



Wisconsin EFNEP 2006: Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded program that offers nutrition education programs to low-income families and children. Wisconsin EFNEP is administered by University of Wisconsin-Extension Family Living Programs.

Wisconsin EFNEP is in six urban counties—Dane, Kenosha, Milwaukee, Racine, Rock and Waukesha.

EFNEP Learners

- EFNEP reached 2000 youth and over 1700 adults with educational programs.
- 80% of EFNEP families reported incomes below the federal poverty level
- Many racial and cultural/ethnic groups are served by EFNEP. Learners were: 40% African American, 2% Native American, 2% Asian American, 29% Hispanic or Latino, and 26% White.

EFNEP Lessons

EFNEP is offered as a series of lessons over several weeks or months. The lessons are taught by nutrition educators who are trained to teach basic nutrition, food safety and food resource management. Many of the nutrition educators are indigenous to the populations they teach. The hands-on, learn-by-doing approach of the lessons enables the learners to gain skills and learn from each other. Much (76%) of the teaching was offered in group settings; 24% was offered to learners as one-on-one instruction, often in their homes.

EFNEP Accomplishments

EFNEP learners are asked about their eating and shopping practices when they enroll and again when they complete the series of lessons.

- 76% improved in one or more food resource management practices such as planning meals, comparing prices, using grocery lists
- 85% improved in one or more nutrition practices such as considering healthful choices when selecting food, reading nutrition labels, planning meals, feeding children breakfast
- 64% improved in one or more of the safe food handling practices such as thawing food safely and storing food properly.
- 86% of the learners showed a positive change in their consumption of at least one food group
- 121 families enrolled in a community food assistance program such as WIC or Food Stamps as a direct result of EFNEP recommendation or referral.

EFNEP education strives to equip families with knowledge and resources to improve family well-being. Jill, a young pregnant learner, gained more than just nutrition knowledge from her experience in EFNEP. After graduating from EFNEP she was more confident about managing her food dollars and making good food choices for the health of her baby. Within a few months, Jill had given birth to a healthy baby girl, successfully breastfed her for 8 months, and found a job.