

# EFNEP

## 2012 Annual Report

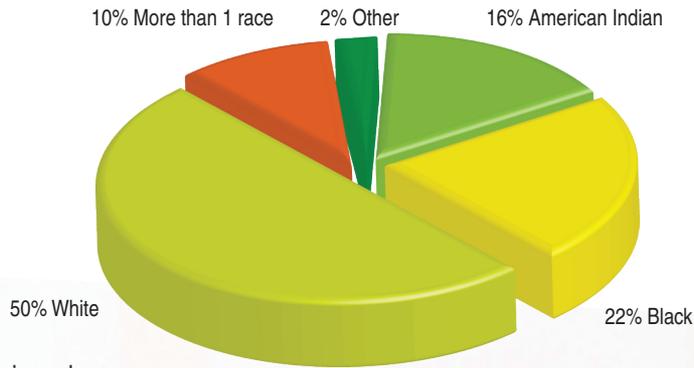
EFNEP is a nutrition education program funded through USDA-NIFA\*. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity. In Oklahoma, EFNEP is administered by Oklahoma State University Extension Service.



# EFNEP for YOUTH

Youth learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling



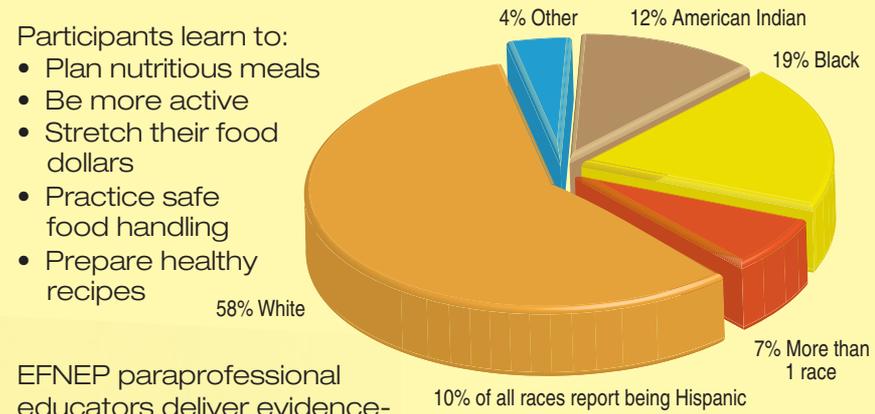
EFNEP paraprofessional educators use evidence-based curriculum with third and fourth graders in schools and after-school settings. In federal fiscal year 2012, 14,724 youth attended EFNEP classes in Oklahoma.



# EFNEP for ADULTS

Participants learn to:

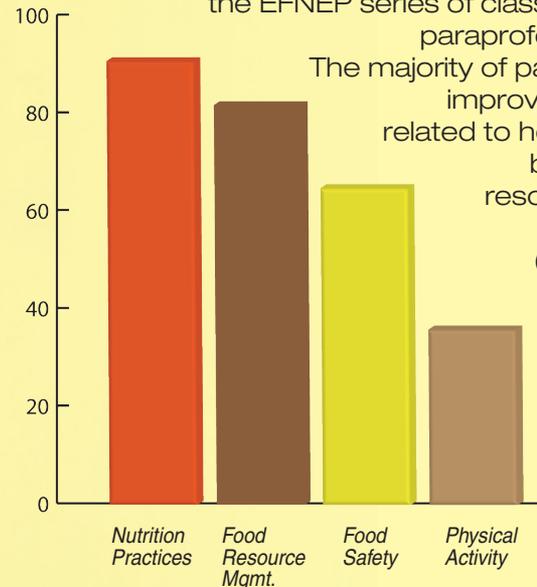
- Plan nutritious meals
- Be more active
- Stretch their food dollars
- Practice safe food handling
- Prepare healthy recipes



EFNEP paraprofessional educators deliver evidence-based curricula to parents of young children. In a 9 to 17 lesson series, participants learn about healthy food preparation, nutrition, food safety, food budgeting, and physical activity through hands-on activities.

## ADULT IMPACTS and OUTCOMES

In federal year 2012, 1,041 adult participants were taught the EFNEP series of classes in Oklahoma by paraprofessional educators.



The majority of participants reported improvement in behaviors related to healthy eating (91%), budgeting and food resource management (82%), food safety (65%), and physical activity (36%).

These improved behaviors will help families eat healthier and stretch their food dollars.



## TESTIMONIALS from PARTICIPANTS

**4th Grade Teacher  
Ridgecrest Elementary School  
Comanche County**

*The students loved all the snacks they learned to make and are still tracking their intake of fruits and vegetables on a daily basis. They now bring in food labels to see if the class can determine whether it is a good food choice.*

**Grandmother  
of Youth Participant  
Oklahoma County**

*My grandson comes home and tells us what he has learned that day in the nutrition lessons. He won't let me buy soda anymore because they have too much sugar.*

**Nora  
Adult Participant  
and Single Mother  
Pittsburg County**

*I have learned how to read nutrition labels. I have also learned how to bargain shop and still have a full meal for me and my child.*

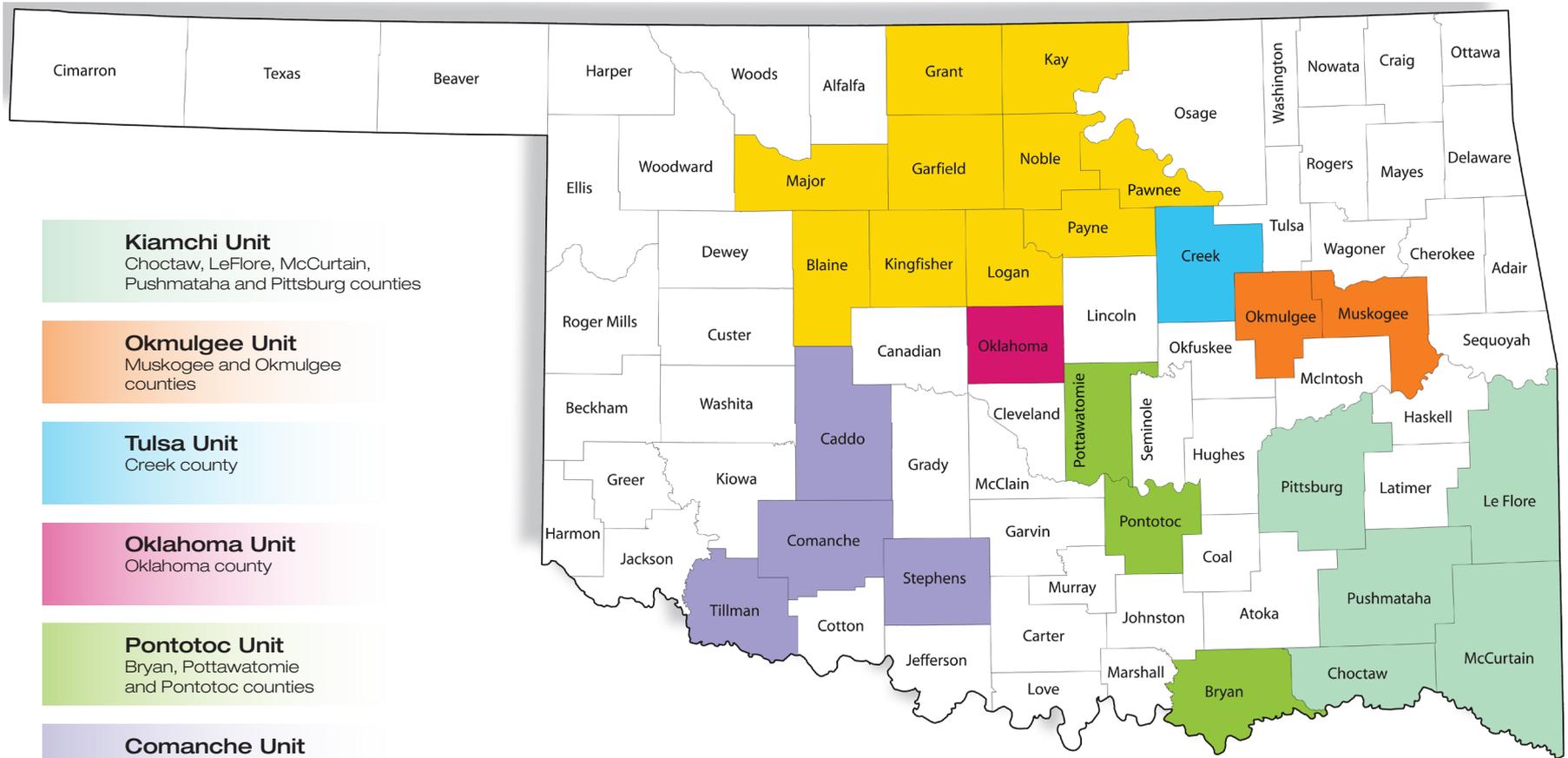
**Paraprofessional Educator  
McCurtain County**

*I enrolled a busy family where both parents worked and juggled work, school, sports, daycare and family time. I taught the lessons in their home and at the mother's worksite when needed. The family learned to cut down on food costs while buying healthier foods and eating more meals as a family. Both parents loved the ease of the recipes and the mother is proud that she has dropped two pants sizes since starting the program.*

**3rd Grade Teacher  
Oklahoma County**

*The kids have been paying closer attention to the nutritional labels on the foods that their parents buy. During lunch time, I hear the kids talking about what's on their trays; if they have all of the food groups and in the correct serving size. It is wonderful!*

# Oklahoma EFNEP Units



**Kiamchi Unit**  
Choctaw, LeFlore, McCurtain,  
Pushmataha and Pittsburg counties

**Okmulgee Unit**  
Muskogee and Okmulgee  
counties

**Tulsa Unit**  
Creek county

**Oklahoma Unit**  
Oklahoma county

**Pontotoc Unit**  
Bryan, Pottawatomie  
and Pontotoc counties

**Comanche Unit**  
Caddo, Comanche, Stephens  
and Tillman counties

**Northwest Unit**  
Blaine, Garfield, Grant, Kay,  
Kingfisher, Logan, Major, Noble,  
Pawnee and Payne counties

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Portions of this report were developed by Colorado State University Extension

