



WASHINGTON STATE UNIVERSITY

2024

EFNEP

Expanded Food and Nutrition Education Program

EFNEP improves the diets and food-related behaviors of low-income families through peer nutrition education.

*In 2024, Washington EFNEP reached **417** adults and **1880** youth.*

THE EFNEP NEED

EFNEP invests in the health and success of low-income families. **87%** percent of EFNEP participants who reported income are at or below **185% of the poverty level**, with 61% experiencing deep poverty (at or below 50% earning \$15,000 a year or less for a family of four). EFNEP evaluation is nationally implemented and designed to ensure accurate measurement of diet quality, activity change, food safety and monthly savings.

THE EFNEP SOLUTION

EFNEP partners with community agencies to deliver curriculum through practical direct education lessons. Our classes are:

- Offered through **established community partnerships**, such as Head Starts, schools, income-based housing complexes, and community centers.
- Taught by peer **educators** who belong to the communities they serve.
- Available **in-person** and **online** to families and youth with limited incomes.
- Integrated in the research and teaching of the **Land-grant University System**.

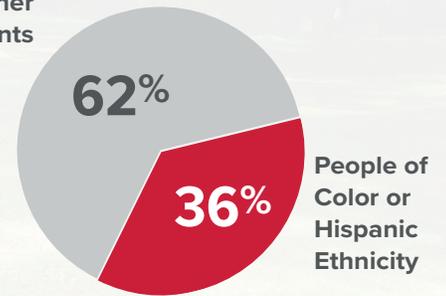




REACHING DIVERSE AUDIENCES

Other Participants

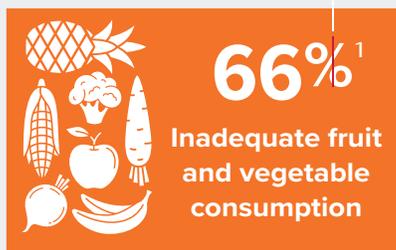
*remaining 2% is not provided



EFNEP is dedicated to helping those who need it most. By focusing on food insecurity and nutrition education, we support vulnerable households of all backgrounds. Classes were taught in English, Russian, Ukrainian, and Spanish.

Defining the Problem

Food insecurity, poor nutrition, and limited physical activity are significant risk factors for obesity and other chronic diseases. Poor health unequally affects minority and low-income populations. Educational opportunities and health resources are limited.



¹2018 WA BRFSS data. ²WAFOD Survey Brief #1: Economic Security and Food Access in Washington State During the COVID-19 Pandemic.

PARTICIPANT SUCCESS STORIES

"Anna," a young mother and refugee from Ukraine, struggled to understand American food labels and felt overwhelmed by unfamiliar ingredients. During our 9-week EFNEP series at the community center, she gained confidence as we broke down food labels step by step. By the end of the program, she felt empowered to make healthier choices for her family, both at the store and at home, ensuring they have nutritious meals they can rely on.

"Eli," a 6th grader, used to spend over five hours a day playing video games. During his EFNEP class, he learned about screen time, goal setting, and the benefits of physical activity. Motivated to make a change, he set a goal to reduce his screen time by an hour each week. After 3-weeks, he was excited to share that he had cut it down to just 2 hours a day by reading books, playing outside, and taking family walks each night.



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EXTENSION



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