



EFNEP

Facts at a Glance

FY '03

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

Highlights FY '03

- Reached 2,731 families with nutrition education
- 1,419 (52%) families were newly enrolled
- 87% of the families had children in the home
- 30% minority educational contacts; MO's population is 16.2% minorities
- An additional 4,940 youth were seen in the 4-H/EFNEP program



Working Together

- Served 68 of the 90 (76%) WIC offices throughout the state
- Partnered with 225 agencies throughout the state



Impact Upon Graduation

Food Safety

- 58% of participants more often followed the practice of not thawing foods at room temperature

Managing Food Dollars

- 55% of participants more often planned meals in advance
- 47% of participants more often compared food prices
- 55% of participants more often used a grocery list for shopping

Healthy Food Choices

- 47% more often thought about healthy food choices when deciding what to feed their families
- 43% more often prepared foods without adding salt
- 55% of participants more often used the food label to make food choices



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