

EFNEP



2012 Annual Report

Colorado Expanded Food and Nutrition Education Program (EFNEP)

EFNEP is a nutrition education program funded through USDA-NIFA*. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity.

In Colorado, EFNEP is administered by Colorado State University Extension.



Colorado State
University

Extension

*United States Department of Agriculture
National Institute of Food and Agriculture

EFNEP for Adults

Participants learn to:

- ❖ Plan nutritious meals
- ❖ Be more active
- ❖ Stretch their food dollars
- ❖ Practice safe food handling
- ❖ Prepare healthy recipes

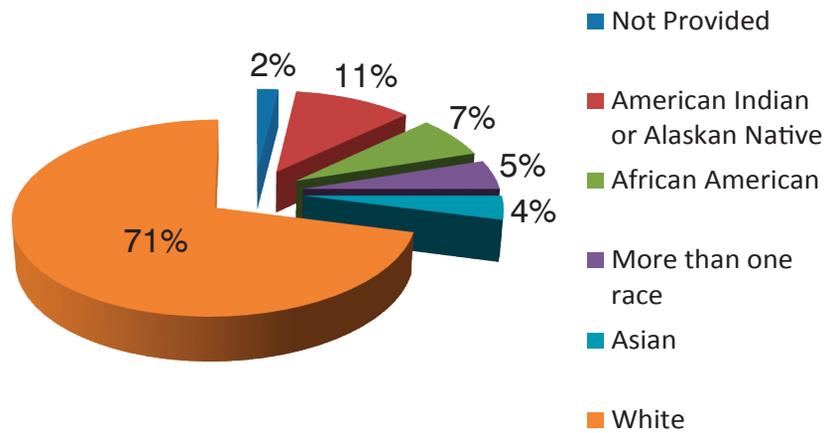
EFNEP paraprofessional educators deliver evidence-based curricula to parents of young children. In an 8 to 11 lesson series, participants learn about healthy food preparation, nutrition, food safety, food budgeting, and physical activity through hands-on activities.

ADULT IMPACTS AND OUTCOMES

In federal year 2012, 1,576 adult participants were taught the EFNEP series of classes in Colorado by 10.5 **FTE** staff.

The majority of participants reported improvement in behaviors related to healthy eating (92%), budgeting and food resource management (85%), food safety (67%), and physical activity (51%). These improved behaviors will help families eat healthier and stretch their food dollars.

Colorado Adult Participants

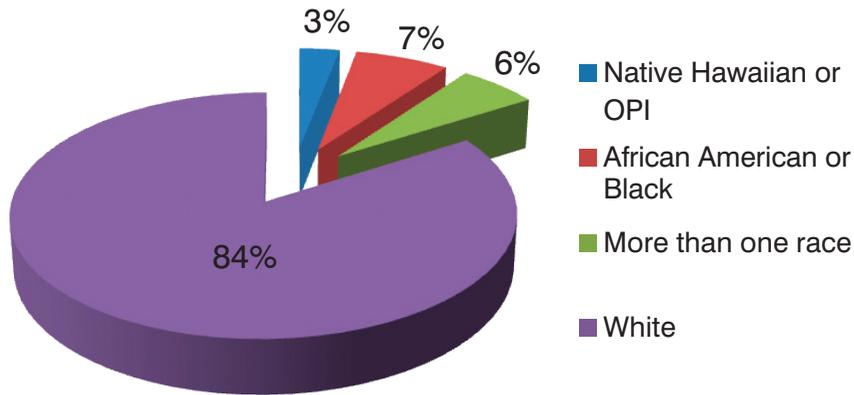


*72% of all races report being Hispanic/Latino

Improved Behavior



Colorado EFNEP Youth



*68% of all races report being Hispanic/Latino

EFNEP for Youth

Youth learn to:

- ❖ Develop healthy eating habits
- ❖ Choose healthy snacks
- ❖ Be more active
- ❖ Practice safe food handling

EFNEP paraprofessional educators use evidence-based curriculum with third graders in schools and after-school settings. In federal fiscal year 2012, 732 youth attended EFNEP classes in Colorado.

Testimonials from Participants

NUTRITION PRACTICES (planning meals, making healthy food choices, using less salt in food preparation, and reading nutrition labels)

"I enjoyed this class very much. I learned how to make some good, fast meals, how much of each food group I need to eat, and I learned some new, fun ways to exercise."

"I have made a change in the way I eat, drink, prepare food, and shop. When I eat now, I keep in mind the five food groups and try to eat something from each group every day. So, instead of eating fast food for lunch I take a lunch from home filled with fruits, vegetables, and healthier choices such as 100 percent whole grain bread with peanut butter. I stopped drinking soda after seeing how much sugar is really in soda."

"I really learned a lot from this class. I learned that I use way too much salt on my foods and I now exercise every day. I eat a variety of fruits and vegetables."



"I took the EFNEP classes and not only did I have fun, but it was a good learning experience as well. I now know how to live a healthier lifestyle while eating easily prepared and tasty meals. And, our instructor made it very pleasant!"



Testimonials from Participants

FOOD RESOURCE MANAGEMENT

(planning meals, comparing prices, and using grocery list)

"I started planning meals for my family using a list to shop. I took soda out and replaced it with water at meal time. I added a variety of vegetables to meals and less meat. I changed the bread we eat from white to 100 percent whole wheat. This helped me with recipes and new ways to introduce healthy eating to my family. I learned how different exercises can be added to my day and can be fun. All this has been very helpful to my family."

"I am 24 and this class has taught me how to cut meat, cook, and plan smarter when grocery shopping. All of the information I received has been very useful and practical."



FOOD SAFETY (thawing and storing food properly)

"I learned about defrosting food and that I should not leave it out on the counter all day. When in doubt, throw out!"

"I learned that I should package and freeze meat that I'm not going to use right away, and that I should thaw frozen foods in the microwave or in the refrigerator."

"I learned how to cook meats, how to clean the vegetables and fruits to keep them fresh and safe. I know now how to eat and to clean in order to avoid bacteria."

TESTIMONIALS FROM AGENCIES

"The staff at Crossroads has made a change to food preparation and food safety. Kitchen helpers no longer thaw food on the counter and they wear gloves and hair nets."

– Crossroads Community Connection

"Thanks for coming! Our parents have nothing but awesome things to say about you and EFNEP. We are so glad that some of them are continuing next year."

– Health Justice Organizer
Padres & Jovenes Unidos

For more information about the program, please visit: www.efnep.colostate.edu

Colorado State University
Extension



Expanded Food and Nutrition Education Program

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. Extension programs are available to all without discrimination. USDA is an equal opportunity provider and employer.