



Kansas **EFNEP** Impact Report **2022**

Kansas State University Research and Extension's Expanded Food and Nutrition Education Program (EFNEP) helps low-income youth, families, adults with young children and pregnant individuals improve nutrition and physical activity behaviors. EFNEP is funded by the United States Department of Agriculture National Institute of Food and Agriculture.

The Health of Kansas



35%
of adults are obese

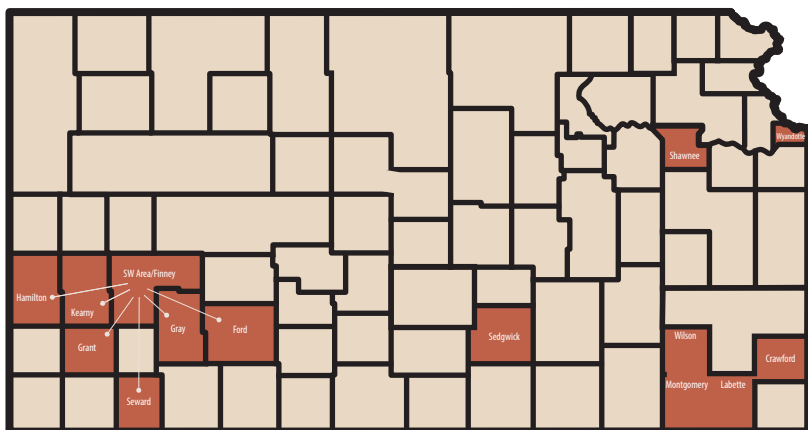


281,520
Kansans lack access
to a sufficient quantity
of affordable and nutritious food



27%
Kansas adults are
physically inactive

EFNEP in Our Communities



**697 Kansans received
nutrition education**



446
Adults



251
Youth

1600 household members reached

52%
identified as
Hispanic or Latino

58%
reported income at
or below 100% federal
poverty level

34%
of EFNEP
participants
were pregnant

Education with Impact

Community based peer educators provide evidence-based hands-on learning to program participants tailored to meet their needs. Participation results in individuals and families experiencing improvements in four core areas:



Diet Quality & Physical Activity



Food Resource Management

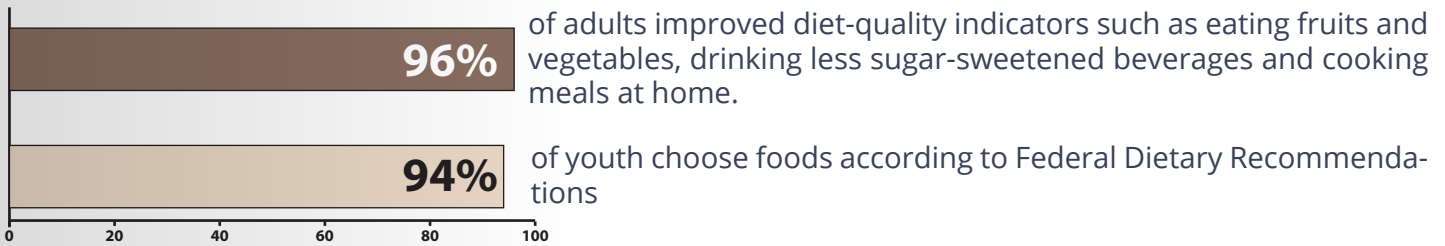


Food Safety



Food Security

Diet Quality

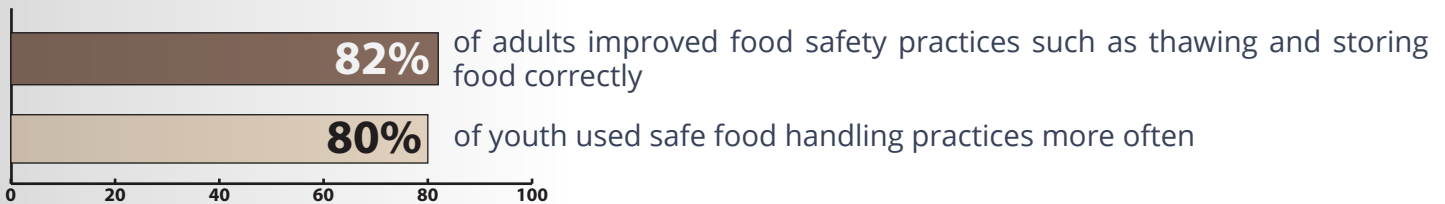


Food Resource Management

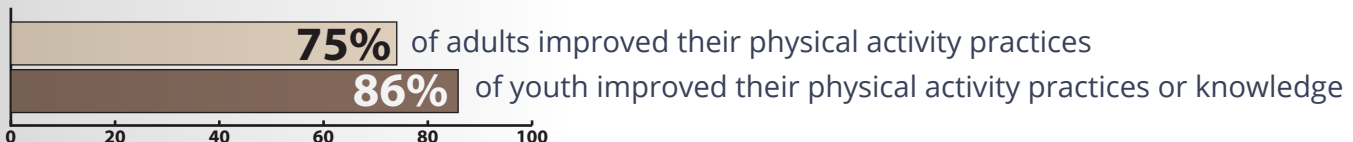


\$63.70 average monthly food cost saving per participant following an EFNEP program

Food Safety



Physical Activity



EFNEP in Action

"I am a single mom of four young children. Before I participated in EFNEP, I was wasting a lot of food because I did not know how to prepare it, and because I was not sure it was safe to eat. This resulted in not having enough food for the week and feeding my children a lot of empty calories. During the classes, I learned how to buy only the groceries I needed for the recipes and prepare and plan for the week. I also learned how to read and understand expiration dates on food products which saved me a lot a money, now I know exactly what food is safe to eat. I am preparing easy and nutritious meals for my family, and I always have enough food in my fridge and pantry, to last even longer than a week. This has also saved me time that I can spend with my children doing the physical activities we enjoy. With EFNEP, I also learned how to budget my money, so I have started a savings account to be prepared for emergencies.

- Finney County Participant



"Before taking the EFNEP Eating Smart and Moving More class, I was not drinking water at all. My family never sat down to eat a full meal. I would have snack foods on hand, or just toss together something that was fast and easy for everyone, but it was not healthy. Since taking the classes, we have made a few changes to be healthier and to make my life easier. I have started trying to reach for water over Dr. Pepper. The biggest takeaway from the classes was how to meal prep! For the first time, I have been able to sit down with my family and actually know that I am providing them with a full meal that provides them with all the nutrients they need. I look forward to staying on this track to a healthier lifestyle and I'm thankful that this class was offered to me!"

- Crawford County Participant

"After attending the EFNEP lessons and using the tips I learned during the classes, I was able to provide healthy meals for my family and was able to plan meals ahead of time. By planning meals, I was able to cut back on buying fast food and was able to save more money at the grocery store by buying just the items needed for my family's meals. Planning and preparing the easy recipes from class saved money and time, which helped me provide and interact more with my family. Having extra money gave me a sense confidence that she I felt in a long time."

- Sedgwick County Participant



"After playing the Making Smart Drink Choices card game and counting the teaspoons of sugar in soft drinks, I decided to drink no-sugar, flavored water instead, because I was buying a 44 oz of soda every day after I finished my shift work."

- Shawnee County Participant

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