

## Expanded Food and Nutrition Education Program Report

Since 1969, the Expanded Food and Nutrition Education Program has educated limited-resource families and youth in Louisiana, teaching them to develop skills to make healthy changes that will lead to improved diets and nutritional well-being. Through EFNEP's "hands-on" approach, participants learn to make behavioral changes and improve the nutritional quality of meals for their families.

### EFNEP ...

- Focuses on food-related practices to help participants achieve personal and family wellness.
- Is taught by peer educators who live in the communities they serve.
- Delivers research-based teaching through a series of interactive direct-education lessons.
- Partners with community agencies to improve food and physical activity environments.
- Is dedicated to reaching diverse, limited-resource populations.

### Bossier Parish

### EFNEP's Reach in 2021

66	residents participated in EFNEP educational series
19	adults enrolled in nutrition education series
78	youth enrolled in nutrition education series
19	total family participants

### Reaching Families

79% of EFNEP adult participants reported income at or below 185% of poverty level

### Health Behavior Improvements:

#### Adult Outreach



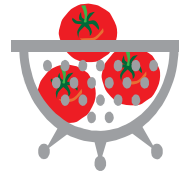
67% improved food resource management practices



67% improved diet quality



33% improved physical activity behaviors



67% improved food safety practices



0% improved food security

#### Youth Outreach



89% improved ability to choose foods according to the dietary guidelines



52% improved physical activity practices



33% acquired skills to be food secure



52% improved food safety practices



0% improved ability to prepare simple, nutritious affordable food

# EFNEP Affecting Lives in our Parish

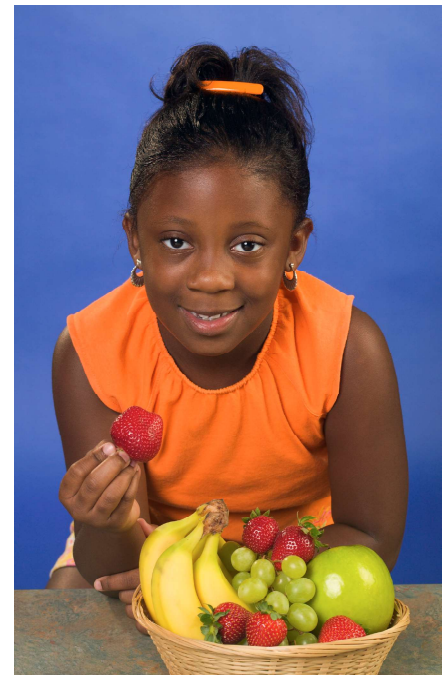


## Adult Lessons:

- Make Half Your Plate Fruits and Vegetables
- Switch to Skim or 1% Milk
- Make at Least Half Your Grains Whole
- Vary Your Protein Food Choices
- Food Safety
- Food Dollar Management
- Fats, Sugars, and Sodium
- Be Active Your Way

## Youth Lessons:

- My Plate the Healthful Way
- Make Half Your Plate Fruits and Vegetables
- Switch to Skim or 1% Milk
- Make at Least Half Your Grains Whole
- Vary Your Protein Food Choices
- Physical Activity
- Hand-Washing and Food Safety
- Smart Snacking



**If you or someone you know is interested in participating in the Expanded Food and Nutrition Education Program (EFNEP), contact your nearest LSU AgCenter Extension Service office.**

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