**Expanded Food and Nutrition Education Program**

Impacts in Arkansas for the 2017 Program Year

- **9 of 10 adult participants** ate more fruits & vegetables
- **40%** of all participants increased their physical activity
- **66%** of adults meet physical activity recommendations

**Impacted Demographics**

- **1,580** adults
- **1,918** youth

**Total Report Savings**

$3,122,061

**Monthly Savings Per Family**

$18.69

**Improved Food Safety Practices**

- **56%** adults
- **47%** youth

**Total Reach**

13,553 adults, youth, & families

**Program Graduates**

- **1,975** adults
- **4,679** youth

**What Our Participants Are Saying**

**Food Safety & Diet Quality**

“I like the way [EFNEP] helped me use a knife safely to cut up fruits and vegetables and I’m not scared anymore. Now that I can cut them up myself, I eat more of them.”

Youth Participant — Union County

**Food Resource Management**

“I have really seen a difference in my grocery bill. I get the Sunday paper and clip my coupons and plan my meals for the week. Not only do I save on my grocery bill, I get great savings on my household products.”

Adult Participant — Lee County

**Improved Health & Physical Activity**

“Before the class, I had no energy and my whole body hurt. After the third week, I noticed I was feeling better. Before, I couldn’t walk around the block, but now, I yard-saled all day with my daughter on Saturday... and walked around two lakes on Sunday with my husband... I feel so much better.”

Adult Participant — Benton County
EFNEP participants learn about healthy eating and being active. Lessons last about an hour each and are usually taught in groups and sometimes one-on-one.

**FOOD SECURITY**

Having a consistent source of food for your family helps provide food security.

**FOOD RESOURCE MANAGEMENT**

Planning meals ahead of time can reduce time and money spent at the grocery store.

**Diet Quality & Physical Activity**

Eating a quality diet and being active regularly can help keep us healthy.

**Food Safety**

Handling and preparing foods properly can prevent us from eating unsafe foods.

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