



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



# 2023 IMPACTS

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM (EFNEP)

IMPROVING NUTRITIONAL SECURITY THROUGH EDUCATION



# SHARED STORIES >>>>>>

Climate change, lack of affordable food and rapid urbanization have all been attributed to food and nutrition insecurity in Micronesia. One extended family found that the husband's low daily wage was insufficient to meet the needs of the family, who were surviving on imported chicken and rice. They found that nutritious vegetables were unaffordable. Through EFNEP, the wife learned to prepare nutritious meals and to incorporate locally available vegetables into family meals. She even received an award at the state's annual food fair for the best healthy recipe.

**COLLEGE OF MICRONESIA**

One food pantry client was referred to EFNEP when it was discovered that she was not choosing meat because it was outdated and she would have to throw it away. After being taught food safety principles through EFNEP, she realized that she did not need to throw away the frozen meat. As a result of what she learned, the pantry client reported being more food secure.

**UNIVERSITY OF MAINE**

A grandmother with diabetes participated in EFNEP while her grandson was in preschool. She shared how she'd had no restrictions on the types of food she consumed – sugar-laden drinks, candies and sugar-infused bread were common in her diet. Her medication dosage had to be increased due to alarmingly high sugar levels. Through EFNEP, she began eating a greater variety of vegetables at mealtime and opted for healthier snacks. She learned that “maintaining a healthy and balanced diet does not require extravagant expenditures.” She further observed a significant reduction in food waste within her household as a result of her newfound knowledge. Her next goal is to involve her husband and grandson in increasing their physical activity.

**UNIVERSITY OF DELAWARE**

In Davidson County, Tennessee, the EFNEP peer educator partners with a nonprofit organization that provides services to refugees and immigrants. She taught 17 Spanish speakers and five Arabic speakers in her first class using flipcharts, pictures and language assistance from interpreters. The partnership has since expanded to include a regular series of EFNEP classes to participants who attend English as a Second Language classes. This program has helped expand materials offered in additional languages. University of Tennessee EFNEP has been offering materials in Spanish for several years but has expanded materials offered in Arabic, which is one of the top languages spoken in the state.

**THE UNIVERSITY OF TENNESSEE**

A family signed up for EFNEP as they wanted to learn together. Prior to the classes, the family's diet was high in sugar, they didn't know how to balance their meals, and meat was left out of the refrigerator to thaw. After participating in EFNEP, the father decreased his soda intake from two cans per day to only occasionally. He now adds vegetables to the meals when he cooks. The family eats more balanced meals and the father has lost 10 pounds. The family goes grocery shopping together, and the oldest son is learning to read food labels and pay attention to the ingredients.

**UNIVERSITY OF CALIFORNIA**