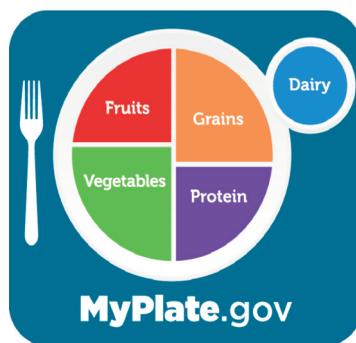




# Makes a Difference



## Let's Work Together

**UMass Extension's Expanded Food and Nutrition Education Program (EFNEP)** is a no-cost nutrition education program for low-income families and youth. Designed to help those struggling to pay bills and put food on the table; participants learn to make healthier food choices while spending less money. Trained educators from UMass Extension's Nutrition Education Program provide a series of six to nine lessons that help with challenges faced by low-income families. The lessons not only teach valuable nutrition information, 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 lower in saturated fat, sodium, and added sugars
- Food safety information for keeping your food safe
- Making healthier food choices when eating out
- Helping your child eat healthier foods
- Nurturing a healthy lifestyle for yourself

During the pandemic, EFNEP transitioned to live virtual nutrition education and pre-recorded videos for participants. Whether delivered in-person or remotely, EFNEP nutrition lessons are interactive, use a "learning by dialogue" approach, and often include a cooking demonstration, and a physical activity. Lesson materials are available in English and Spanish, with an additional version designed especially for English language learners. Participants are encouraged to try new foods and practice new skills. Upon completion of the lesson series, each participant will receive a certificate of completion during a special graduation celebration.

EFNEP has a proven record of accomplishment for changing the lives of those who have graduated from our program.

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

**For more information about EFNEP, contact a Project Leader in your region.**

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# FY20 Program Impacts in Massachusetts

In FY20, we reached 1,000 adult participants, with a total reach of 3,591 family members. Results from adults after participation:

**78%**

**improved** their food resource management practices



**77%**

**improved** in one or more physical activity behaviors



**93%**

**improved** their nutrition practices



**48%**

**ate more** fruits



**77%**

**improved** their food safety practices



**47%**

**ate more** vegetables



In FY20, we reached 1,401 youth. Results from youth after participation:

**73% improved** their diet quality

**34% improved** their physical activity behaviors

**54% improved** their food safety behaviors

