Expanded Food and Nutrition Education Program
Travis County

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 REACHES DIVERSE AUDIENCES

In Travis County, ethnically diverse EFNEP nutrition assistants reach youth and adult groups whose principal language may be English or Spanish.

In 2018,

- 324 families enrolled in EFNEP
- 5,713 youth contacts were made through the EFNEP youth program
- 90% of EFNEP participants have children under the age of 19
- 48% of families were at or below 100% of federal poverty level
- 81% of families enrolled in one or more food assistance programs

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 Travis County, this is $2.9 million in estimated health care cost savings and almost $596,652 in food costs.

VOLUNTEERS STRENGTHEN EFNEP

In 2018, 258 volunteers donated 2,245 hours of work to EFNEP in Travis County. At the Texas rate of $24.64/hr, this volunteerism has a minimum dollar value of $55,317. 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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