TEXAS A&M AGRILIFE EXTENSION

EFNEP Expanded Food and Nutrition Education Program

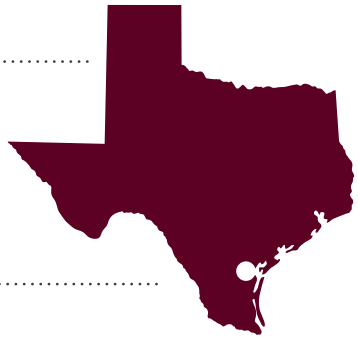
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Educating Families since 1969

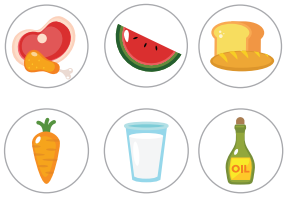
2019 /// Nueces County Outreach

473 participants

1,929 families



89% made a positive change in one or more food groups



112 volunteers

/// Adult Outreach

72% increased physical activity behaviors

$58 saved on family's monthly food expenses

80% practice better food resource management

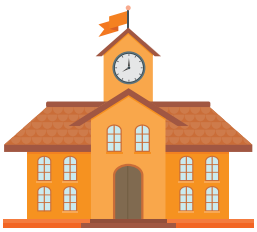
MyPlate Practices

96% changed diet quality behaviors

45% increased vegetable intake

88% improved food safety practices

/// Youth Outreach



14,464
Kinder - 12th

80% improved ability to choose healthy food

59% improved safe food handling practices

43% improved physical activity behaviors

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