EFNEP Facts at a Glance FY ‘05

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

Highlights FY ‘05
• Reached 2,597 families with nutrition education
• 1,264 (49%) 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 5,694 youth were seen in the 4-H/EFNEP program

Working Together
• Served 63 of the 83 (76%) WIC offices throughout the state
• Served 13 of the 30 (43%) Food Stamp offices throughout the state
• Partnered with 159 agencies throughout the state

Impact Upon Graduation

Food Safety
• 53% of participants more often followed the recommended practice of not thawing foods at room temperature

Managing Food Dollars
• 57% of participants more often planned meals in advance
• 47% of participants more often compared prices when shopping
• 51% of participants more often used a list for grocery shopping
• 38% of participants less often ran out of food before the end of the month

Healthy Food Choices
• 46% of participants more often thought about healthy food choices when deciding what to feed their families
• 42% of participants more often prepared foods without adding salt
• 59% of participants more often used the “Nutrition Facts” on food labels to make food choices
• 35% of participants reported that their children ate breakfast more often
EFNEP FY 2005

Legend:
Top number: number of program families served
Bottom number: number of youths seen in groups