



EFNEP Facts at a Glance FY '04

Our goal: Assist Missourians with limited resources in achieving lifelong health and fitness

Highlights FY '04

- Reached 2,751 families with nutrition education
- 1,773 (64%) families were newly enrolled
- 87% of the families had children in the home
- 38% minority educational contacts; MO's population is 16% minorities
- An additional 4,268 youth were seen in the 4-H/EFNEP program



Working Together

- Served 64 of the 83 (77%) WIC offices throughout the state
- Served 13 of the 39 (33%) Food Stamp offices throughout the state
- Partnered with 223 agencies throughout the state



Impact Upon Graduation

Food Safety

- 50% of participants more often followed the recommended practice of not thawing foods at room temperature



Managing Food Dollars

- 78% of participants more often planned meals in advance
- 76% of participants more often compared prices when shopping
- 75% of participants more often used a list for grocery shopping
- 36% of participants less often ran out of food before the end of the month

Healthy Food Choices

- 74% of participants more often thought about healthy food choices when deciding what to feed their families
- 61% of participants more often prepared foods without adding salt
- 82% of participants more often used the "Nutrition Facts" on food labels to make food choices
- 42% of participants reported that their children ate breakfast more often



EFNEP FY 2004

