

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.

East Baton Rouge Parish EFNEP's Reach in 2025

1446	residents participated in EFNEP educational series
467	adults enrolled in nutrition education series
2238	youth enrolled in nutrition education series
2705	total family participants

Reaching Families

80% of EFNEP adult participants reported income at or below 185% of poverty level

Health Behavior Improvements:

Adult Outreach



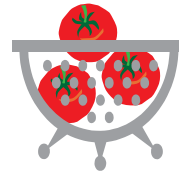
80% improved food resource management practices



91% improved diet quality



60% improved physical activity behaviors



63% improved food safety practices



40% improved food security

Youth Outreach



82% improved ability to choose foods according to the dietary guidelines



49% improved physical activity practices



0% acquired skills to be food secure



45% improved food safety practices



39% improved ability to prepare simple, nutritious affordable food

EFNEP Affecting Lives in our Parish



Woodlawn High School

The Teen Cuisine curriculum was implemented in select high schools in East Baton Rouge Parish to strengthen youth nutrition knowledge and food preparation skills. Participants engaged in interactive, hands-on lessons focused on practical cooking and nutrition competencies, including dry and wet measuring, safe knife handling, recipe comprehension, and basic meal preparation. Through participation in the program, students increased their confidence in preparing foods and demonstrated improved knowledge related to nutrition and healthy lifestyle behaviors.



Annual Fall Festival (EBR)

Nutrition education is a primary focus of our community impact efforts. Free, evidence-based nutrition education presentations are provided to qualifying individuals to increase knowledge and support healthier food choices. Nutrition information is also distributed at community health fairs to expand outreach and raise awareness of healthy eating practices. In addition, programming emphasizes the importance of regular physical activity as part of a healthy lifestyle. Through education, outreach, and community engagement, these efforts encourage healthier behaviors and promote overall well-being among individuals and families across the community.

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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