Effective Teachers

EFNEP’s success lies in the contributions of paraprofessionals who live in the neighborhoods where they teach, and who use a research-based curriculum coupled with hands-on experience. While other agencies provide food and other services, EFNEP helps participants gain skills to maximize resources to better feed their families.

An Indiana EFNEP participant sums it up: “I have learned how to save time, energy and money and how to make healthier choices on food for myself and my son.”

Behaviors Improved

EFNEP’s 30-year track record reveals outstanding achievements. In 1997, EFNEP graduates nationwide exhibited dramatic changes:

- 89% improved nutrition practices;
- 84% improved food resource management practices for their families;
- 67% improved food safety practices.

From Michigan:

“What I learned in EFNEP helped me get into our local junior college food service program. I’ve been working in food service ever since!”

Money Saved

EFNEP has proven to be a winning formula, in each way its impact is measured. Results of a recent cost-benefit analysis in Virginia indicate that for every $1 spent to implement the program, $10.64 will be saved on future health care costs. These savings are due to:

- improvements in diets, reducing risk of chronic diseases;
- fewer unsafe food storage and preparation practices that contribute to food borne illness;
- fewer low-birth weight babies;
- more mothers of limited resources initiating breastfeeding, and breastfeeding longer.

The measure of success...

University of Connecticut Cooperative Extension System

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**What is EFNEP?**

**EFNEP**, the Expanded Food and Nutrition Education Program, is a federally funded nutrition education program conducted through the Cooperative Extension Service in every state and U.S. territory. **EFNEP** began in 1969 with trained paraprofessionals teaching limited resource youth and families with children to improve the quality of their daily diets.

The benefits of **EFNEP** are far-reaching and dramatic. In each state, coordinated efforts help families with limited resources to...

- obtain knowledge;
- develop skills and behavior;
- help them stretch their food dollars;
- handle food safely;
- choose more nutritious diets;
- become self-sufficient.

**Who do we reach?**

Since its beginning, **EFNEP** has made a difference in the lives of those in our nation with the fewest resources available to feed, clothe, house and educate their families.

**Families with Limited Resources**

Young families often lack not only nutrition knowledge, but also food shopping and preparation skills, job-related skills, money management abilities and parenting skills.

**Multicultural Audiences**

In Kansas, a client whose principal language was Spanish learned food safety from the multilingual **EFNEP** paraprofessional. The skills he learned allowed him to pass a food safety test given in English by the Health Department. This accomplishment enabled him to get a better job.

In Rhode Island, classroom teachers noted that following an **EFNEP** paraprofessional visit, elementary students “are taking the time to wash their hands more often, especially before lunch.”

**Pregnant Women** many of whom are teens, improve their diets with knowledge gained from **EFNEP**. In doing so, they lower the risk of babies being born with birth defects or at low birth weight. This early intervention prevents high medical and societal costs that accompany at-risk births.

A North Dakota **EFNEP** graduate states “I now count how many fruits and vegetables I eat each day...five a day! It’s hard being a pregnant teen, but **EFNEP** has helped me make better food choices.”

Census Bureau data show that the poverty rate for children in 2003 was 13.7%. Children, age 5 to 17, living in poverty include nearly 9.5 million children. Children of color make up the majority of children living in poverty. The poverty rate for African American children was 21.9% in 2003. The poverty rate for Hispanic children was 23.1% in 2003. The poverty rate for American Indian children was 27.4% in 2003.