



In FY09, Kansas EFNEP participation increased across the state. EFNEP programming now occurs in nine Kansas counties: Sedgwick, Shawnee, Crawford, Wyandotte, Riley, Bourbon, Montgomery, Finney and Cherokee.

EFNEP nutrition assistants help families improve skills and increase knowledge of basic nutrition, food preparation, food budget management and food safety. Kansas EFNEP nutrition assistants teach in homes, schools, assisted living sites, prisons, clinics and libraries.

EFNEP youth programs help young Kansans develop skills and behaviors needed to improve their diets and effectively manage available resources.

EFNEP MAKES A DIFFERENCE

EFNEP participants completing the multi-lesson series improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 56% more often thaw foods safely
- 67% used food labels more often to make food choices
- 88% showed improvement in one or more food resource management (i.e. planning meals, comparing prices, using a grocery list)
- 91% showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares foods without adding salt, reads nutrition labels or has children eat breakfast)
- 44% of program families increased the number of family meals eaten together.

FOR ADDITIONAL INFORMATION CONTACT:

SANDY PROCTER, Ph.D., RD, LD
 Kansas Coordinator, Expanded Food and Nutrition Education Program
 785.532.1675



Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas

It is the policy of Kansas State University Agricultural Experiment Station and Cooperative Extension Service that all persons shall have equal opportunity and access to its educational programs, services, activities and materials without regard to race, color, religion, national origin, sex, age, or disability. Kansas State University is an equal opportunity organization. These materials may be available in alternative formats.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Fred A. Cholick, Director.



KANSAS • 2009



EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

2009 KANSAS ANNUAL REPORT



EFNEP

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



SUPPORTING KANSAS FAMILIES FOR 40 YEARS

EFNEP helps young families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. In 2009, EFNEP celebrated its 40th year of service to Kansas families most in need.

EFNEP TARGETS OBESITY WITH FOCUS ON HEALTHFUL EATING

EFNEP helps participants achieve a healthy weight by teaching sound nutrition practices and encouraging wise food choices. EFNEP graduates report that their new behaviors, including eating breakfast, label reading, increased physical activity and smart snacking, enable sensible weight loss without dieting.

KANSAS EFNEP REACHES DIVERSE AUDIENCES

In 2009,

- 1,542 families with 2,305 children enrolled in EFNEP—an increase of 17% over 2008 participation
- 5,924 youth participated in EFNEP programming
- 703 pregnant women received EFNEP lessons
- 55% of participants were at or below 100% of federal poverty level
- 27% of adult participants were non-White
- 20% of adult participants and 13% of youth participants were Hispanic/Latino

In Kansas, ethnically diverse EFNEP nutrition assistants reach homemakers, youth and adult groups whose principal language may be English, Spanish or Vietnamese. Participants benefit from helpful EFNEP lessons in family and child nutrition, food safety tips and food shopping skills shared in several languages.

Kansas EFNEP supports a diverse workforce. In 2009, 19% of EFNEP nutrition assistants were Hispanic/Latino, and 19% self-identified as Black or Asian.

VOLUNTEERS STRENGTHEN EFNEP

In 2009, 412 adult and youth volunteers donated 4,160 hours of work to Kansas EFNEP. At a rate of \$7.50/hr, this volunteerism yields a dollar value of \$31,200. Many of these volunteers (53%) are past or present EFNEP participants. Volunteers make a difference in their own communities, and contribute to EFNEP's ongoing success.

SUCCESS STORIES

Kansas EFNEP continues to help bring about positive changes for families. One of our statewide goals is to increase the incidence of meals our clients share with their families. Here is a success story from an EFNEP graduate in Sedgwick County (Wichita):

"My son was placed into foster care system, then my wife and I divorced. I attended court-ordered EFNEP classes at Youthville. I knew very little about feeding small children. Through the nutrition classes I learned the importance of family meal time, eating a variety of fruits and vegetables, and including dairy foods in my meal plan. My son was returned to my custody. I have been his father for 2 years now and we eat our meals together every night."

And from Shawnee County (Topeka), an educator reported this success:

A first grade student, who learned how to wash his hands during the EFNEP Body Battles lesson, took his hand washing poster home to show his parents. The poster has five steps for good hand washing. His mother helped him hang the poster in their bathroom and now everyone in his family washes their hands after using the bathroom, "even dad."