Helping Families Eat Better for Less! 2020

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]

The Expanded Food and Nutrition Education Program (EFNEP) is administered through the U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) and is offered through land-grant universities.[1]   EFNEP has been delivered by Cornell Cooperative Extension (CCE) since 1969.
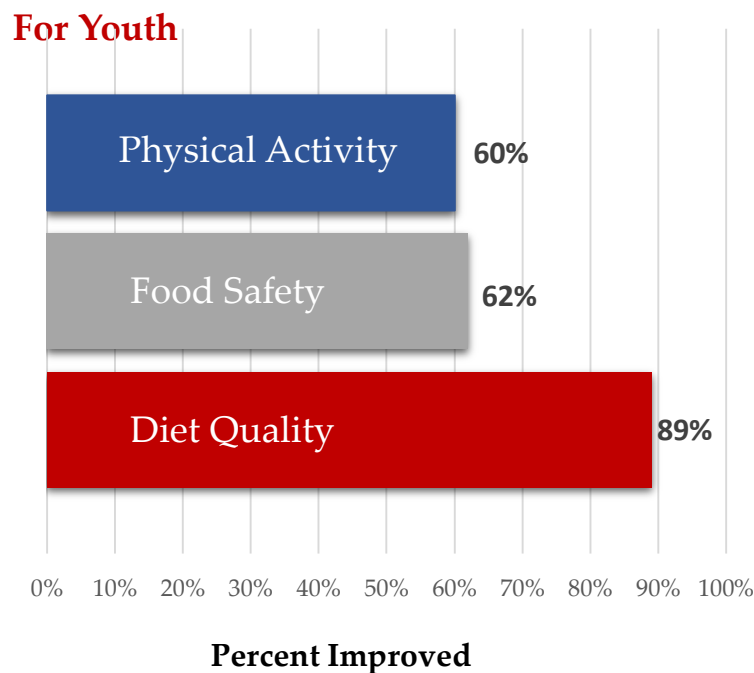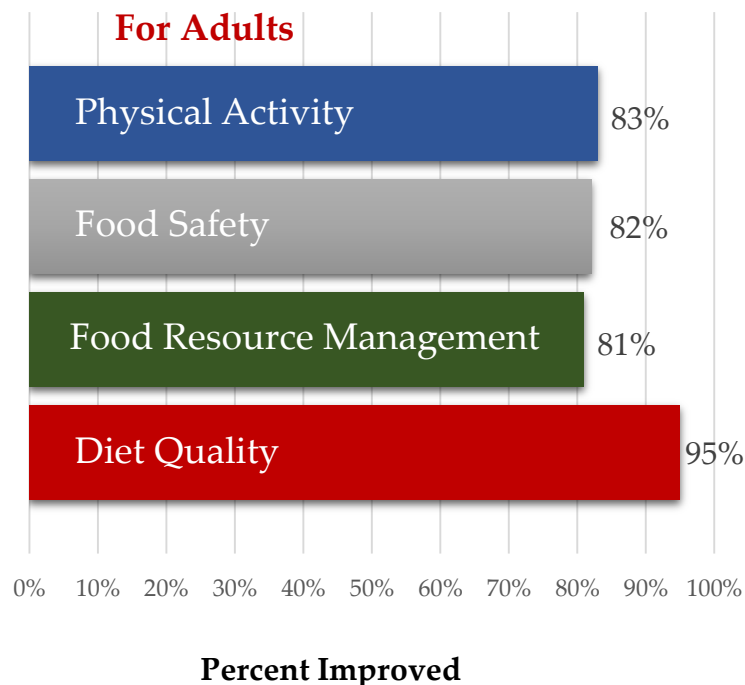
Identifying the Need

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.

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Demonstrating Behavior Change Improvements

For Adults

Category	Percent Improved
Physical Activity	83%
Food Safety	82%
Food Resource Management	81%
Diet Quality	95%

Percent Improved

For Youth

Category	Percent Improved
Physical Activity	60%
Food Safety	62%
Diet Quality	89%

Percent Improved

Reaching a Diverse Low Income Audience

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

>=186%, 3%
101-185%, 13%

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

100% of Federal Poverty Level

	Percent
Hispanic	42%
Non-Hispanic	58%

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