

Expanded Food and Nutrition Education Program Report

Since 1969, the Expanded Food and Nutrition Education Program has educated limited-resource families and youth in Louisiana, teaching them to develop skills to make healthy changes that will lead to improved diets and nutritional well-being. Through EFNEP's "hands-on" approach, participants learn to make behavioral changes and improve the nutritional quality of meals for their families.

EFNEP ...

- Focuses on food-related practices to help participants achieve personal and family wellness.
- Is taught by peer educators who live in the communities they serve.
- Delivers research-based teaching through a series of interactive direct-education lessons.
- Partners with community agencies to improve food and physical activity environments.
- Is dedicated to reaching diverse, limited-resource populations.

EFNEP's Reach in 2024

849 residents participated in EFNEP educational series

120 adults enrolled in nutrition education series

729 youth enrolled in nutrition education series

501 total family participants

Reaching Families

100% of EFNEP adult participants reported income at or below 185% of poverty level

Health Behavior Improvements:

Adult Outreach



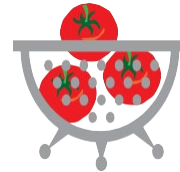
88% improved food resource management practices



81% improved diet quality



57% improved physical activity behaviors



75% improved food safety practices



30% improved food security

Youth Outreach



77% improved ability to choose foods according to the dietary guidelines



64% improved physical activity practices



65% improved food safety practices



54% improved ability to prepare simple, nutritious affordable food

If you or someone you know is interested in participating in the Expanded Food and Nutrition Education Program (EFNEP), contact your nearest LSU AgCenter Extension Service office.

Sharman J. Charles, Instructor (EFNEP Program Director)
School of Nutrition and Food Sciences



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