

# THE EXPANDED FOOD & NUTRITION EDUCATION PROGRAM, **MARYLAND**



Food Safety



Diet Quality

## ANNUAL REPORT 2021



Food Resource  
Management



Physical  
Activity

UNIVERSITY OF  
**MARYLAND**  
EXTENSION



**EFNEP**

EXPANDED FOOD & NUTRITION EDUCATION PROGRAM



**EFNEP** is a nutrition education program funded by the **U.S. Department of Agriculture - National Institute of Food and Agriculture**. The **goal of EFNEP** is to empower limited-income families with children and youth to make diet and physical activity-related behavior changes to facilitate healthy lifestyles and reduce chronic disease risk.

## TARGET AUDIENCE



Limited Resource Families with Young Children

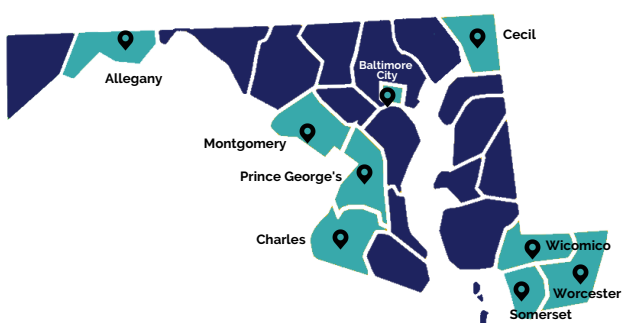


Limited Resource Youth



Pregnant and Breastfeeding Mothers

## WHERE WE WORK



## LESSON TOPICS

- Smart Snacking
- MyPlate
- Helping Children eat Healthier Diets
- Eating Breakfast
- Choosing Foods that are Lower in Saturated Fat, Sodium, and Added Sugar
- Making Healthy Beverage Choices
- Eating More Fruits, Vegetables and Whole Grains
- Planning Meals and Shopping
- Food Safety
- Strategies to Stretch Food Dollars
- Understanding Food Labels
- Becoming More Physically Active

### For More Information, visit:



Website: <https://extension.umd.edu/efnep>

### Social Media

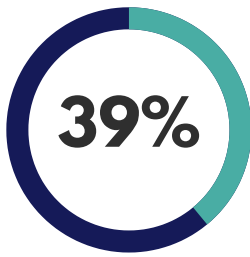


MDEFNEP



@MDEFNEP

# Maryland EFNEP Program Impacts 2021



of EFNEP families live at **less than half** the federal poverty level.

16

Community-based educators reached

696

Adults

3,156

Program Family Members

1,223

Youth

**96%** Adults Improved Diet Quality Behaviors

**45%** Adults Improved Food Security-related Practices

**95%** Adults Improved Food Resource Management Behaviors

**79%** Adults Improved Food Safety Practices

**86%** Adults Improved Physical Activity Behaviors



Children & Youth Improved Diet Quality Behaviors

**70%**

Children & Youth Improved Food Security Related Behaviors

**24%**

Children & Youth Improved Food Resource Management Behaviors

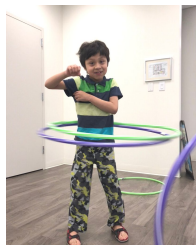
**49%**

Children & Youth Improved Food Safety Practices

**54%**

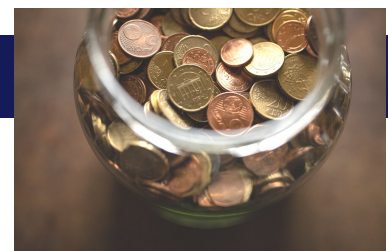
Children & Youth Improved Physical Activity Behaviors

**46%**



## EFNEP Cost Savings!!

For every **\$1** spent on **EFNEP**, **\$10.64** is saved in future healthcare costs, and on average, **\$43.4** is saved per month in participant's food costs.



## OUR PARTNERSHIPS

**EFNEP** would be ineffective without community partners in promoting health-based behavior changes in limited-income populations. It is through these partnerships that our teams can reach out in the communities. In 2021, we had **118 partnerships in Maryland counties** that we currently serve. We thank all our partners and collaborators!



*and many more!*

## SUCCESS STORIES !!!

### EFNEP Nutrition Educators Taught Classes In-person and Virtually to Accommodate Community Needs and to Keep Families Healthy

- Virtual teaching programs with adults were particularly successful in urban areas (Montgomery County, Baltimore City, and Prince George's county).
- EFNEP reached 403 (58%) adults and provided 3,748 hours of virtual nutrition education
- 942 (77%) youth attended in-person classes and received 3,748 hours of nutrition education. The majority of in-person programming with youth was conducted in Allegany, Cecil, and Lower shore counties.



### A mother of two got her children to a healthy weight using lessons from the EFNEP workshop.

A 34-year-old housewife and a mother of two children ages 2 & 5 joined EFNEP classes to learn strategies to improve overall diet and healthy recipes. Her pediatrician had told her that both her kids were overweight. The mother was feeding her kids mostly fast foods and she was giving them large portions, as she thought they would receive more nutrients with larger portions.

After taking the virtual nutrition workshop with Montgomery College ESOL, she learned about MyPlate, low-cost healthy recipes, and the importance of feeding her kids a variety of fruits and vegetables. She is now cooking her meals at home using the lessons she learned from the nutrition class. Her family is drinking more water as well. She shared that her family enjoys exercising together at the end of the day and her children are enjoying healthier snacks of fruits and vegetables. Her kids are also steadily losing weight and are more energetic. The mother said, "understanding the information on the labels (calories, fat, etc) was an eye-opener for me."

Because of EFNEP, parents were able to learn about healthy eating, gain skills in preparing healthy and nutritious meals.

For more information, contact:



**State Office-University of Maryland College Park**  
**Dr. Mira Mehta**  
Director, Maryland EFNEP  
301-405-1006  
mmehta@umd.edu



**Ms. Mary Libcke**  
Administrative Assistant II  
301-405-1007  
mllibcke@umd.edu

**Allegany & Baltimore City**  
**Dr. Mira Mehta**  
Director, Maryland EFNEP  
301-405-1006  
mmehta@umd.edu



**Dr. Kavitha Sankavaram**  
State Program Outreach & Evaluation Coordinator  
301-314-2177  
kavitha@umd.edu



**Montgomery County**  
**Ms. Marlene Orantes**  
State Program Outreach & Partnership Coordinator for Latinx Communities  
301-590-3203  
morantes@umd.edu

**Prince George's, Cecil, Charles and Lower Shore Counties**  
**Dr. Kavitha Sankavaram**  
Interim Supervisor  
301-779-2806, ext. 700  
kavitha@umd.edu