EFNEP

Facts at a Glance

FY ‘06

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

Highlights

• Reached 2,458 families with nutrition education
• 1,472 (60%) families were newly enrolled
• 84% of the families had children in the home
• 40% minority educational contacts; MO’s population is 16% minorities
• An additional 5,023 youth were seen in the 4-H/EFNEP program

Working Together

• Served 49 of the 85 (58%) WIC offices in participating counties throughout the state
• Served 13 of the 46 (28%) Food Stamp offices in participating counties throughout the state
• Partnered with 227 agencies throughout the state

Impact Upon Graduation

Food Safety

• 48% of participants more often followed the recommended practice of not thawing foods at room temperature

Managing Food Dollars

• 50% of participants more often planned meals in advance
• 44% of participants more often compared prices when shopping
• 48% of participants more often used a list for grocery shopping
• 34% of participants less often ran out of food before the end of the month

Healthy Food Choices

• 49% of participants more often thought about healthy food choices when deciding what to feed their families
• 38% of participants more often prepared foods without adding salt
• 61% of participants more often used the “Nutrition Facts” on food labels to make food choices
• 41% of participants reported that their children ate breakfast more often