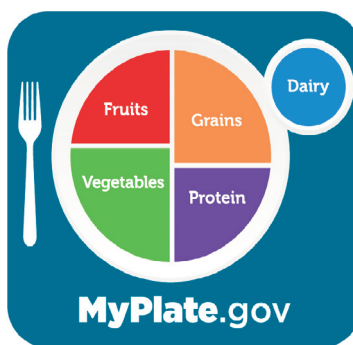




Makes a Difference FY22



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. Through this program designed to help those struggling to pay bills and put food on the table, participants learn how 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 also 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
- Keeping your food safe
- Making healthier food choices when eating out
- Helping your child eat healthier foods
- Nurturing a healthy lifestyle for yourself

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 completing 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.

"I learned how to read labels on food items when I go shopping. Thank you." Nora, mother of 2 children

"Now I check everything I buy to see if there is a vitamin or if it is good for my health." Claudelson, father of 2 children

"I think this program made the biggest change in my nutrition life." Elielle, mom of 16-year-old

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

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UMassAmherst
Extension Nutrition
Education Program



Working together makes a real difference for the clients we serve.

FY22 Program Impacts in Massachusetts

In FY22, we reached 515 adult participants, with a total reach of 2,153 family members.

Results from adults after participation:

90%

improved their
food resource
management
practices



37%

improved in one
or more physical
activity behaviors



96%

improved their
nutrition practices



47%

ate more
fruits



74%

improved their
food safety
practices



53%

ate more
vegetables



In FY22, we reached 898 youth. Results from youth after participation:

77% improved
their diet quality

37% improved
their physical activity behaviors

60% improved
their food safety behaviors

