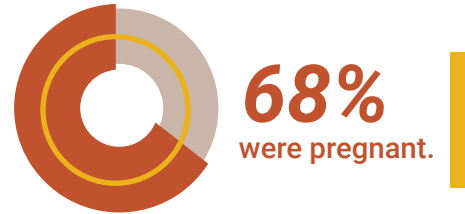
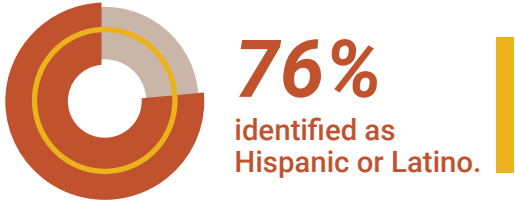


EFNEP in our Communities:

Shawnee County

308 KANSANS RECEIVED NUTRITION EDUCATION.
119 Adults and 189 youth.

430 TOTAL FAMILY MEMBERS REACHED.



66% 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

Families Eating Together

Busy schedules and limited resources can make family mealtimes a challenge for many households. EFNEP aims to support families in creating healthy habits that bring them together. For some families, learning practical cooking skills and strategies for healthy living can have lasting impacts on daily routines, nutrition, and family bonding.

When visiting the Play and Learn Bus stop in August, the nutrition assistant met a former participant, a mother who attended the classes previously. She expressed her gratitude for the program, sharing how it inspired positive changes in her family's eating habits and routines. The mother now involves her two-year-old daughter in cooking, where she helps break eggs, stir ingredients, serve water, and participate in family meals. These family activities, made possible by the skills and confidence gained from the program, have encouraged quality time and a shared commitment to healthy eating.

This success story highlights the long-term impact of EFNEP programming in Shawnee County, empowering families to make healthy choices and create a foundation of healthy habits that benefit their well-being and strengthen their bonds.

Small Changes, Big Impact

Parents often face challenges providing nutritious meals for their families. By focusing on nutrition education, meal planning, and mindful food choices, the program empowers families to make gradual changes that can improve their health and strengthen family routines.

The nutrition assistant provided the Families Eating Smart and Moving More class providing hands-on activities and setting weekly goals to encourage new habits. Each session, parents shared their progress, supporting each other's goals of reducing soda intake, cooking at home, and planning meals.

Throughout the program, parents reported significant changes in their habits. One participant shared, "I got a small Sprite instead of a bigger one as a treat. Small is less and is best." Another parent, inspired by the lesson on sugary drinks, reduced their soda intake from 2-4 cans daily to just one. Meal planning lessons also motivated participants to cook at home more often. As one parent reported, "The first time, our goal was to eat at home—we did it for 3 days in a row. Our goal this week is 4 days." These small, steady improvements demonstrate the impact of EFNEP programming in Shawnee County, helping families adopt healthier habits that fit their lives.

By making thoughtful, practical adjustments, these parents are not only improving their family's health but also building a foundation of healthy habits they can maintain and share with their children.

Encouraging Healthy Movement in Our Community

In Shawnee County, many families face barriers to regular physical activity, including lack of access to safe, affordable places to exercise. EFN offers accessible and practical nutrition and physical activity lessons to empower families with knowledge and tools to improve their health. One of our participants, a single mother, was struggling to find ways for her family to stay active, especially on days with extreme weather. This mother wanted a safe environment where her family could exercise regularly, even during cold or rainy weather.

Through the "Moving More" lesson from our Eat Smart, Move More curriculum, the class explored ways to incorporate movement into their daily routines. Participants discussed community resources and brainstormed low-cost, convenient options for physical activity. During the session, we highlighted a nearby community center as an accessible option, encouraging participants to consider these spaces for safe exercise, regardless of the weather.

After the lesson, this mother decided to start taking her family to the community center located just across the street from their home. On rainy days or during extreme heat, they walk over and enjoy activities like basketball and other games together. This has helped her family get regular exercise in a safe, comfortable environment close to home.

For more information or to get involved:

Sophia Diaz Buezo, Agent
Expanded Food and Nutrition Education Program (EFNEP)
ansdb24@ksu.edu