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

Work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.
The Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.
SUPPORTING TEXAS FAMILIES WITH GREATEST NEED SINCE 1969

The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources — those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits. Texas has a need for EFNEP – 2016 data show that 19% of Texas families with children under the age of 18 were living below poverty level, compared to 17% of U.S. families.

EFNEP MAKES A REAL DIFFERENCE

Adult Program

Using “hands-on” experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP participants will learn to: prepare more meals and snacks at home, be more active, control portion size and have more energy.

Youth Program

The EFNEP – Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs, classroom and after-school activities. Through fun and engaging activities youth learn to: build a healthy plate, set limits on sugar, fats and sodium, be active, food safety and to practice healthy behaviors.

COST-BENEFIT OF EFNEP

Studies have shown that for every $1 spent on EFNEP, $10 were estimated to be saved in health care costs and $2 saved in food costs by participants. For Bexar County, this is $4.7 million in estimated health care cost savings and almost $938,000 in food costs.

VOLUNTEERS STRENGTHEN EFNEP

In 2018, 1019 volunteers donated 6,149 hours of work to EFNEP in Bexar County. At the Texas rate of $24.64/hr, this volunteerism has a minimum dollar value of $151,511. Volunteers make a difference in their own communities, and contribute to EFNEP’s continued success.

For more information visit efnep.tamu.edu.

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