

EFNEP in our Communities:

Southwest Region

219

KANSANS RECEIVED NUTRITION EDUCATION.
112 Adults and 107 youth.

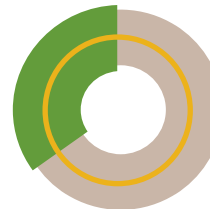
440

TOTAL FAMILY MEMBERS REACHED.



76%

identified as Hispanic or Latino.



31%

were pregnant.



98%

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



100% Improved food resource management behavior



100% Improved diet quality behaviors



99% Improved physical behaviors



99% Improved food safety behaviors



91% Improved food security

Youth Graduates



17% Improved food resource management



100% Improved diet quality behaviors



97% Improved in physical activity behaviors



88% Improved food safety behaviors

Impact in Action

Finding Time for Health

Many families in Finney County face the challenge of balancing work, school, and family responsibilities, often leaving little time for meal preparation. This is especially true for parents who work full-time and also manage household duties. One of the participants, a mother with young children and a full-time job, found herself struggling to provide balanced meals, particularly with enough vegetables. She shared that, despite her weekly efforts to buy fresh produce, she often lacked time to prepare it, leading to frustration and wasted food.

Through EFNEP classes held at the Genesis Family Care outreach building, practical strategies were introduced to help participants make healthy eating more manageable within their busy schedules. Methods for meal planning, including prepping vegetables in advance over the weekend were introduced. Participants learned how to wash, cut, and store vegetables in ready-to-use containers. We also discussed ways to involve children in meal preparation, an approach that encourages family engagement and helps reduce screen time.

After learning these techniques, this participant felt relieved and excited about the changes she could make. She stated, "I was reluctant to attend nutrition classes due to my busy schedule, but I'm glad I joined. I am so thankful that in a single class I learned how to plan enough time during the weekend to clean, cut, and store the vegetables in containers in the refrigerator, to have them ready to add at every meal during the week." She also began involving her children in meal prep, which was not part of her family's tradition but helped reduce her workload while allowing her children to take an active role in family meals. This small adjustment increased her confidence and provided her family with healthier meal options, all while cutting down on food waste and saving money on groceries.

For more information or to get involved:

Bertha Mendoza, Agent
Expanded Food and Nutrition Education Program (EFNEP)
bmendoza@ksu.edu