
The Expanded Food and Nutrition Education Program



1995 Program Accomplishments

As a result of nutrition education from The University of Tennessee Agricultural Extension Service, almost 5,000 families saved over \$403,075 on their food bills and 92% of them made healthier food choices.

Who did we reach?

4,511 families and 19,104 youth

Of the 4,511 families:

- 33% or more lived on less than \$7,575 a year for a family of four
- 62% received food stamps
- 36% received AFDC
- 29% participated in WIC

What did we teach families and youth?

Families received 7 to 18 lessons on food selection and preparation, food safety and sanitation a food resource management.

What did we accomplish?

Ninety-two percent of families improved their diets and saved a total of \$403,075 on their food bills a year.

Less than 4% of families had to cut the size of their children's meals because they ran out of food by the end of the month.

This happened because:

- 65% planned their meals ahead of time
 - 79% compared food prices
 - 83% used a grocery list
 - 78% selected healthy foods for their families
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**For more information about
the Expanded Food and
Nutrition Education
Program, contact:**

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A State Partner in the Cooperative Extension System

The Agricultural Extension Service offers its programs to all eligible persons regardless of race, color, age, national origin, sex or disability and is an Equal Opportunity Employer.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

The University of Tennessee, Institute of Agriculture, U.S. Department of Agriculture,
and county governments cooperating in furtherance of Acts of May 8 and June 30, 1914.

Agricultural Extension Service

Billy G. Hicks, Dean