

EDUCATORS IN ACTION

Steps to Success

A participant joined the EFNEP program to lose weight, budget, and choose healthier foods for her family. When she started, she shared that her family ate chips, candy, cup noodles, soda, and fast food almost daily. She wanted to find a way to live healthier and be there for her family. She faced external obstacles, such as unemployment, unstable housing, and rural isolation without access to healthy food options.

After completing the EFNEP series with Montgomery County AU EFNEP Educator Jovonna Gunn, junk food snacks were replaced with fruits and vegetables, and she used the measuring cups she received to portion out her family meals. She also started being more physically active and has lost 10 pounds. She uses a grocery list, checks for daily sales, and helps her children choose healthy food. In class, she stated, "I saved so much money with my list and am so happy I got to keep money in my pocket."

- Jovonna Gunn, EFNEP Educator, Montgomery County

Healthier Living

Thanks to a partnership between Barbara Phillips, an AU EFNEP educator in Dallas County, and a local doctor's office, an adult mother-daughter duo joined EFNEP classes. They each struggled with health challenges and needed to learn basic nutrition and easy, healthy meal preparation. Their healthcare providers encouraged them to join EFNEP for accountability and to learn new skills.

Throughout their time with EFNEP, the pair discovered their love of fruits and vegetables. They saw their health issues improve and were able to start exercising regularly. The mother said, "I eat less salt and use low-salt mixes and other spices. My daughter drinks water with fruit and eats fruits and vegetables as snacks! She puts half the sugar in her coffee now. Thanks to getting more active, she can walk up the outdoor steps into her home while holding on to the rail." Thanks to these positive changes, this family is now a loud advocate for EFNEP!

- Barbara Phillips, EFNEP Educator, Dallas County



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Plan, Prep, Save

Teen Cuisine is a nutrition education program that AU EFNEP educators teach in schools across Alabama. It focuses on the importance of meal planning, choosing healthier foods, and how planning can help families save money. Educators encourage students to help in the kitchen at home, remember their food safety skills, and have fun with their families.

At a recent recruiting event, Abigail Shehee, an AU EFNEP educator in Dale and Geneva Counties, was approached by a woman who shared how much Teen Cuisine had impacted her daughter. She said, "I am glad to meet you! My daughter was in your class, and she told me all about you and what she learned. She came home after your last day and shared her recipe cards. She said she wanted to try meal planning and wanted to use her recipes for supper. She said you had taught her how important it was to meal plan to save money." The woman shared that they now prepare and eat a healthy meal together every night.

- Abigail Shehee, EFNEP Educator, Dale/Geneva Counties

"I went from drinking only one or two bottles of water a day to how much my body actually needs."
- Families Eating Smart and Moving More Participant, Wilcox County

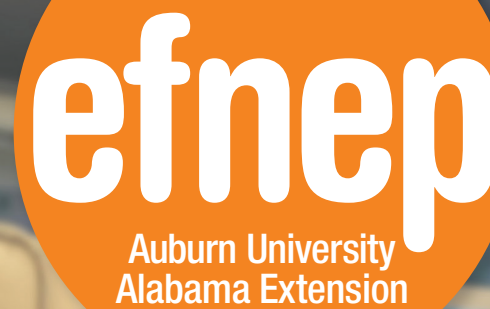
Encourage Growth

EFNEP meets participants where they are and helps build communities. Kristi Baggett, an AU EFNEP Educator in northwest Alabama, worked with the local housing authority to host classes. One participant was very particular about food and resistant to trying the recipes prepared in class. She was dealing with grief and loneliness and wasn't eating many fruits or vegetables.

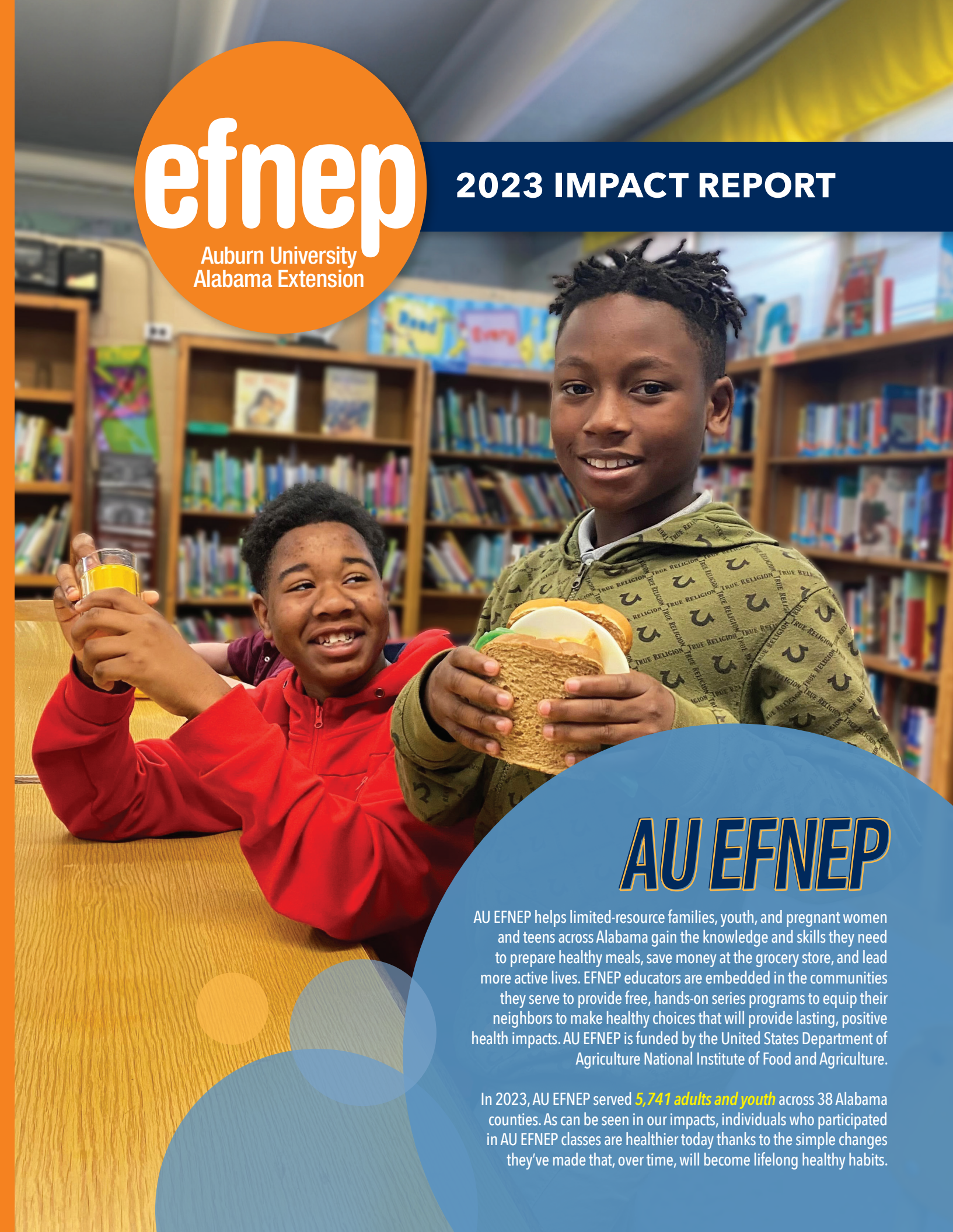
Throughout her EFNEP series, this participant gained knowledge and a sense of belonging. Fellow participants were supportive and encouraged each other to try new things and to be more active. This helped the participant feel more comfortable and willing to engage. She tried the new recipes and began enjoying more different fruits and vegetables.

The community of participants added their suggestions, such as adding shredded carrots to sloppy joes and not being ashamed to eat the same vegetables over and over if they were the ones they liked. This group also engaged with our statewide physical activity initiative, Move Alabama, a partnership with SNAP-Ed, to increase movement in communities. By the end of this series, the participant was not only eating more fruits and vegetables but also gained a whole support system to help her maintain her lifestyle changes.

- Kristi Baggett, EFNEP Educator, Fayette/Lamar/Marion Counties



2023 IMPACT REPORT



AU EFNEP

AU EFNEP helps limited-resource families, youth, and pregnant women and teens across Alabama gain the knowledge and skills they need to prepare healthy meals, save money at the grocery store, and lead more active lives. EFNEP educators are embedded in the communities they serve to provide free, hands-on series programs to equip their neighbors to make healthy choices that will provide lasting, positive health impacts. AU EFNEP is funded by the United States Department of Agriculture National Institute of Food and Agriculture.

In 2023, AU EFNEP served **5,741 adults and youth** across 38 Alabama counties. As can be seen in our impacts, individuals who participated in AU EFNEP classes are healthier today thanks to the simple changes they've made that, over time, will become lifelong healthy habits.

IMPACTING COMMUNITIES BY REACHING PEOPLE

adult success

96%
improved
diet quality

92%
improved
food resource
management

73%
improved
physical activity

70%
improved
food safety

our impact on youth



91% chose more foods according to federal dietary recommendations



66% increased physical activity throughout their day



58% used safe food handling practices more often



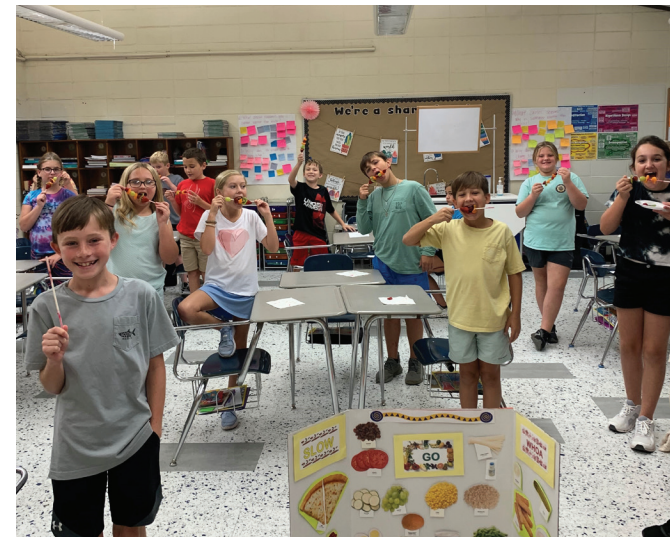
48% improved their ability or knowledge of how to prepare simple, nutritious, affordable food

focusing in



19% (161) of adult participants completed the Today's Mom prenatal nutrition education program to improve the health of moms-to-be and increase the likelihood of a healthy pregnancy and baby.

Federal assistance programs such as SNAP and WIC are essential to supporting maternal and child health. 14% of Today's Mom participants were able to enroll in at least one new federal assistance program thanks to EFNEP participation.



Teen Cuisine participants in Coffee County learn how to prepare quick and easy fruit sticks for on the go snacks that are both delicious and healthy.

“My children keep looking at the labels on the back of snacks and drinks. When they see sugar or added sugars, they tell me it's not a healthy choice!
– Families Eating Smart and Moving More Participant, Macon County”



Macon County EFNEP educator Mary Bedell provides a fun interactive food demonstration for her cooking boot camp.



Families Eating Smart and Moving More participants in Lamar County are now enjoying their insulated EFNEP bags to keep their food safe on the go.

“I didn't know vegetables contained so many nutrients that can help my baby grow and develop.
– Today's Mom Participant, Russell County”



Superheroes came out in Etowah County as AU EFNEP educator Jana Lipscomb provided challenges as part of our statewide initiative with SNAP-Ed, Move Alabama.