



IMPACT 2021

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

Food and Nutrition

"My pot has been in my closet for two years. I wouldn't use it. After this class, I think I can do it". **Maine** participant

"This was great motivation! I'm so excited about the meal prep ideas and do-able recipes! Reminded me of great ways to use my time better." **Idaho** Nutrition for Healthy Aging participant



Maine taught 176 participants how to use an electric pressure cooker.

Cooking

In **North Carolina**, 30,292 individuals learned food preservation techniques. *KIDS COOKING SCHOOL* offered by **North Dakota** provided hands-on culinary nutrition education with 94% of 1200 participants expressing confidence in recipe preparation. **Oregon's** *FOOD HERO* program demonstrated cooking to adults and youth in their own homes. In **Idaho**, *MEALTIME INSPIRATIONS* and *ELECTRIC PRESSURE COOKING* outreach taught a total of 268 participants to cook healthy and economical meals. **Illinois'** *Fill your Pantry* and *31 Days of Food Preservation* webinar series, social media posts, podcasts, radio interviews and news articles reached 1.6 million people.

California conducted 58 *HARVEST OF THE MONTH* in School Cafeterias (CalFresh Healthy Living UCCE Central Sierra) events during the 2019-2020 school year with 3,651 K-8th grade students participating in thirteen schools. **Florida** offered educational demonstrations and hands-on workshops on how to prepare healthy and nutritious meals quickly and safely using an Instant Pot. 140 people participated in the *MEALS IN AN INSTANT* program where 100% knew how to safely operate and open the pot. 241 participants in **Oklahoma** attending *COOKING FOR 1 OR 2* learned basic food preparation skills with 90% intending to use safe food handling and preparation practices.

"I loved the classes and thought what I learned would help my son try new foods."
Oregon food bank virtual healthy cooking participant

Nutrition

Georgia taught local and seasonal produce lessons to 1,173 persons at *FOOD TALK: FARMERS MARKET* Classes. **California** continued to support school gardens which resulted in the harvest of over 1000 pounds of produce from three school gardens. **Idaho** offered *NUTRITION FOR HEALTHY AGING* to 173 participants in five partnering agencies inspiring them to eat a variety of plant-based foods, and at *MEALTIME INSPIRATIONS* reached 24 persons; **Florida** offered four multi-state

Raising kids. Eating right. Spending smart



NEAFCS 325 John Knox Rd., Suite L103 Tallahassee, FL 32303

P: 850-205-5638 | F: 850-222-3019 | www.neafcs.org

nutrition programs, *DIET DILEMMAS*, *BRAIN BOOSTERS*, *TOWARD PERMANENT WEIGHT MANAGEMENT*, and *CONSUMER NUTRITION WEBINARS* which reached 1365 persons. In **Florida**, Community Nutrition Workshops and Classes -such as *EATING THE MEDITERRANEAN WAY*, *LIFESTYLE FOR A HEALTHIER YOU*, *SLOW COOKER MEALS*, *GROWING AND COOKING CLASSES*, *HEALTH BENEFITS OR HERBS AND SPICES*, *EATING BETTER FOR LESS* were taught to 664 participants where 91% survey respondents intend to make at least one specific eating behavior change to improve health. Also, *EAT TO BEAT DIABETES*, *SNACKING AND EATING OUT WITH DIABETES* was taught to Polk County Indigent Health Care 84% participants plan to make healthier changes to their diet. After 6 months in **Utah's** "CREATE BETTER HEALTH" series, 63% of the 3538 participants increased use of nutrition fact label. 95% percent of the 771 *FRESH START* graduates in **Oklahoma** improved in one or more dietary quality areas. **Kansas** staff pivoted to virtual program delivery in 2020 continuing to serve audiences at 63 delivery sites. *REAL LIFE GOOD FOOD (RLGF)* offered by **Minnesota** motivated 100% of 145 participants to use recipes to save time and money. *FOOD eTALK* and *FOOD eTALK:BETTERU* offered in **Georgia** reached 1568 participants with 87% planning to reduce portion size. **Alabama** led *EAT BETTER MOVE MORE*, a 6-week intervention, helped 420 children increase their vegetable intake and daily physical activity. Support for establishment, reinvigoration or sustainability of gardens was also a focus for **Alabamians** with 6,830 persons reached and 7,000 pounds of produce harvest which was valued at \$12,700.

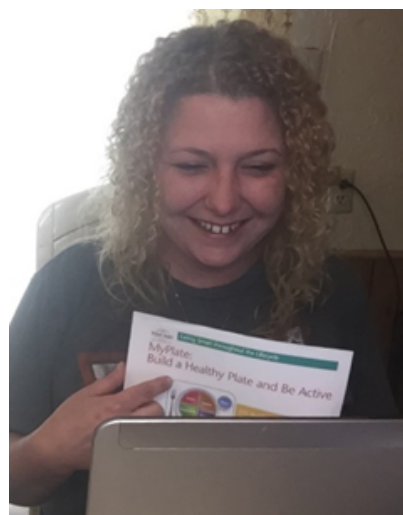
Arkansas Extension involved 674 collaborators in their education to 581,028 participants, with this participant quote, "The program has been very helpful. My kids now eat vegetables they never ate before."

EFNEP and SNAP Ed

60% of **Delaware's** *EATING LESS AND MOVING MORE* participants improved food resource management skills. Tulare County, **California** reached 149 participants, each saving an average of \$44.50 on food per month. In **Florida**, 1878 limited-resource youth shared how they are trying to eat every food group for lunch and are reading food labels, while adults learned how to prepare nutritious meals. To combat childhood obesity, 3,554 **Alabama** children, grades 5-8, completed *CATCH (COORDINATED APPROACH TO CHILD HEALTH)* and *TEEN CUISINE*. Through 899 educational hours, 91% improved their ability to choose foods according to Federal Dietary Recommendations. In **Maine**, among the 1689 participants, 38% self-reported eating more fruits and vegetables. **California** mobilized 15 disaster service workers to provide over 140 hours of assistance to farmer's markets to stay open.



SNAP Ed garden Auburn Alabama



EFNEP participant Oklahoma

This report was compiled by Julie Buck, Ed.D., RDN, University of Idaho Extension, Public Affairs Education Subcommittee member, and Mary Liz Wright, University of Illinois Extension Services, Vice President for Public Affairs. For more information, email maryliz@illinois.edu.

National Extension Association of Family and Consumer Sciences (NEAFCS) provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life. NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation. (Strategic Plan 1993-97)