

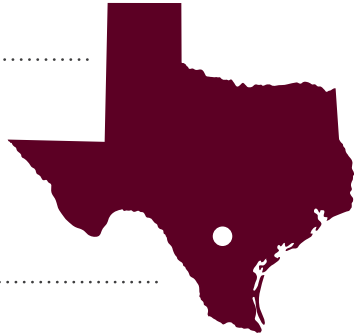
# EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

*Educating Families since 1969*

## 2018 Bexar County Outreach

**1,430**  
participants

**5,400**  
families



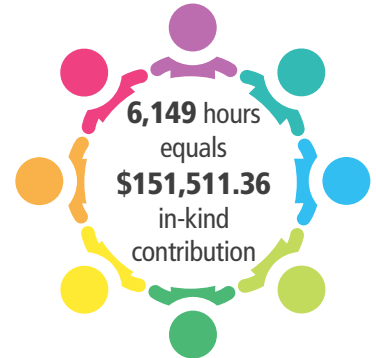
**95%**

made a positive change in one or more food groups



**1,019** volunteers

**6,149** hours  
equals  
**\$151,511.36**  
in-kind  
contribution



## Adult Outreach

**77%** increased physical activity behaviors



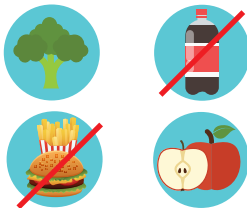
**\$11**

saved on family's monthly food expenses



**75%** practice better food resource management

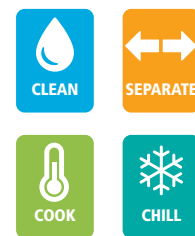
## MyPlate Practices



**94%** changed diet quality behaviors



**51%** increased vegetable intake



**80%** improved food safety practices

## Youth Outreach



**19,910**  
Kinder - 12th

**81%**

improved ability to choose healthy food

**49%**

improved safe food handling practices

**43%**

improved physical activity behaviors

