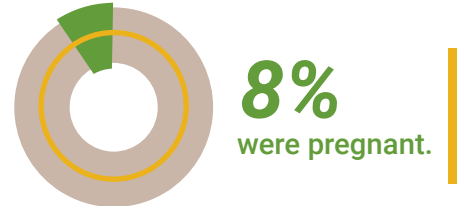
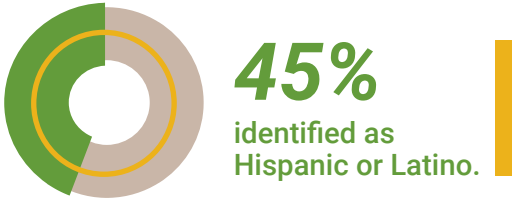


EFNEP in our Communities:

Sedgwick County

208 KANSANS RECEIVED NUTRITION EDUCATION.
157 Adults and 49 youth.

674 TOTAL FAMILY MEMBERS REACHED.



63% reported income at or below 100% the Federal Poverty Level

Education with Impact

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

Adults Graduates



Youth Graduates



Impact in Action

Cooking up Confidence

The Expanded Food and Nutrition Education Program (EFNEP) in Sedgwick County plays a vital role in our community by partnering with middle school after-school programs to teach preteens essential nutrition and cooking skills. Many middle school students often lack the knowledge and skills to prepare healthy meals, leading to reliance on fast food and unhealthy snacks.

Throughout the classes, students learned valuable skills, such as measuring ingredients, reading recipes, understanding nutrition labels, and using kitchen utensils safely. They also engaged in physical activities, often asking to lead the exercises themselves. Each class ended in a shared experience where students discussed their attempts to cook the recipes at home, along with any challenges they faced.

Students reported that their parents were impressed by their new ability to follow recipe instructions. One student excitedly shared that he had begun cooking meals for his family, stating, "I chose to try to make stir fried rice and apple fruit salad." He enjoyed the experience so much that he started grocery shopping with his mom to gather the necessary ingredients for his next recipe.

The success of the program was evident as students not only applied what they learned in class, but it also fostered confidence in their cooking skills and family connection through sharing their cooking experiences with their families.

Family Meal Planning

The Expanded Food and Nutrition Education Program (EFNEP) is essential to the Sedgwick County community, particularly for families facing challenges related to nutrition and meal planning. EFNEP partnered with Saint Francis Ministries, to serve a diverse group, including adults with disabilities, individuals seeking recovery from addictive behaviors, and families striving to stay connected and healthy. In this setting, a young mother, balancing the demands of parenting and work, participated in the program, seeking guidance on meal preparation and family nutrition. She faced challenges in planning healthy meals, managing her budget, and involving her children in the cooking process.

As a result of her participation in EFNEP, the young mother transformed her family's approach to meals. She began including her children in the planning process, dedicating Sundays to planning their weekly menu. "My kids and I sit down on Sunday to plan for the week, my older son chooses the menu for Monday, my daughter picks Tuesday, and my youngest chooses Wednesday. I get to choose for Thursday and Friday." This not only made meal preparation easier but also allowed her children to feel invested in their food choices.

The impact extended beyond meal planning. She noticed a significant reduction in dining out, leading to extra savings. "I have extra money because we are not eating out as much," she noted. Most importantly, the program strengthened family bonds, making mealtimes a shared experience that was both healthy and enjoyable.

EFNEP not only equipped this mother with valuable skills but also brought her family closer together, promoting healthier eating habits and fostering a sense of teamwork and involvement among her children.

For more information or to get involved:

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