

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 2023

residents participated in EFNEP educational series

adults enrolled in nutrition education series

youth enrolled in nutrition education series

total family participants

Reaching Families

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

Health Behavior Improvements:

Adult Outreach



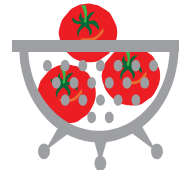
improved
food resource
management
practices



improved
diet quality



improved physical
activity behaviors



improved food
safety practices



improved
food security

Youth Outreach



improved ability to choose
foods according to the
dietary guidelines



improved physical
activity
practices



acquired
skills to be
food secure



improved food safety
practices



improved
ability to prepare
simple, nutritious
affordable food

EFNEP Affecting Lives in our Parish



EFNEP Nutrition Educator showing a parent how to eat healthy with MyPlate, the official symbol of the five food groups.

The parent said, "I remember the Food Guide Pyramid". At today's event she was introduced to the current symbol.



After completing the series of adult nutrition lessons, parents are able to build a healthy plate and make better options for their families.

Parents from East Baton Rouge School System, learn the importance of nutrition and physical activity.

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.

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