

Expanded Food and Nutrition Education Program (EFNEP) reaches low income families in nine Wisconsin counties

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program and a part of CSREES/USDA.

- Wisconsin’s EFNEP program received \$1,033,218 from USDA in 2015.
 - The program provides education to low-income families and children in seven Wisconsin counties: Milwaukee, Racine, Kenosha, Waukesha, Dane, Rock and Green.
- In 2015, EFNEP reached nearly 66 youth and 799 adults with educational programs.
- EFNEP has a successful 40-year history and saves states and families money. For every dollar invested in EFNEP, health care costs were reduced by \$8.82 in a group of Midwestern states.
- Research has documented the effectiveness of this program in increasing the nutritional well-being of the families it serves.
- Many of the participants were racially, culturally/ethnically diverse (30% African American, 2% Native American, 3% Asian American, 25% Hispanic/Latino).
- Education assists learners to acquire the knowledge, skills, attitudes and changed behaviors necessary for nutritionally sound diets.
 - 89% of program participants improved their nutrition practices, including reading nutrition labels, considering healthful choices, planning meals and feeding children breakfast.
 - 95% of program participants showed a positive change in their consumption of at least one food group.
 - 27% of program participants improved their physical activity.



Contact:

Amber Canto
 State FoodWise Coordinator
 Family Living Programs
 University of Wisconsin - Extension
 608.262.0384
amber.canto@ces.uwex.edu