

## EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)



### EFNEP Makes a Difference in FY18

Do you have clients who are struggling to pay bills and put food on the table?

Would they benefit from learning how to make healthier food choices while spending less money?

UMass Extension's Expanded Food and Nutrition Education Program (EFNEP) is a free program for low-income families and youth that could help accomplish this goal.

*Let's work together to make your clients' families healthier.*

Trained nutrition educators from UMass Extension's Nutrition Education Program provide a series of six to nine EFNEP nutrition lessons that help with the challenges faced by low-income families. The lessons not only teach valuable nutrition information, but they build life skills that make a real difference.

*Lesson topics are chosen to meet the needs of the participants, such as:*

- Using strategies to make the most of your food dollars
- Becoming more physically active
- Eating more fruits, vegetables, and whole grains
- Choosing foods that are lower in saturated fat, sodium, and added sugars
- Keeping your food safe
- Making healthier food choices when eating out
- Helping your child eat healthier
- Nurturing a healthy lifestyle for yourself

EFNEP nutrition lessons are interactive, use a "learning by dialogue" approach, and often include a cooking demonstration, food tasting, and physical activity. Participants are encouraged to try new foods and practice new skills. Upon completion of the series, each participant receives a certificate during a special graduation celebration.

EFNEP has a proven track record of changing the lives of people who graduate from the program.

*Let's join together to make a real difference for the clients you serve!*

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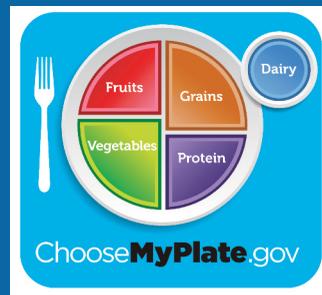
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# EFNEP Program Impacts in FY18

## HIGHLIGHTING SUCCESSES IN MASSACHUSETTS

In FY18, EFNEP reached 1,434 adult participants, with a total reach of 4,962 family members.

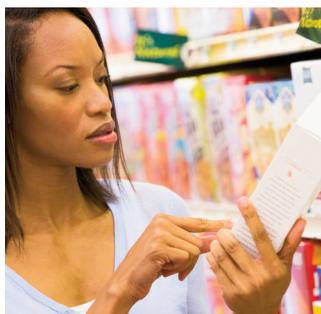
**79%**

Adults **improved** their food resource management practices



**94%**

Adults **improved** their nutrition practices



**80%**

Adults **improved** their food safety practices



**30%**

Adults **increased** their daily physical activity



**51%**

Adults **ate more** fruits



**45%**

Adults **ate more** vegetables



In FY18, EFNEP reached 2,459 youth.

**74%** Improved their diet quality

**28%** Improved their physical activity behaviors

**50%** Improved their food safety behaviors

