

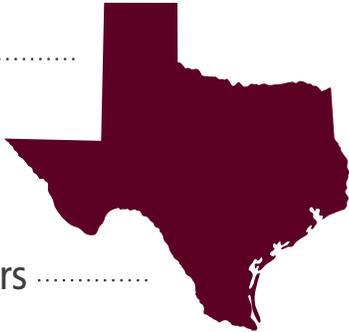
# EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Educating Families Since 1969

## 2021 // Travis County Outreach

42 participants

157 family members



100%

made a positive change in one or more food groups



24 volunteers

153 hours equals \$4,044 in-kind contribution



## Adult Outreach

47% increased physical activity behaviors



\$35

saved on family's monthly food expenses



93% practice better food resource management

## MyPlate Practices



90% changed diet quality behaviors



48% ate red & orange vegetables more often



63% improved food safety practices

## Youth Outreach



1,937 Kinder – 12th

76% improved ability to choose healthy food

54% improved safe food handling practices

37% improved physical activity behaviors





## Expanded Food and Nutrition Education Program Travis County

### SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969

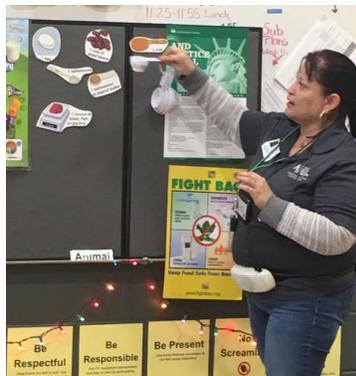
The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources—those most at risk to suffer from hunger, food insecurity, and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management, and food safety in settings convenient for the participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP—2019 data show that 16 percent of Texas families with children under the age of 18 were living below poverty level, compared to 14 percent of U.S. families.

### EFNEP REACHES DIVERSE AUDIENCES

In Texas, ethnically diverse EFNEP nutrition assistants reach youth and adult groups whose principal language may be English or Spanish.

In 2021:

- 41 families enrolled in EFNEP;
- 1,937 youth contacts were made through the EFNEP youth program;
- 62% of EFNEP participants have children under the age of 19;
- 35% of families were at or below 100% of federal poverty level; and
- 55% of families enrolled in one or more food assistance programs.



### EFNEP MAKES A REAL DIFFERENCE

#### Adult Program

Using “hands-on” experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP, participants will learn to prepare more meals and snacks at home, be more active, control portion size, and have more energy.

#### Youth Program

The EFNEP – Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs and classroom and after-school activities. Through fun and engaging activities, youth learn to build a healthy plate, set limits on sugar, fats, and sodium, be active, food safety, and to practice healthy behaviors.



### COST-BENEFIT OF EFNEP

Studies have shown that for every \$1 spent on EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants. For Texas, this is \$43 million in estimated health care cost savings and almost \$8.6 million in food costs.

### VOLUNTEERS STRENGTHEN EFNEP

In 2021, 24 volunteers donated 153 hours of work to EFNEP in Texas. At the Texas rate of \$26.43/hr, this volunteerism has a minimum dollar value of \$4,044. Volunteers make a difference in their own communities and contribute to EFNEP’s continued success.

For more information visit [efnep.tamu.edu](http://efnep.tamu.edu).



TexasEFNEP



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Texas EFNEP

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