

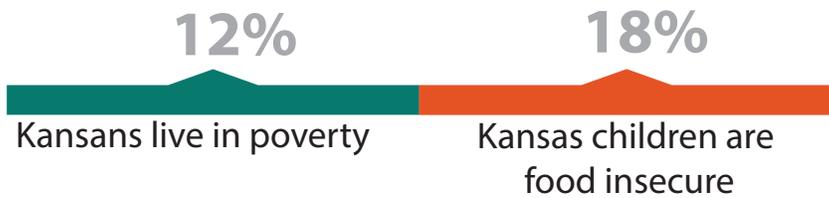
# Kansas EFNEP

## Helping Families Eat Smart and Move More



**EFNEP** helps address the challenges limited resource families face when introducing healthy changes through nutrition education, physical activity strategies, and shopping on a limited budget. EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



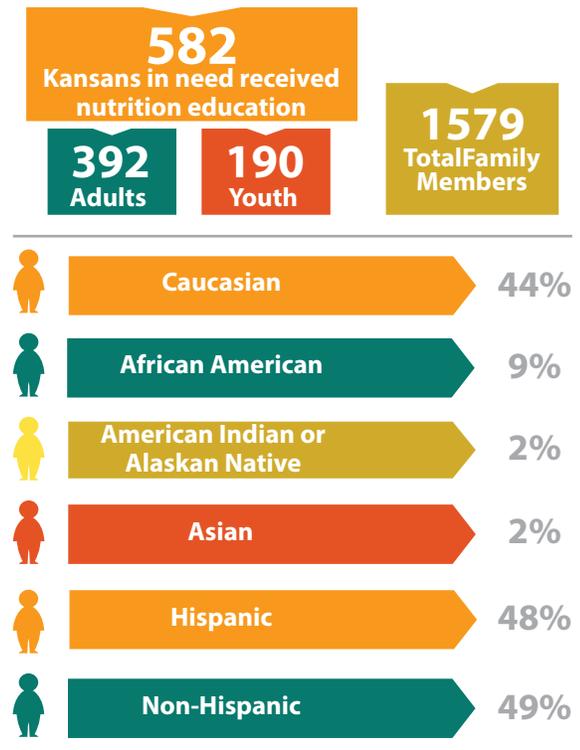
### What is EFNEP?

EFNEP serves limited resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by para-professionals and volunteers, many of whom are indigenous to the population. Participants learned how to:

- Make healthy food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

### Kansas EFNEP Reaches Diverse Audiences

In 2021:



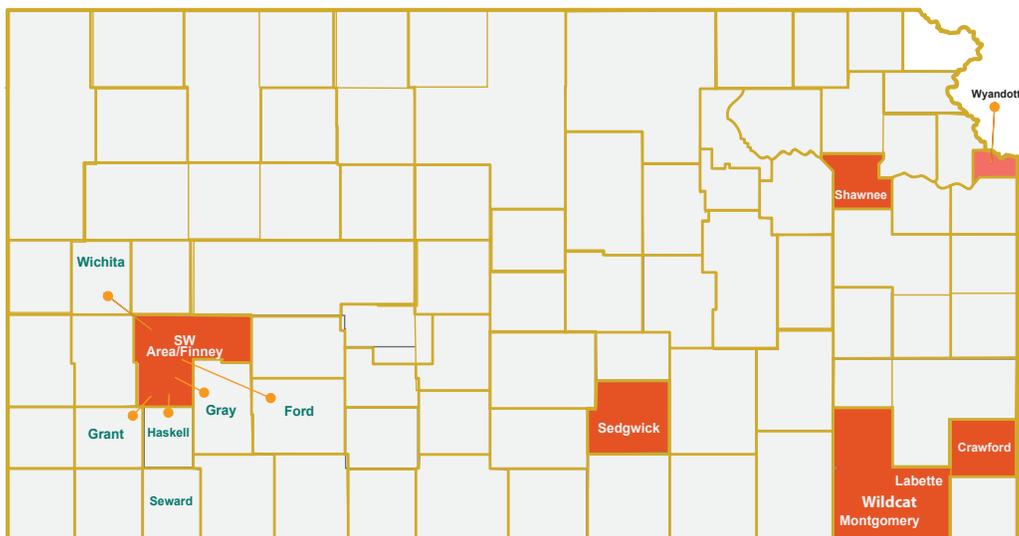
### EFNEP participants



### Youth



## EFNEP Success



“After attending the EFNEP classes and learning how to read the nutrition facts label I was able to reduce my sugar intake and I ended up losing 5 pounds just by reducing the amount of sugary drinks I consumed! ”

—EFNEP Participant

After receiving recipes from the EFNEP program, a participant enthusiastically noted how the recipes have naturally helped steer her in the right direction to make better eating choices without pressure. “The Eating Smart, Moving More curriculum encourages healthy step-by-step lifestyle change instead of hard dieting restriction.”

—EFNEP Participant



A pregnant mom carrying her second child enrolled in EFNEP learn how to eat healthy and prepare safe food for her and her child. “We are cooking at home more and eating more vegetables! I prepared a salad for my family, and they loved it!

—EFNEP Participant



United States Department of Agriculture National Institute of Food and Agriculture



This material is based up the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.