The Expanded Food and Nutrition Education Program increases food security for Nebraskans by teaching limited-resource families and youth skills to choose and prepare safe and healthy food, live physically active lifestyles, and find healthy food on a budget. EFNEP is localized to 7 highly-populated counties in Nebraska.

200,000 Nebraskans are food insecure

EFNEP in Nebraska taught 632 limited-resource families

EFNEP in Nebraska taught 3,656 limited-resource youth

89% of adults improved diet practices (i.e., eating fruits and vegetables and less sugary beverages)

75% of adults improved food resource management practices (i.e., cook at home, compare food prices, plan meals)

73% of adults improved physical activity practices (i.e., exercising for 30 minutes or increasing activity with small changes)

EFNEP teaches family-based classes where we engage parents and their children together. Several families gather (school-aged children and their parents) to cook, learn about MyPlate, plan meals, and engage in physical activity. These classes are a win-win because they build family connections and allow families to embark on health practices together, increasing the chances that healthy changes will last.

Image: Lancaster County NEP staff engage families in cooking a healthy meal together.
IMPACT - YOUTH

78% of youth improved their abilities to choose foods according to Federal Dietary Recommendations or gained knowledge.

52% of youth used safe food handling practices more often or gained knowledge.

45% of youth improved their physical activity practices or gained knowledge.

SUCCESSES

Nebraska EFNEP started using a new curriculum to engage older youth in nutrition education and meal preparation: Teen Cuisine, developed by Virginia Tech Extension. Utilizing this practice-tested curriculum allows us to facilitate cooking experiences and physical activity both in-school and during out-of-school time for 6th-12th grade students. Youth in an after school club in Lancaster County received six hours of Teen Cuisine lessons. A favorite recipe prepared by the students in the club was the chicken quesadilla.

Students indicated that they learned:
- "how to make food healthy"
- "to read nutrition labels to make healthy choices"
- "to follow [recipe] directions"

The impact this class had on the youth’s health behavior includes:
- "eat less empty-calorie food"
- "eat three meals a day"
- "add veggies!"

SOCIAL MEDIA

Follow our team on social media to learn and see new ways we are using social media to engage limited-resource Nebraskans:

@UNLNutritionEducationProgram  @UNLNutritionEd  http://nep.unl.edu

CONTACT US

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This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.