



## EFNEP

*EFNEP serves 28 of  
Oklahoma's 77 counties:*

ATOKA  
BRYAN  
CADDO  
CARTER  
CHOCTAW  
CLEVELAND  
COAL  
COMANCHE  
CREEK  
GARFIELD  
GRADY  
JACKSON  
JOHNSTON  
KAY  
LEFLORE  
LINCOLN  
MARSHALL  
MCCURTAIN  
MUSKOGEE  
OKLAHOMA  
OKMULGEE  
PITTSBURG  
PONTOTOC  
POTTAWATOMIE  
PUSHMATAHA  
SEMINOLE  
STEPHENS  
TULSA



# Oklahoma EXPANDED FOOD & NUTRITION EDUCATION PROGRAM

*EFNEP* targets two primary audiences: Low-income families with young children and low-income youth.

*EFNEP* paraprofessionals are hired from the neighborhood and teach practical skills in budgeting, healthy eating and food safety. They adapt activities to match the skills and interest of participants.

### *In 2013, Oklahoma EFNEP...*

- Provided education to 1,412 adults with children, representing over 5,255 individuals in 28 Oklahoma counties.
- Paraprofessionals used a research-based curriculum and hands-on activities to involve each participant in a series of lessons. Graduates of the program received an average of 11 lessons.
- Resulted in over 99% of graduates making positive changes in eating.
- Resulted in 25% of program graduates reporting their children ate breakfast more often.
- Program data indicated 46% of program participants less often ran out of food before the end of the month.
- Reached 20,341 school-aged children through a series of lessons on healthy food choices and safe food practices.
- Over 29% of program participants reported an improvement in physical activity.

*EFNEP* serves those most in need. In Oklahoma, 52% of participating families are at least 50% below the poverty level. Partnerships with WIC, local schools, SNAP offices and emergency food services meet the needs of limited resource families while avoiding the duplication of services.

