

## Achieving Healthy Diets

### *Expanded Food and Nutrition Education Program*

# EFNEP

## Program Accomplishments in 2000



### Eating Better With Less

Nutrition education helps families eat healthy on a limited budget.

***As a result of nutrition education from The University of Tennessee Agricultural Extension Service, 91 percent of 6,495 families improved their diets and saved \$111,000 on their food bills.***

#### *Who did EFNEP reach?*

6,495 families and 24,541 youth

Of the 6,495 families, 66 percent of those reporting income lived on less than 50 percent of the poverty level (\$17,050 for a family of four).

- 47 percent received food stamps
- 40 percent participated in WIC
- 28 percent participated in Families First

#### *What did EFNEP teach?*

Families received an average of 12 lessons on food selection and preparation, food safety and sanitation, and food resource management.

#### *What did EFNEP accomplish?*

Ninety-one percent of families improved their diets and saved a total of \$110,000 on their food bills a year.

As a result of participating in EFNEP:

- 61 percent more often used food labels to make choices.
- 60 percent more often followed recommended food safety practices.
- 56 percent more often planned meals in advance.
- 54 percent more often used a list when shopping.
- 48 percent more often considered healthy food when choosing what to eat.
- 47 percent more often compared prices when they shopped.
- 44 percent less often ran out of food before the end of the month.

For more information on EFNEP, contact your county Extension office or visit our web site at:

<http://www.utextension.utk.edu/efnep>