



EFNEP

2013 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.

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



Colorado
State
University

Extension

Public Value

The Expanded Food and Nutrition Education Program (EFNEP) in Colorado teaches participants how to make healthy food choices for their families, how to be physically active, and how to stretch their food dollars. This leads to savings for the community on food assistance programs, lowered health care and public assistance costs, and a decrease in the burden on social healthcare resources like Medicare. An increase in resilience and self-confidence among participants also leads to increased pride of community and better neighborhoods.

"I am very happy to be learning what I should serve to family for us to have a healthy life and prevent disease. I have stopped using sodas and use less fat when cooking than before, and I have increased dietary fiber."

EFNEP for Adults

Participants learn to:

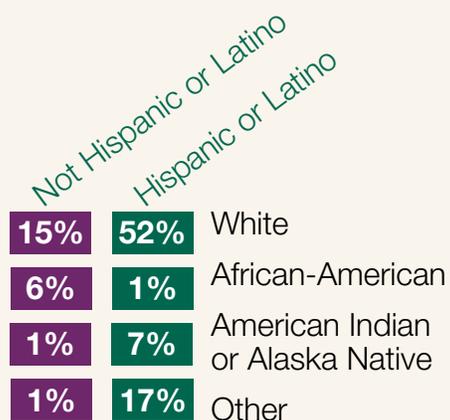
- ❖ Plan nutritious meals
- ❖ Be more active
- ❖ Stretch their food dollars
- ❖ Practice safe food handling
- ❖ Prepare healthy recipes

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.



Colorado Adult Participants

Reaching Diverse Populations



Improved Behavior



"I started planning meals for my family using a list to shop. I stopped drinking soda, added a variety of vegetables and changed the bread we eat from white to 100 percent whole wheat."

"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 instead of on the counter."

ADULT IMPACTS AND OUTCOMES

In federal fiscal year 2013, 1,300 adult participants were taught the EFNEP series of lessons in Colorado by 8.65 **FTE** staff.

The majority of participants reported improvement in behaviors related to healthy eating (91%), food resource management (87%), food safety (68%), and physical activity (54%). These improved behaviors will help families eat healthier and stretch their food dollars.





EFNEP for Youth

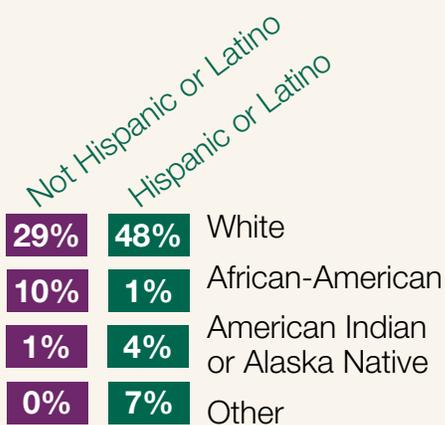
Youth learn to:

- ❖ 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 2013, 634 youth attended EFNEP classes in Colorado.

Colorado EFNEP Youth

Reaching Diverse Populations



“The program held at our school was very beneficial. As I saw the students going through the lunch line, they were making better choices to eat more fruits and vegetables. Since learning about fruits and vegetables the students have been trying the healthy snacks instead of refusing them.”

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

Colorado State University
Extension

