

MAKING A DIFFERENCE



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- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

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Grand Challenge: Health

Shawnee County EFNEP Nutrition Education—*Teen Cuisine*

Why is this issue important?

According to the USDA Economic Research Service (ERS), **56%** of all food spending in 2022 was on food away from home, compared to just 25% in 1970.

Foods prepared away from home are higher in calories, total fat, and saturated fat and lower in calcium, fiber, and iron. Although there are many reasons why away-from-home food is the foundation of many American's diets, one factor is the decline in cooking skills.

How did Extension address this issue?

Shawnee County EFNEP provided *Teen Cuisine* lessons to over 80 seventh graders at Eisenhower Middle School. *Teen Cuisine* aims to empower teens to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious and delicious snacks and meals at home.

What was the impact?

Diet Quality

- 79% of youth improved their abilities to choose foods according to Federal Dietary Recommendations

Food Safety

- 67% of youth use safe food handling practices more often

Physical Activity

- 69% of youth improved their physical activity practices

Food Resource Management

- 41% of youth improved their ability to prepare simple, nutritious, affordable food



Success Story: Youth were excited to have a cookbook they could take home. One youth taught his little brother how to make Breakfast Burritos.