



2024 HIGHLIGHTS HEALTHY FAMILIES HEALTHY COMMUNITIES

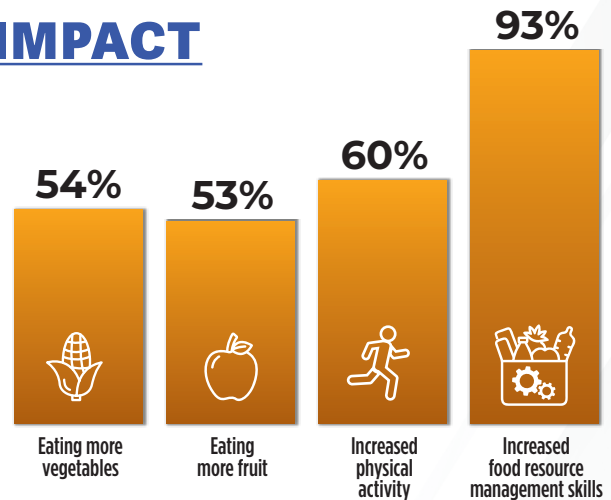
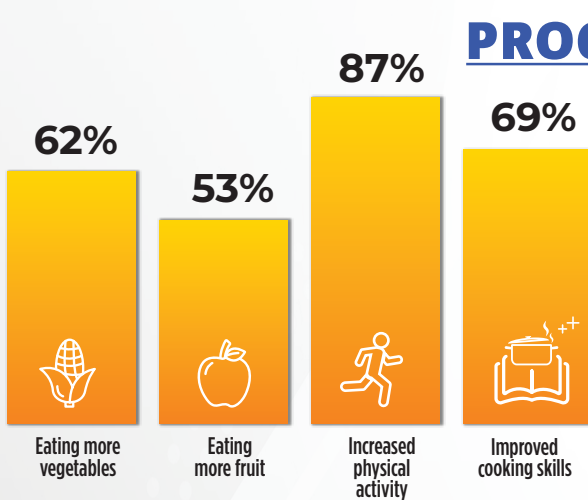
EAT WELL • SAVE WELL • LIVE WELL

The Tennessee Nutrition Consumer Education Program (TNCEP) is a SNAP-Ed program conducted by the University of Tennessee Extension, Department of Family and Consumer Sciences. TNCEP reaches Tennesseans throughout the lifespan (preschoolers to older adults) in communities that qualify for SNAP assistance. Through nutrition education classes, social marketing campaigns and community partnerships, TNCEP works to make food and physical activity accessible for all Tennesseans. TNCEP has been conducted in Tennessee since 1996.

YOUTH REACH
14,272

ADULT REACH
4,935

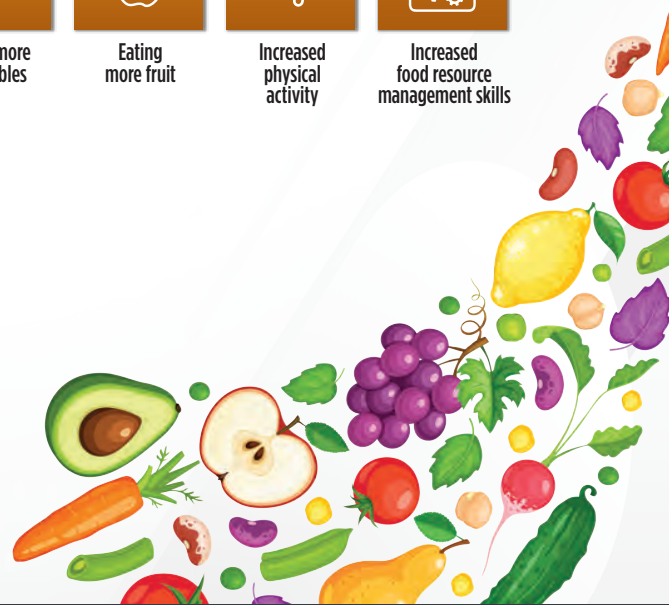
PROGRAM IMPACT



RETURN ON INVESTMENT

**REDUCED
LONG-TERM
HEALTH COSTS**

\$45.64M



"We saw learning carry over into the cafeteria when children would select foods and discuss the food groups they were picking from."



PROGRAM SPOTLIGHTS

In one Hamblen County elementary school, educator Carla Testerman led nutrition programs for both kindergarten and third-grade students. Teachers and staff noticed **more students washing their hands and wasting less food in the cafeteria.** At another county school, first graders enjoyed sampling of fruits and vegetables.



Educator teaching nutrition in afterschool program (Shelby County)



Young students tasting sample produce (Sevier County)



School students plant a vegetable garden (Washington County)

PROGRAM SPOTLIGHTS

Davidson County educator Ebonè Colclough led a program for older adults focused on improving balance, flexibility, and circulation. Prior to class, one participant had been unable to back in and out of parking spaces due to limited flexibility. After several lessons, she reported a significant increase in flexibility, allowing her to maneuver her car more easily and confidently. Another participant started the class using a rollator and cane. By the end of the 16-week course, she had **improved her balance and strength so much that she no longer needed any mobility aids.**

"I can stand better, I use my cane less, and I sleep much better at night. I look forward to coming to class each week."

"You and your group are providing life-changing information, and we are so glad that you want to share your knowledge and time supporting the people we serve."



Older adults participate in Stay Strong, Stay Healthy (Sumner County)



Educator teaching nutrition in community garden (Cocke County)

In Blount County, educator Sheri Arden led a program in a recovery facility for women that focused on nutrition, cooking, food safety, and budgeting. Participants planned out weekly menus, shopped for groceries, and cooked together using the recipes included in the lessons. Participants looked forward to **using the nutrition information and healthy recipes from class to provide healthier food options for their families** when they returned back to their homes. Sherry also used an on-site garden to help participants learn gardening skills. The participants used the harvested vegetables from the garden in some of the recipes they cooked together.



healthyfamilies.tennessee.edu

Program Director

Jennifer Ward, PhD, MPH

This material was adapted from and funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.

This institution is an equal opportunity provider.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.