EFNEP helps low-income families and children improve their nutritional well-being, through a series of hands-on, interactive lessons where participants learn and are encouraged to improve their food and physical activity knowledge, skills and behaviors.¹

Identifying the Need

2020 presented a host of new challenges for the program. For approximately 6 months no in-person networking, recruitment, classes or presentations were possible. CCE protocols developed in response to NY on Pause COVID-19 guidance relegated staff to their offices or homes. In lieu of nutrition education classes with participants, staff pursued professional development training, and revision of teaching materials. As a result, curricula were adapted for remote electronic delivery using Zoom. Staff developed technical skills to enroll participants via Qualtrics, and provide nutrition education using PowerPoint slides with guided discussion. Enrollment procedures and data collection were implemented such that both virtual and face to face classes, where possible, can continue.

Investing in the Solution

During FFY 2020 EFNEP was delivered in 24 of NY’s 62 counties highlighted in color. Counties of like color represent the five regions of the state. Nutrition education was provided 7,484 participants, impacting the lives of 20,001 New York low-income family members.
Demonstrating Behavior Change Improvements

For Adults
- Physical Activity: 83%
- Food Safety: 82%
- Food Resource Management: 81%
- Diet Quality: 95%

For Youth
- Physical Activity: 60%
- Food Safety: 62%
- Diet Quality: 89%

Reaching a Diverse Low Income Audience

- White: 41%
- Black: 21%
- Asian: 11%
- American Indian/Alaska Native: 1%
- Not Provided: 21%
- Multiple: 5%
- Native Hawaiian/Pacific Islander: 0%

84% of participants reached live at or below the federal poverty level

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