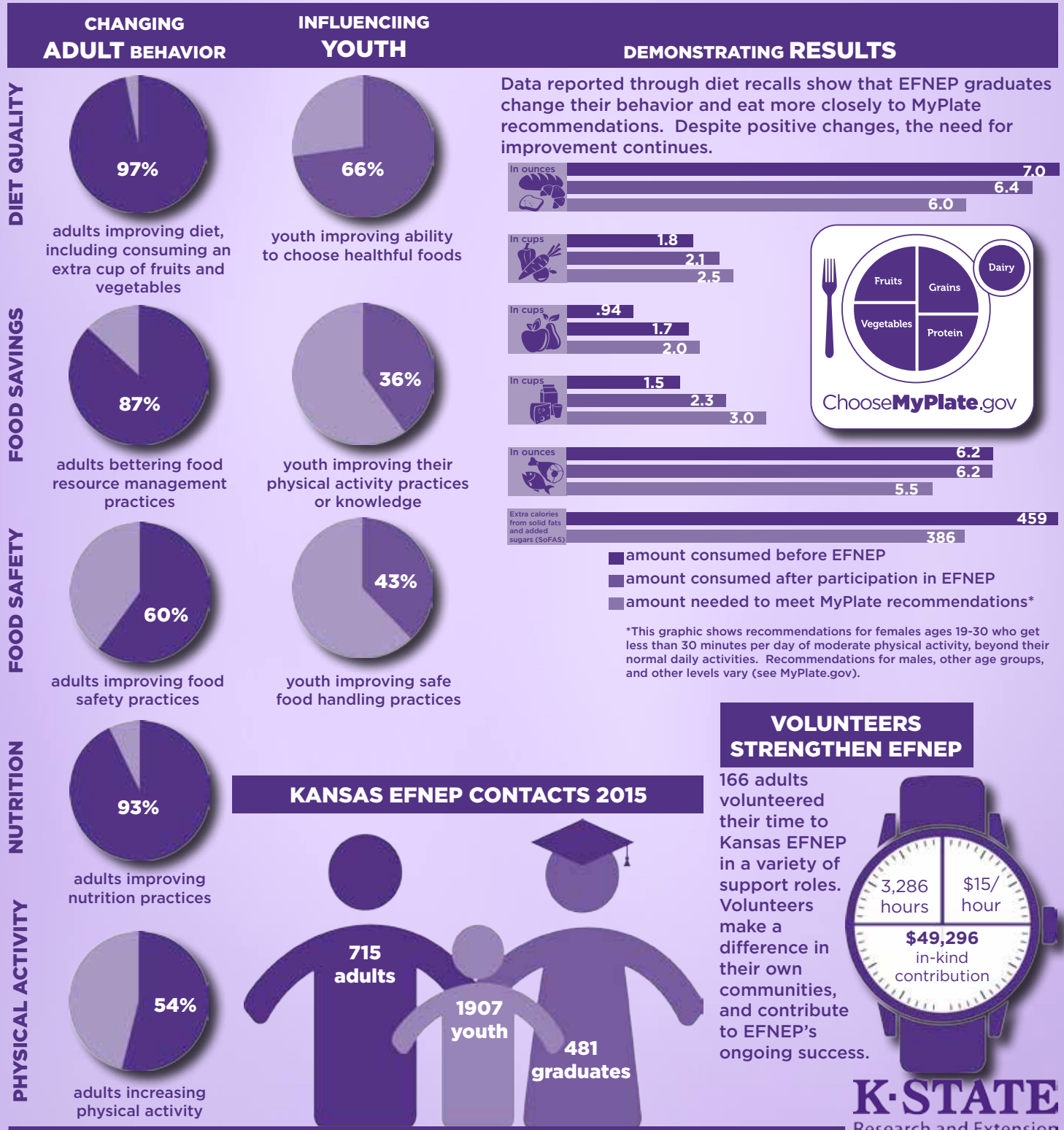


# KANSAS EFNEP

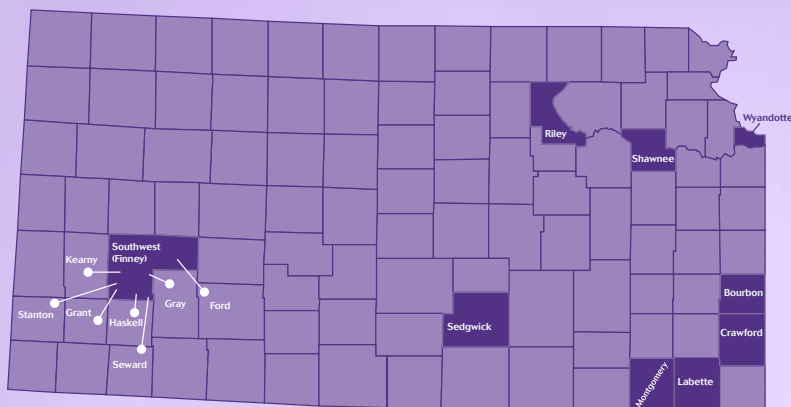
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

# 2015 IMPACTS

PROVIDING NUTRITION EDUCATION FOR FAMILIES WITH LIMITED RESOURCES THROUGH  
K-STATE RESEARCH AND EXTENSION, WITH FUNDING FROM USDA



## ASSISTING FAMILIES ACROSS KANSAS



## REACHING DIVERSE AUDIENCES

At least 21% of Kansas EFNEP adults are minorities.



40% of EFNEP clients were pregnant

Ethnicity not provided  
Hispanic or Latino  
Not Hispanic or Latino

0%	0%	1%	Multiple races identified
0%	0%	9%	African-American
0%	0%	1%	American Indian or Alaska Native
0%	0%	4%	Asian
0%	0%	0%	Native Hawaiian or other Pacific Islander
1%	41%	38%	White
0%	4%	0%	Race not provided

## EFNEP HELPS PREGNANT PARTICIPANTS PREPARE FOR BREASTFEEDING

Two pregnant participants completed the EFNEP program and are adamant they want to breastfeed their babies when they are born. When the women began EFNEP lessons, they were both unsure about wanting to breastfeed. One of the women indicated she was not successful with breastfeeding her first child, and has asked a lot of questions about breastfeeding at every lesson. With her questions answered by the EFNEP nutrition assistant, she now feels very confident that she will be successful breastfeeding this baby.

## EFNEP IMPROVES SAFE FOOD HANDLING

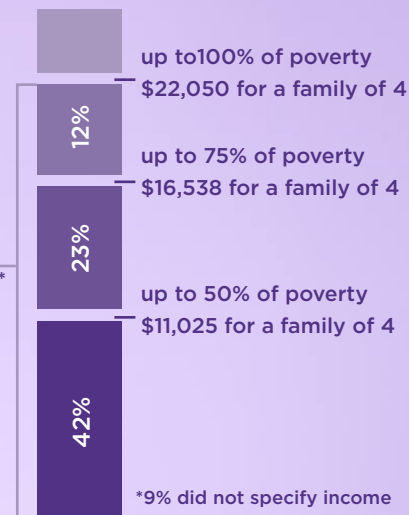
After a food safety lesson, an EFNEP client indicated that when thawing meat, she now puts the meat on a plate and places it on the bottom shelf of the refrigerator to thaw instead of letting it sit out on the counter.

## SUPPORTING LOW INCOME FAMILIES

77% of Kansas EFNEP participants who reported income are at or below 100% of poverty, earning \$22,050 a year or less for a family of four.

13% of participants above poverty\*

77% of participants at or below poverty\*



## EFNEP COLLABORATES TO IMPROVE COMMUNITIES

In 2015, local Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to **improve environmental settings and positively affect sectors of influence** at the community, county and district levels. Here are some of the many partners with which we worked:



- Adult education and training sites
- Community centers
- Emergency food assistance sites
- Adult rehabilitation centers
- Schools
- Churches
- Health care sites
- Worksites

## EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

A Shawnee County EFNEP graduate contacted her nutrition educator **four years after she completed** the EFNEP lesson series. She told the educator that she is still limiting the high sugar foods that she buys and eats, and she has been able to reduce her weekly grocery bill from \$200 to \$80 by shopping with a list.

FOR ADDITIONAL INFORMATION CONTACT:

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