



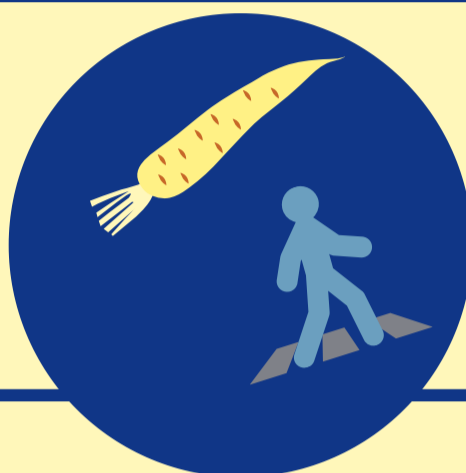
## Food and Nutrition

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



### COOKING HEALTHFUL MEALS

Improved one or more diet quality indicators, one or more physical activity behaviors, food safety practices, security indicators, and food resource management practices. New cooking techniques introduced in family meals.

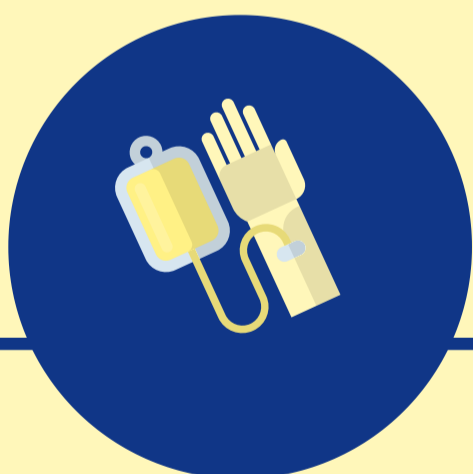


### EFNEP

Increased vegetable intake and physical activity lifestyle. Adults learned to eat more fruits and vegetables and be active each day.

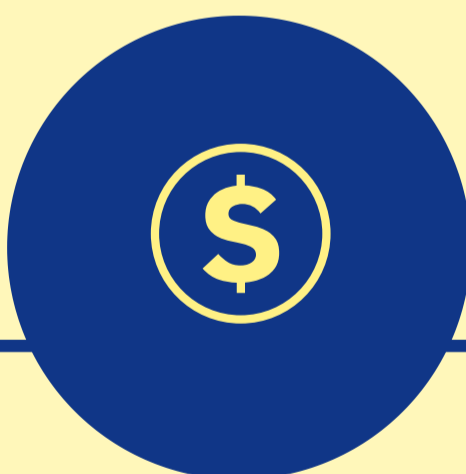
### CHILDREN

Cafeteria managers and child nutrition directors increased food safety. Children improved their nutrition knowledge, food safety and health concepts. Food and kitchen safety, and nutrition increased.



### HEALTH AND NUTRITION

Clinics screened and educated individuals in Type-2 Diabetes. Education of agriculture's role in prevention of chronic disease with increased access to nutritious foods and partnerships for access to fresh produce encouraged consumption and helped local farmers.



### SNAP

Instruction so that adults were able to prepare healthy meals at home on a budget and be physically active most days of the week. Participants experienced improved diet quality and food resource management skills.