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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