



IMPACT 2025

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

2024 was another great year for FCS Extension Educators making a difference in the health and well-being of the clients they serve through food and nutrition programming. All-together FCS Educators reached more than 1 million individuals through in-person (339,462) and virtual (675,451) teaching in the areas of healthy eating and food preparation.

Extension programming supported local farmers and encouraged communities to take advantage of local produce options through a variety of different teaching methods and programs, including **Penn State** who took their *Market Fresh* events directly to 9 different farmers' markets across the state demonstrating healthy recipes and sharing information about local produce. **Wisconsin's** *Harvest of the Month* program reached nearly 100 sites and over 101,000 students and resulted in decreased food waste, \$479,915 in local produce sales as well as 66% of participants increasing their intake of fruits and vegetables. *Plate it Up! Kentucky Proud*, encouraged consumption of local, seasonal foods, led 25,000 Kentuckians to purchase local produce in 2024. As a result of Extension work, more farmers were able to reach food insecure populations with their goods. In **Minnesota**, *Get Fresh Food for Less*, targeted low-income audiences through nutrition incentive programs and connected them to EBT-eligible market products, impacting over 9,600 individuals and families. In **Maine**, the *Free Produce Pop-Up Markets* provided free fresh produce and the opportunity to learn to prepare and preserve it safely. In **Arizona**, *Promoting Local Arizona Produce (PLAZA) Mobile Market*, brought fresh produce and staple goods to low access areas, serving 1,671 individuals and families.



Promoting Local Arizona Produce (PLAZA) Mobile Market

Food preservation education and safety has long been associated with Extension. Many states have found new audiences for this programming as the cost of food has increased over the past year. **Oregonians** were able to learn about food preservation and borrow necessary equipment through a partnership between Extension and the local library system. 96% of the 2,750 individuals taking part in food preservation trainings in **Maine** expressed greater confidence in their food preservation skills.

With chronic disease and obesity being on the rise in the U.S., Extension provides essential nutrition knowledge and meal planning/preparation skills to help manage and prevent such conditions. **Colorado** FCS programming on the Mediterranean diet equipped over 560 individuals to adopt this eating pattern and reduce their risk of disease. **Louisiana's** *Taste of Herbs and Spices* taught over 2,000 participants how to prepare tasty foods and reduce their sodium intake by using herbs and spices in place of higher salt seasonings. In **Mississippi**, over 11,000 local



We were able to implement HoM most months at Monona grove and feature local ingredients almost every Thursday of the School year! Students and teachers were very excited about new items and we were able to attach some other successful events to HoM (like the apple crunch and chili lunch). Being a first year host site for Farm to School, HoM offered a great template and allowed us to emphasize seasonality with menus and education. We displayed posters each month (at all 7 schools) which helped raise even more interest in the work we are doing. - Wisconsin School District



community members participated in *Show Me Nutrition*, which guided them to healthier eating and lifestyle habits, including added f/v intake, increased consumption of water and improved physical activity. Nearly 4,400 **Texans** learned meal planning and healthy cooking techniques to decrease sugar, sodium and fat through *Dinner Tonight*. FCS agents in **Indiana** used *Bite by Bite*, a 47-episode podcast to provide reliable information on health and nutrition to nearly 1,300 listeners who may otherwise be turning to less reliable alternative social media sources for such information. **Idaho Georgia, Tennessee and North Carolina** collaborated to make Extension’s evidence-based programming more accessible by offering *Get the Dish!* virtual cooking classes, equipping participants to improve their health and finances by preparing quick and nutritious meals at home.

FCS Extension Educators meet the needs of their communities and clientele by tackling both common and unique topics that affect those they serve. **Oklahoma** educators researched and taught a program about *Alpha-gal Syndrome*, a little known, but potentially life-threatening reaction to certain meats in individuals who have experienced a tick bite. Educators in **Montana** captured a new audience with their charcuterie classes allowing participants to learn knife skills and food safety tips, along with a new way to encourage socialization around the growing charcuterie trend.



Ideas for Cooking and Nutrition (ICAN) (A EFNEP/SNAP-ED Program)

EFNEP and SNAP-Ed Programs

Countless individuals and communities have been impacted by Extension supported EFNEP and SNAP-Ed programs that target 100% of their efforts towards food insecurity and meeting the needs of low-income families. FCS in **Utah** also impacted their communities by bringing together local stakeholders to form area food security councils, and **Tennessee** raised awareness and food donations through its *Food Waste Prevention Week Statewide Food Drive* and provided meals to nearly 8,800 Tennesseans in need.

“ You all secured enough fruit cups/pudding cups to support 1,000 meals/week. 1/3 of our weekly volume! Or you have secured enough fruit cups for us to feed approximately 45 of our senior clients’ fruit allowance for one (1) month. - Tennessee Food Waste Prevention Week Statewide Food Drive ”

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Raising kids, Eating right, Spending smart



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