



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

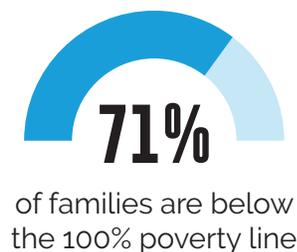
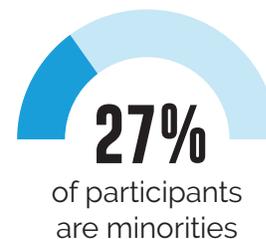
1 IN 4 youth don't meet recommended activity goals

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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