

## Achieving Healthy Diets



### Expanded Food and Nutrition Education Program

# EFNEP

## Program Accomplishments in 2001

### 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, 90 percent of 6,542 families improved their diets and saved \$832,680 on their food bills.\****

#### *Who did EFNEP reach?*

6,542 families and 23,988 youth in 26 Tennessee counties

Of the 6,542 families, 69 percent of those reporting income lived on less than 50 percent of the poverty level (\$17,650 for a family of four).

- 46 percent received food stamps
- 46 percent participated in WIC
- 27 percent participated in Families First



*Forty-one percent of families had children one to five years old.*

#### *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?*



*Forty-two percent of families ran out of food less often.*

Ninety percent of families improved their diets and saved a total of \$832,680 on their food bills a year.\*

As a result of participating in EFNEP:

- 65 percent more often followed recommended food safety practices.
- 60 percent more often used food labels to make choices.
- 54 percent more often planned meals in advance.
- 52 percent more often used a list when shopping.
- 50 percent more often considered healthy food when choosing what to eat.
- 46 percent more often compared prices when they shopped.

For more information on EFNEP, contact your county Extension office or visit our web site at <http://www.utextension.utk.edu/efnep>.

\*Total savings of 23,130 persons in program families.

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Agricultural Extension Service,  
Charles L. Norman, Dean.