



IMPACT 2020

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

Food and Nutrition

Cooking Healthful Meals

Maine, Michigan and **Oklahoma** participants learned how to manage resources, cook smaller portions and freeze leftovers. Over 60% increased their fruit and vegetable consumption! Three **Idaho** Extension Educators presented a one-hour *COOKING UNDER PRESSURE* national webinar, 49% of participants felt very competent to teach. In Clay County, **Kentucky** 92% of participants at a *HOLIDAY COOKING SCHOOL* learned new cooking techniques, 74% plan to incorporate healthy options in their holiday meals. In **Pennsylvania**, *LET'S COOK WITH PENN STATE EXTENSION* surveyed 169 community members to see what topics they wanted with a goal of increasing knowledge to make quick and healthy meals.

IDEAS FOR COOKING AND NUTRITION (ICAN) Taught 18,787 persons in **New Mexico**. 85% improved in one or more diet quality indicators, 64% improved in one or more physical activity behaviors, 57% improved food safety practices, 31% improved food security indicators, 65% improved food resource management practices.

Maine's *Cooking Your Way Healthy* introduced meals that were plant based and utilized healthier cooking methods. *COOKING MATTERS* In partnership with Operation Food Search, Share our Strength and numerous local partners, 1133 participants in **Missouri** learn basic nutrition, food budgeting and food preparation skills. In **Oregon**, evaluation reports indicate over 70% increase in planning and preparing family meals together.

"EFNEP helped me to eat better to help my diabetes and helped me get my kids back in my home. We're all cooking healthy together now." Florida participant

EFNEP

Alabama EFNEP participants averaged food expenditure savings of \$5.30 per 1,201 graduates resulting in a total savings of \$6,357.94 when purchasing food. In **Guam** EFNEP education resulted in an increased vegetable intake and physical activity lifestyle that has surpassed the national average. After completing six classes of a **Maine** EFNEP course, 560 adults report eating more fruits and vegetables and are more active each day. In **Massachusetts**, 93% adults reported improvement in nutrition practices.

Health and Nutrition

MASTER FOOD EDUCATOR VOLUNTEERS contributed 696 hours of volunteer time towards University of **Delaware** Cooperative Extension efforts. *FOOD PHARMACOLOGY* Partnership between **Virginia** Extension, Food Bank, and Free Clinic to provide education, screenings, and food preparation skills for limited-resource individuals with Type 2 Diabetes. Participants showed a moderate decrease in A1C levels. *BODY QUEST* engaged parents in **Alabama** with recipes and text messaging. Parents reported significant positive changes in fruit and vegetable consumption, sweetened beverage consumption and food resource management. *HEALTHY TEXAS* programs delivered more than 7,600 food and nutrition educational events, resulting in 387,000 educational contacts. Self-reported health status responses from program participants indicate that the health status of 26% of participants improved. **Idaho** Extension educators developed healthy aging program targeting adults 50 years and older. Participants gained nutrition knowledge and

Raising kids, Eating right, Spending smart



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projected changes to improve their overall health. **FORKS WELL FED** Addresses public disconnect with **North Dakota's** agriculture's role in prevention of chronic disease with increased access to nutritious foods, 100% of participants a) increased consumption of produce and b) were confident they could prepare a healthy meal using fresh, local produce. **West Virginia** partnered with the Beverly Book Mobile to take fresh produce to over 125 youth for 7 weeks during the summer. This project put over \$2,000 in the pockets of local farmers.

"Frozen fruits and/or vegetables are now on my shopping list (I know it's good for my family)" Guam



Mississippi State Cooking Matters

"I was pre-diabetic. I knew I needed to change. Learning how to eat healthier with no waste (blanching and freezing) I stretch my food dollars and I have lost 90 lbs. I feel rich now." North Dakota

SNAP

SNAP-Ed Kansas provided nutrition education to 400+ and partnered with local agencies. **Ohio State SNAP-Ed** programming resulted in 92% of adults being able to prepare healthy meals at home on a budget and 87% of adults are physically active at least 30 minutes most days of the week. In **New Jersey**, Outcomes with **EAT SMART BE ACTIVE** reached 444 to increase cooking vs. take-out; budget-conscious shopping; increased fruit

and vegetable consumption. **SNAP-ED** impacted **Montanans** with improving food safety and food management practices among 523 adults and 4848 youth. Adults ate more veggies and increased their physical activity. In **Guam**, 511 Participants (371 graduated, 73%) improved their diet quality and food resource management skills.

"I can't wait to tell my momma that I ate celery today! I'm going to ask her to get some the next time she goes to the store!" Mississippi

Children

SMARTER LUNCHROOMS in **Minnesota** helped make the healthy choice the easy choice for students. 813 students' in a **Maryland** school lunchroom participated in a plate waste study. Extension in **Mississippi** conducted trainings for 1,150 cafeteria managers and child nutrition directors. **YOUTH CAN COOK** in **Utah!** 39 families (154 family members) enrolled in the program to complete the Food Safety Manager's Certification training and the Master Food Preserver training. **REAL KIDS, REAL SKILLS, REAL MEALS** In **Wyoming** 200 students increased time spent in the kitchen preparing simple meals and time spent eating as a family, improving vegetable consumption by 39%, fruit consumption by 35% and 42% increase in physical activities. **ON THE MOVE TO BETTER HEALTH North Dakota** 1,291 children improved their knowledge of nutrition, food safety and health concepts. **COOKING CAMP** in **Mississippi** taught food and kitchen safety, nutrition, measuring and reading and implementing recipes. The **Michigan HEALTHIER CHILDCARE ENVIRONMENT** saw a 20% increase in serving foods and beverages that meet CACFP recommendations for breakfast, about 12% for lunch, and 20% for snack. **COOKING BASICS** to 36 **West Virginian** youth worked together; shopping tour, using various cooking, food safety, and food preparation skills.

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