

Impact Report 2024

Kansas Expanded Food and Nutrition Education Program (EFNEP)

Kansas EFNEP, implemented by Kansas State Research and Extension and funded by USDA's National Institute of Food and Agriculture, collaborates with communities across Kansas to enhance the health and well-being of youth, families, and pregnant individuals.

Building Thriving Communities Together

EFNEP's comprehensive approach empowers Kansans with the tools, skills, and knowledge to make informed health choices that last a lifetime. Focusing on four essential areas: quality, food resource management, food safety, and food security, EFNEP supports community-driven goals through:



1 Encouraging Self-Sufficiency and Nutritional Well-Being

EFNEP helps Kansans develop the skills to meet their families' nutrition needs, promoting healthy choices that support wellness in the four core areas.

2 Creating Supportive Environments for Health

EFNEP works closely with local partners to transform food and physical environments, making health accessible and achievable for all Kansans.

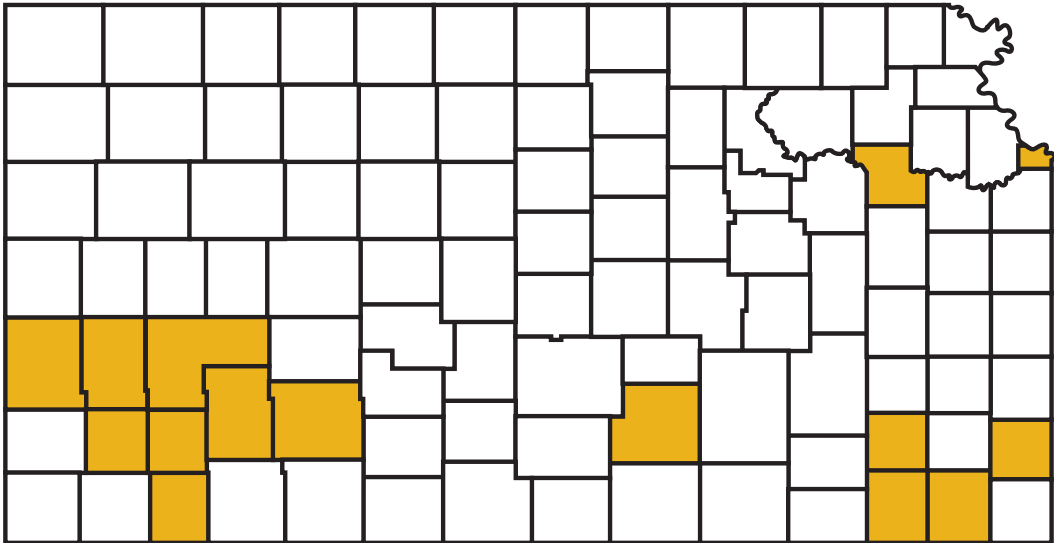
3 Building a Culture of Health

By cultivating healthy habits, EFNEP fosters a culture where individuals, families, and communities are equipped to make informed health decisions.

EFNEP in Our Communities

EFNEP works in diverse communities and focuses on those who benefit most from improved access to nutrition education and health resources.

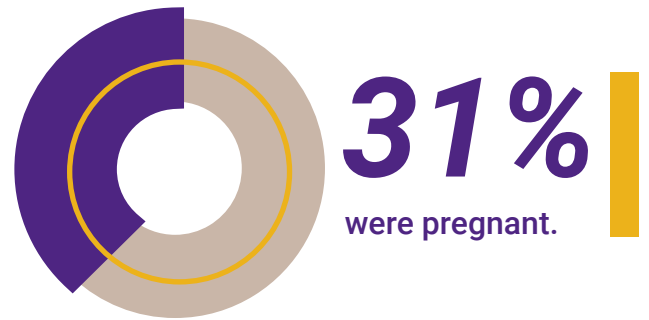
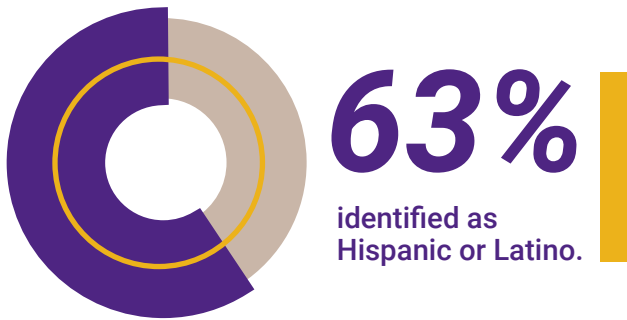
EFNEP is in 15 Kansas Counties (Sedgwick, Shawnee, and Wyandotte, Crawford, Finney, Ford, Grant, Gray, Hamilton, Haskell, Kearny, Labette, Montgomery, Seward, and Wilson).



EFNEP'S REACH

926 KANSANS RECEIVED NUTRITION EDUCATION.
426 Adults and 500 youth.

1680 TOTAL FAMILY MEMBERS REACHED.



74% reported income at or below
100% the Federal Poverty Level

"I have extra money because we are not eating out as much,"
- Sedgwick County Participant

*"We've been cooking the recipes from class at home. My son is
actually eating more fruits and vegetables now!"*
-Crawford County Participant

*"I have been able to reduce soda intake, going from 2-4 soda
a day to one soda a day."*
-Shawnee County Participant

Education with Impact

EFNEP's hands-on learning helps Kansans make positive health changes in their everyday lives.

Adults Graduates



98% Improved food resource management behavior



99% Improved diet quality behaviors



82% Improved physical behaviors



88% Improved food safety behaviors



61% Improved food security

Youth Graduates



44% Improved food resource management



88% Improved diet quality behaviors



75% Improved in physical activity behaviors



74% Improved food safety behaviors

\$64.86

Average monthly savings of participants on food, demonstrating EFNEP's impact on family budgets and food security.

Join Us in Building a Healthier Kansas!

EFNEP's success is built on relationships, commitment of participants, local partners, and community supporters. Together, we are creating a healthier Kansas, where individuals, families, and communities thrive. Join us in supporting a culture of health, wellness, and opportunity for all Kansans.

K-STATE
Research and Extension

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