



IMPACT 2023

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

Extension Family and Consumer Science programs reach families in a variety of ways to offer valuable information on food preparation skills, food budgeting and meal planning as well as family bonding at the dinner table. Some of the programs offered are reflected in the following report.

Ohio offers *Live Healthy Live Well Wellness Challenge Webinars*, bi-weekly emails and webinars on nutrition and wellness topics. Eighty-one percent reported learning new information, 97% plan to use information learned.

Maryland educators worked with 27 senior centers to reach 1,300 participants with the senior nutrition program *Fresh Conversations*. After attending, 98% were confident and intended to incorporate vitamin D-rich foods into their diet.

Colorado's *Online Access Food and Nutrition Resources* featuring fact sheets, handouts, videos, and home food preservation images reached 75,569 participants for a total engagement time of over 15,152 hours.

In **Indiana** nearly 85% of 299 participants reported a gain of knowledge on making healthy, economical choices while shopping, and recipes and preparation skills that save money and feed the family through *Food Budgeting & Meal Planning* programs.

Cooking

With 36% of the state's adults reportedly having high blood pressure, **Delaware's** *Simple Cooking with Heart* reached 122 participants through virtual and in-person programs. Participants showed an increase in confidence about cooking heart-healthy meals.

Kentucky's virtual *Savor the Flavor* program showed 370 participants how to enhance healthy meals with various oils and vinegars with 100% of participants reporting an increase in knowledge.

Virginia offered *Eat More Fish*, a series exploring the benefits of including more fish, and how to prepare fish safely and deliciously at home.

In **North Dakota** the *On the Move Kids Cooking & Baking School* has reached 1,800 over three years with 79% reporting confidence in following recipes, 66% eating more vegetables, 76% eating more fruit, and 54% eating more whole grains.



North Carolina offered a variety of food preparation and nutrition programs to increase consumer knowledge and comfort in preparing fresh food instead of using processed foods. Last year 23,229 people participated in the 843 programs offered.

In **Mississippi** *Cooking Matters for Adults* was offered 40 times, 82% of participants reported increased confidence in preparing healthy foods, and 77% saw increase in consumption of fruit, vegetables, whole grain, or low-fat dairy.

In **Montana**, 15 people attended the *You Can! Food Preservation* series offered in Northern Montana. Presenters followed up with the participants after the program and learned a total of 76 pints of food was processed and stored for future use.



EFNEP/SNAP

In **Oregon**, extension sets up at a local farmers market to educate consumers and low-income youth on the importance of consuming fruits and vegetables. One parent commented *"This program is awesome for my son. He is a really picky eater, and this booth has really helped him learn more about nutrition and to try new kinds of fruits and vegetables."*



"We are more aware of what we are putting into our bodies and have noticed how much of a difference it makes on our energy level and our overall mood. We especially love spinach, yogurt, and making smoothies!"

Food Access

In **Arizona** Eight Healthy Community Committees in the rural areas of Cochise County address food access for 10,000 increasing access to healthy foods by 42%, brought in over a million dollars in funding, and developed 501c3 status for sustainability.

In **Florida** the UF/IFAS Extension Family Nutrition Program partnered with the MEANS Database. This nonprofit provides an online platform connecting those with excess food to nearby emergency food providers. FNP expanded the statewide food recovery network developed with MEANS Database to benefit more people experiencing food insecurity.

In **Georgia** the 3,267 participants who received EFNEP education reported a 48% increase in fruit intake, a 32% decrease in soda consumption, and 49% made changes to be more active.

In **Maine** Adult EFNEP programming helped 38% of the 233 participants to eat more fruit, 42% to eat more vegetables, 29% to drink less soda, 43% to meal plan, and 45% to follow a food spending plan.

Shop Smart Tennessee is a SNAP-Ed program that uses taste testing, educational handouts, and in-store marketing to increase healthy food purchasing in small grocery and convenience stores in low-income areas. In 2022, 82% of customers increased awareness of healthy choices.

"This is our second year. We love the opportunity to promote healthy food items already stocked in our store." Convenience store manager participating in Shop Smart.

"Since partnering with FNP, MEANS Database recovered and donated 500,000 pounds of food to nonprofit organizations in Florida. All foods moved through the connections made within FNP has impacted the lives of hundreds of thousands of Floridians facing food insecurity."

In **Alabama**, 280 mom's-to-be developed goals to try new fruits and vegetables as part of the *Today's Mom* program.

Utah's Create Better Health provided 113 culturally adapted classes in Spanish, 69 classes serving primarily American Indian participants, and 16 classes for Somali refugees in Somali.

It's a SNAP in Arkansas! The Supplemental Food and Nutrition Program was offered 844 times reaching 32,930 participants.



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Raising kids, Eating right, Spending smart



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