for 2018-2019

- 179 sites
- 1,134 adults
- 3,006 youth
- 20,700 hours of program delivery
Succes Stories