



2024 HIGHLIGHTS HEALTHY FAMILIES HEALTHY COMMUNITIES

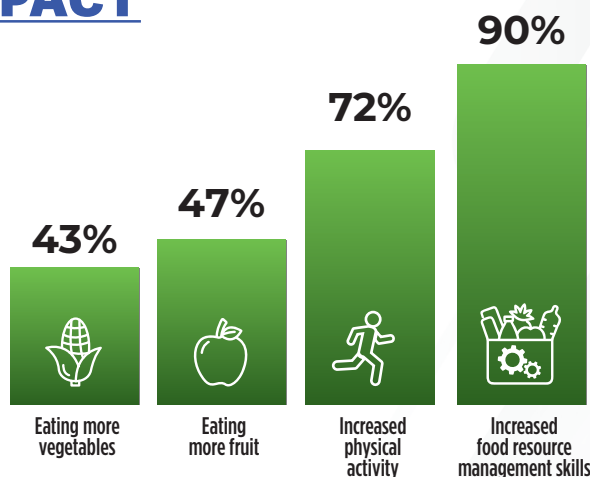
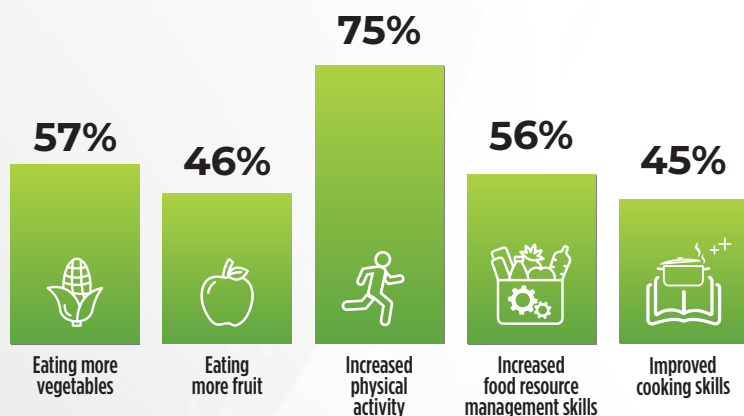
EAT WELL • SAVE WELL • LIVE WELL

The Expanded Food and Nutrition Program (EFNEP) is a direct education program offering nutrition education, primarily in urban areas, to caregivers of children and to school-age youth who are at risk for food insecurity. It is funded by the U.S. Department of Agriculture (USDA) and the National Institute of Food and Agriculture (NIFA). EFNEP has been conducted in Tennessee for over 50 years.

YOUTH REACH
2,651

ADULT REACH
2,243

PROGRAM IMPACT



RETURN ON INVESTMENT

**REDUCED
LONG-TERM
HEALTH COSTS**
\$21.68M

SAVED ON FOOD
\$17,642



SCAN
FOR MORE
INFORMATION

"I have totally stopped drinking soft drinks and make sure I have healthy snacks available, so I won't go looking for sweets."



PROGRAM SPOTLIGHTS

In Greene County, educator Debbie Strickland led programs in several schools. Afterward, younger participants reported **playing outside more and spending less time watching electronics**. Older participants put their new knowledge into practice by checking nutrition labels, choosing healthier snacks, replacing sugary drinks with water, and preparing class recipes at home.



Students learning cooking skills
(Greene County)



Older youth participating in Teen Cuisine
(Hamilton County)



Students engaging in a class game
(Hamilton County)



Educator working with students in nutrition class
(Greene County)

"I've learned to cook a variety of healthy meals in an affordable way. To be able to cook with confidence has helped me be a good mom and role model in my children's lives. Thank you for serving us with education for real life."



"I have learned to budget not only my money but my groceries and time as well."



"I could go on for days about the things I've learned in this class."

PROGRAM SPOTLIGHTS

At a Davidson County support facility, new mothers used the nutrition lessons taught by educator Charslyn Guilyot to provide **a healthier life for themselves and their newborns**, and be more confident about the future.

At a men's recovery center in Knox County, participants in EFNEP educator Amy Dever's nutrition program reported eating **a more balanced diet** because of what they were learning in class. They also began planning meals ahead of time to **better manage their grocery budgets** and started paying closer attention to food labels. Participants also reported getting more exercise after learning about the benefits of physical activity.



Adults engaging in physical activity
(Knox County)

healthyfamilies.tennessee.edu

Program Director

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