

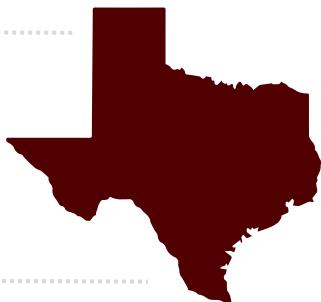
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Educating Families Since 1969

2025

Fort Bend County Outreach

131
participants



650
family members

96%

made a positive
change in one or
more food groups



13 volunteers



Adult Outreach

82% increased
physical activity behaviors



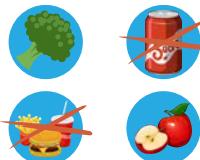
52%
plan meals
before
shopping more
often



98%

practice better
food resource
management

MyPlate Practices



96%
changed diet
quality
behaviors



59%
ate dark-green
vegetables more
often



88%

improved food
safety
practices

Youth Outreach



176

Kinder - 12th

83%

improved
ability to
choose
healthy food

69%

improved
safe food
handling
practices

65%

improved
physical
activity
behaviors





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 affected by 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 - 2022 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 14 percent of U.S. children.

EFNEP REACHES ADULT AND YOUTH AUDIENCES

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

In 2025:

- 131 families enrolled in EFNEP;
- 176 youth contacts were made through the EFNEP youth program;
- 97% of EFNEP participants have children under the age of 19;
- 84% of families were at or below 100% of federal poverty level; and
- 55% 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 a 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, to set limits on sugar, fats, and sodium, to be active, to practice 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 2025, 13 volunteers donated 81 hours of work to EFNEP in Texas. At the Texas rate of \$33.59/hr, this volunteerism has a minimum dollar value of \$2,721. Volunteers make a difference in their own communities and contribute to EFNEP's continued success.

For more information visit efnep.tamu.edu.

