



# Expanded Food and Nutrition Education Program (EFNEP)

Nutrition Education Program for Low-Income Families

## Why is Nutrition Education Important?

Tennessee is facing a growing obesity epidemic. At least one out of every five adults in Tennessee is considered obese and as many as 46 percent of school children are overweight. Poor health disproportionately affects minority and low-income families. The mission of EFNEP is to educate low-income families with young children about how to choose healthy foods and be physically active on a limited budget. **For every dollar spent to implement EFNEP in TN \$2.48 is saved on food expenditures. This can reduce the need for emergency food assistance & save money for other necessities.**

## What did we accomplish in 2012?

- Four Community Nutrition Educators: Enrolled 583 families, graduated 543 families
- 5,568 lessons taught
- Over 1,022 food demonstrations were conducted.
- Families participated in a lesson series teaching how to stretch food dollars, improve eating habits and cook food safely
- Three youth educators taught 2949 youth fun educational lessons in 62 schools, after school and summer programs.
  - 95% of the youth now eat a variety of foods
  - 84% youth increased ability to select low-cost, nutritious foods
  - 83% youth improved food safety & preparation