

The Expanded Food and Nutrition Education Program



1996 Program Accomplishments

As a result of nutrition education from The University of Tennessee Agricultural Extension Service, almost 5,000 families saved over \$978,298 on their food bills and 91% of them made healthier food choices.

Who did we reach?

4,445 families (14,558 family members) and 18,772 youth

Of the 4,445 families:

- 58% reported incomes below 50% of the poverty level
- 61% were White
- 37% were Black
- 58% (2,575) received food stamps
- 35% (1,565) received AFDC
- 33% (1,448) participated in WIC
- 19% (847) participated in child nutrition programs (such as School Lunch and School Breakfast programs)

How did we teach families and youth?

Ninety program assistants and 995 volunteers, trained and supervised by 14 Extension Home Economists, delivered education.

Most adults were enrolled for 3 to 6 months and received about 12 lessons.

- 65% (2,885) of adults were taught in groups
- 34% (1,495) of adults were taught one-on-one
- 69% (13,038) of youth were taught in school enrichment programs
- 21% (3,945) of youth participated in special interest groups and day camps

What happened as a result of EFNEP education?

(responses from 2,859 graduates who completed surveys)

Families improved their resource management practices.

- 66% (1,901) more often planned meals in advance
- 59% (1,691) more often compared prices when shopping
- 52% (1,476) more often used a list for grocery shopping

As a result of improving their food resource management practices . . .

- Families saved \$978,298 on their food bills
- 41% (1,171) ran out of food less often
- 6% (176) had to cut the size of their children's meals less often

Families improved their nutrition practices.

- 91% (2,886) of participants made at least one improvement in their diets
- 65% (1,849) often thought about healthy food choices when deciding what to feed their family
- 50% (1,431) more often prepared foods without adding salt
- 65% (1,854) more often read labels to select food with less sodium
- 64% (1,839) more often read labels to select food with less fat
- 37% (1,050) reported their children ate breakfast more often

As a result of improving their nutrition practices . . .

Participants increased their intake of protein, calcium, iron, vitamin A, vitamin D, vitamin C and vitamin B6. The average fat intake decreased and the average fiber intake increased.

Families improved their food safety practices.

The risk of foodborne illness was reduced because . . .

- 69% (1,968) more often followed the recommended practice of thawing foods in the refrigerator, or other recommended methods, instead of on the counter
- 39% (1,118) more often followed the recommended practice of chilling meat and dairy foods within two hours of serving them, instead of allowing them to sit out at room temperature

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RL2-1001-16-001-97



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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
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