



2006 KANSAS ANNUAL REPORT

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

EFNEP, the Expanded Food and Nutrition Education Program, provides nutrition education for families with limited resources through K-State Research and Extension, with funding from USDA. In 2006, EFNEP programs assisted Kansans in Sedgwick, Shawnee, Crawford and Bourbon counties. A new EFNEP program underway in Wyandotte county will graduate participants in 2007.

EFNEP nutrition assistants help homemakers improve skills and increase knowledge of basic nutrition, food preparation, food budget management and food safety. EFNEP youth programs help young Kansans develop skills and behaviors needed to improve their diets and effectively manage available resources. Kansas EFNEP nutrition assistants teach in homes, schools, assisted living sites, prisons, clinics and libraries.

EFNEP's mission is to assist families and youth with limited resources in making simple changes in eating behaviors so that over time, healthy choices become healthy habits.

Supporting Kansas Families with Greatest Need Since 1969

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. EFNEP graduates reflect significant, lasting improvement in eating behaviors and healthy food habits.

Kansas has a need for EFNEP—2006 data show that 15% of Kansas children live in poverty. In Kansas EFNEP counties, over 19% of children live in poverty.

Volunteers Strengthen EFNEP

In 2006, 376 adult and youth volunteers donated 4,368 hours of work to Kansas EFNEP. At the Kansas rate of \$14.80/hr, this volunteerism has a minimum dollar value of \$64,646. Many of these volunteers (52%) are past or present EFNEP participants. Volunteers make a difference in their own communities, and contribute to EFNEP's ongoing success.

Kansas EFNEP Reaches Diverse Audiences

In 2006,

- 1,153 families with 1,637 children enrolled in EFNEP
- 5,249 youth contacts were made through the EFNEP youth program
- 601 EFNEP participants were pregnant
- 72% of families at or below 100% of federal poverty level
- 47% of EFNEP adult graduates were non-Caucasian
- 26% of EFNEP youth participants were non-Caucasian

In Kansas, ethnically diverse EFNEP nutrition assistants reach homemakers, youth and adult groups whose principal language may be English, Spanish or Vietnamese. Participants learn that helpful EFNEP lessons in family and child nutrition, food safety tips and food shopping skills are shared in multiple languages.

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"In 2006, Kansas County EFNEP programs obtained over \$3,600 in grant and additional funds to support vital local EFNEP efforts"



Kansas EFNEP families connect with other assistance programs

128 families enrolled in one or more food assistance programs as a result of EFNEP assistance or recommendation.

- 48% participate in WIC
- 39% are enrolled in the Food Stamp program
- 3% receive commodity foods
- 14% participate in child nutrition programs
- 65% of EFNEP families were enrolled in one or more food assistance programs in 2006.

EFNEP dollars are maximized through collaboration with community agencies to strengthen local support of families.

EFNEP Makes a Real Difference

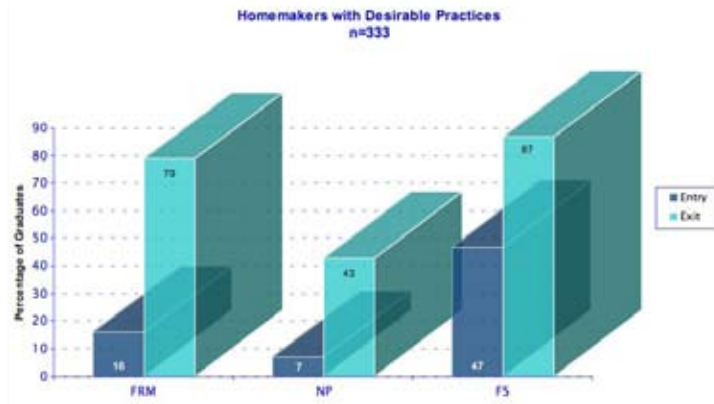
EFNEP participants completing the multi-lesson series improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 71% more often thaw foods safely
- 77% used food labels more often to make food choices
- 91% improved in one or more food resource management practice
- 84% seldom or never ran short of food before the end of the month
- 96% improved in one or more nutrition practices; 85% improved in two or more ways
- 77% improved in one or more food safety practice

Recent nationwide research has revealed the positive effects of families eating together. In Kansas EFNEP, we track family meals as an indicator of our participant families' well being. In 2006, clients were asked "How often do you eat meals or snacks with one or more family members?" At entry into the program, 31% said they "always" ate with family members. After EFNEP participation, 71% of those completing the program said they "always" ate family meals. EFNEP makes a difference in families!

What's next for EFNEP?

Plans are underway for further expansion of EFNEP programming in 2007, to better serve Kansas families with greatest need.



Based on entry and exit assessments of Food Resource Management (FRM, 4 indicators), Nutrition Practices (NP, 5 indicators) and Food Safety (FS, 2 indicators).

In Crawford County, a single father was referred to EFNEP after having his children removed from his home. Part of the stated reason that the children had been removed was due to nutritional concerns. After completing the EFNEP program, the client understood the importance of good nutrition for his children and demonstrated this knowledge to the referring agency. He was able to get his children returned to the home, partly due to his completion of the EFNEP program.

During a follow-up call with an EFNEP client from the Maternal and Infant clinic, the Crawford County nutrition assistant spoke to the baby's father. When asked if the baby was breastfed, the father proudly reported that "We are breast-feeding and we are enjoying it!"

A Shawnee County nutrition assistant worked with a client who had special needs. The client had to improve her meal planning and food preparation skills so that her small children could return to the home. The client learned how to measure, plan menus, and prepare healthier meals and snacks. She was always ready for her EFNEP lessons and was willing to learn how to make new recipes. Graduating from EFNEP was one goal she successfully completed on her way to becoming a better parent and one day have her children return home.

A Sedgwick County nutrition assistant taught EFNEP enrollees how to save money at the grocery store. Here are some client remarks:

"The nutrition lady taught me to do unit pricing when I do my shopping. I saved \$20 a month on my grocery bill."

"I am shopping now with a shopping list. I stick to my list—it saved me money. I saved \$25 last week."

"I now eat before I go buy my groceries. I stay with my list, and I saved \$20 last week."

"I found that menu planning, a shopping list and keeping track of coupons does save money."

"I am using a shopping list. I saved money by not buying junk food."

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Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Fred A. Cholick, Director.