EFNEP Partnered with Parks & Recreation

During the summer of 2011, Prince George’s County EFNEP partnered with Maryland-National Capital Parks and Planning Coalition’s (M-NCPPC) Parks and Recreation to implement their nutrition and physical activity program with approximately 500 youth participants (5-12 years old) at the summer playgrounds. At the end of the summer nutrition program:

- 74% of the participants consumed more fruits.
- 68% of the participants consumed more vegetables.
- 90% of the participants increased their knowledge about fruits.
- 76% of the participants increased their knowledge about vegetables.
- 86% of the participants increased their knowledge about physical activity.

EFNEP Partnered with MMYC & GapBuster at CEP

The Prince George’s County EFNEP partnered with the Maryland Multicultural Youth Centers (MMYC) and GapBuster, Inc. to implement their nutrition/gardening/cooking program over five weeks (for a total of 40 hours of direct instruction) with the kids who attended the summer youth program at the Center for Educational Partnership (CEP) in Riverdale, called CEP Gets Fit. Approximately 17 middle school youth participated in EFNEP’s nutrition/gardening/cooking enrichment workshops. At the end of the program, the youth showed:

- 94% increase in knowledge about the nutrition topics covered.
- 94% improvement in their overall nutrition practices, such as eating more fruits and vegetables.

Based on feedback from the youth, the lessons about MyPlate, Food Advertising and Fast Food were the most useful to the students. Also, the majority of the students reported that they felt confident enough to use their new cooking skills (including hand washing, measuring, cutting and following a recipe) at home.

EFNEP Partnered with BASELP

The EFNEP educators in Prince George’s County implemented a series of interactive and behaviorally-focused series of nutrition and physical activity lessons to approximately 500 youth (ages 5-12 years old) who participated in the Before and After School Extended Learning Program (BASELP) at various schools during the 2011-12 school year. After participating in the series of interactive lessons, the youth showed the following increases in knowledge and behavior changes:

- 79% increased knowledge of the essentials of human nutrition, such as knowing which food groups are on MyPlate, what makes up a healthy breakfast, how to choose healthy snacks/drinks, and how much physical activity is recommended daily.
- 38% improved practices in consumption of fruits and vegetables, eating breakfast daily, drinking more water, and being physically active daily.
EFNEP Program with Limited-Income Parents with Young Children

In FY 2011-12, the EFNEP educators in Prince George's County delivered their series of workshops to 400 limited-income individuals or a total of 1600 family members, with an average of 8.1 hours spent with each client (or a total of 3,645 hours of direct instruction). As a result of completing the multi-lesson series:

- 77% of adults showed improvement in one or more food resource management practices, such as planning meals ahead of time, comparing prices before purchasing food items, and not running out of food before the end of the month.
- 80% showed improvement in one or more nutrition practices, such as increasing fruit and vegetable consumption, reading food labels, and providing breakfast to their children.
- 56% showed improvement in one or more of the food safety practices, such as washing hands before preparing meals and not thawing foods at room temperature.

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