

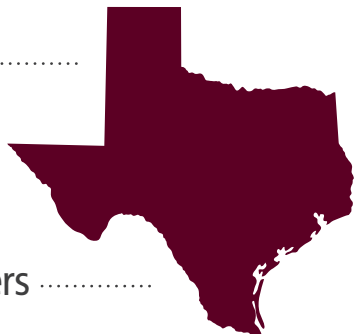
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Educating Families Since 1969

2023 // Hidalgo County Outreach

930
participants

4,133
family members



97%

made a positive
change in one or
more food groups



116 volunteers



Adult Outreach

70% increased
physical activity behaviors



55%
used coupons
for food
purchases
more often



95%
practice better
food resource
management

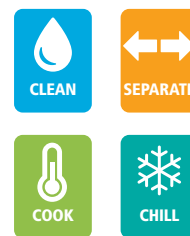
MyPlate Practices



97%
changed diet
quality
behaviors



52%
increased
vegetable intake



83%
improved
food safety
practices

Youth Outreach



9,482
Kinder – 12th

86%

improved ability
to choose
healthy food

52%

improved safe
food handling
practices

54%

improved
physical activity
behaviors



Expanded Food and Nutrition Education Program Hidalgo 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 - 2021 data shows that nearly 20 percent of Texas children under the age of 18 live in families that have income below the poverty level, compared to 17 percent of U.S. children.

EFNEP REACHES DIVERSE AUDIENCES

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

In 2023:

- 930 families enrolled in EFNEP;
- 9,482 youth contacts were made through the EFNEP youth program;
- 81% of EFNEP participants have children under the age of 19;
- 75% of families were at or below 100% of federal poverty level; and
- 88% 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 four-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 and 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 Texas, this is \$45 million in estimated health care cost savings and almost \$9 million in food costs.

VOLUNTEERS STRENGTHEN EFNEP

In 2023, 116 volunteers donated 2,158 hours of work to EFNEP in Texas. At the Texas rate of \$29.86/hr, this volunteerism has a minimum dollar value of \$64,438. Volunteers make a difference in their own communities and contribute to EFNEP's continued success.



For more information visit efnep.tamu.edu.



TexasEFNEP



TX_EFNEP



Texas EFNEP

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