**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.

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**TARGET AUDIENCE**

- Limited Resource Families with Young Children
- Limited Resource Youth
- Pregnant and Breastfeeding Mothers

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**WHERE WE WORK**

- Allegany
- Montgomery
- Prince George's
- Charles
- Baltimore City
- Cecil
- Wicomico
- Worcester

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**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

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**For More Information, visit:**

Website: [https://extension.umd.edu/efnep](https://extension.umd.edu/efnep)

Social Media

facebook: MDEFNEP
instagram: @MDEFNEP
Maryland EFNEP Program Impacts 2021

39% 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!

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 (68%) 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: