

Expanded Food and Nutrition Program

Description

Missouri's Expanded Food and Nutrition Program (EFNEP) helps Missourians with limited resources achieve lifelong health and fitness.

The program is for adults who care for children. Youth programs are also available. Classes are held in community settings.

EFNEP teaches healthy habits through interactive discussions and hands-on activities. Families learn about healthier food choices, physical activity, stretching food dollars, and food safety.

Impact:



“90% of program graduates made at least one improvement to their diets to more closely align with the USDA Dietary Guidelines.”

“71% of program graduates improved how they managed their food dollars.”

“41% of participants more often used the “Nutrition Facts” label to make food choices.”

Information



information about health and fitness



interactive lessons and hands-on activities



to achieve lifelong health and fitness for your family



Family Nutrition Education Programs

Nutrition and life skills for Missouri families

Assist Missourians with limited resources to achieve lifelong health and fitness.