



THE UNIVERSITY OF VERMONT  
**EXTENSION**

# EFNEP VERMONT

2018 IMPACTS: NUTRITION EDUCATION THAT WORKS

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UVM Extension's Expanded Food and Nutrition Education Program (EFNEP) empowers limited resource families to eat, shop and live healthier lives through hands-on nutrition education.

## The Challenge

**80%** of people don't consume recommended amounts of vegetables

**15%** of children lack regular access to nutritious foods

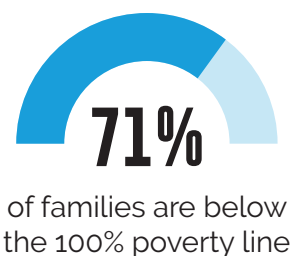
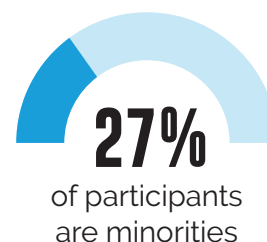
**1 IN 4** youth don't meet recommended activity goals

## The People

**1,380** Vermont children and adults served

**194** parents received an average of 11 hours of education

**1,186** youth received an average of 7 hours of education



## The Impact

**93%**

improved nutrition practices, like eating more vegetables

**\$32**

in savings per month, making them more food secure

**70%**

improved shopping and meal-planning skills

**71%**

increased time spent in physical activity

## The Partnership

USDA NIFA

UVM Extension

EFNEP Educators

Evidence-Based Curricula

**100+** Community Partners



These lifestyle changes are critical to addressing the health and food insecurity issues facing Vermonters.

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United States Department of Agriculture  
National Institute of Food and Agriculture



Studies have shown health care savings ranging from \$3 to over \$10 for every federal dollar invested in EFNEP.

## What we do:

University of Vermont Extension's Expanded Food and Nutrition Education Program (EFNEP) empowers Vermonters to lead healthier lives through hands-on nutrition education. Programs serve income eligible parents, caregivers and expecting mothers, as well as children and teens. Eligible Vermonters can access EFNEP classes at no-cost.

## How we do it:

EFNEP uses a direct-education model to provide nutrition education in series to promote positive behavior change. Evidence-based educational sessions apply concepts relative to four core areas: **nutrition and physical activity practices, food resource management, food safety and food security**. Classes include practical skills-based lessons for successfully navigating the food environment in terms of budgeting, selection, planning and accessing safe, healthy foods, and often incorporate a food preparation component.



- Small Group Adult Classes
- Individual Home Visits
- Youth Group Classes
- Engaging Community Partners
- Fostering Community Connections
- Gold Standard Program Evaluation
- Research Collaborations for Cutting Edge Programs
- Referring to Food Assistance Programs
- Local Educators with a Local Approach

Visit us on the web to learn more about our specific offerings: [www.uvm.edu/extension/efnep](http://www.uvm.edu/extension/efnep)

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