

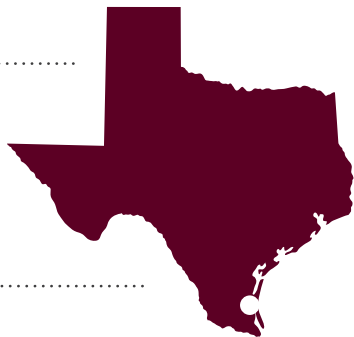
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Educating Families since 1969

2019 Willacy County Outreach

18
participants

62
families



80%

made a positive
change in one or
more food groups



3 volunteers



Adult Outreach

80% increased
physical activity behaviors



\$35
saved on
family's
monthly food
expenses



60%
practice better
food resource
management

MyPlate Practices



100%
changed diet
quality
behaviors



60%
increased
vegetable intake



100%
improved
food safety
practices

Youth Outreach



252
Kinder - 12th

87%

improved ability
to choose
healthy food

57%

improved safe
food handling
practices

40%

improved
physical activity
behaviors

