

# *impact*

of the College of Agriculture and Life Sciences



**Healthy, Well-Nourished Population**

## **Better Nutrition Through EFNEP**

### **Issue**

EFNEP, the Extension Food and Nutrition Education Program, addresses the needs of low-income, minority families and youth nationwide. The goal is to teach strategies for choosing and preparing nutritious foods while saving money. It also helps these families make informed choices about food and other lifestyle issues that support family health and well-being. Funded nationally by the USDA, EFNEP is staffed locally in each state and the U.S. territories by Extension-trained nutrition educators.

### **What has been done?**

Arizona's EFNEP program is offered in 5 of the state's 15 counties. The EFNEP curriculum includes methods of meal planning, food shopping and budget management skills, handling food properly, food storage and sanitation as well as improving family nutrition and health. By the time the graduate from the program, participants have learned how to use government-issued commodity foods, compare food labels, and choose a healthy diet while still cutting expenses.

### **Impact**

In 2001-2002 more than 2700 low-income families and 11,640 youth attended EFNEP classes in Arizona. Of these, 81 percent were minorities (Hispanic, black, Asian and American Indian). As a result of the program, nearly 94 percent reported positive changes in choosing healthy items for meals. About 80 percent improved their general nutrition overall, and 65 percent improved their food safety practices. Although it ranked 7<sup>th</sup> in overall behavior change compared with 10 other states in its funding range during 2002, Arizona ranked 1<sup>st</sup> in actual dietary improvement from entry to exit from the program.

### **Funding**

Smith-Lever 3(d) e.g., EFNEP  
In-kind agency as well as cash donations and small grants

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