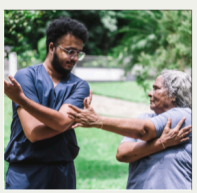


SUPPORTING WISCONSIN FAMILIES SINCE 1969

EFNEP helps families with limited resources to introduce healthy changes through **nutrition education, cooking classes** using healthy and low-cost recipes, **physical activity**, and **strategies to shop** on a limited budget.

EFNEP provides hands-on, peer-to-peer research-based education in four core areas:



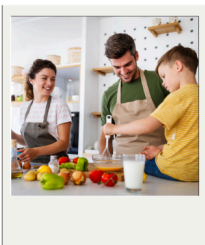
Diet quality
& physical
activity



Food resource
management



Food safety



Food security

EFNEP programs build on community strengths to leverage university resources and support health with evidence-based approaches for parents and caregivers and youth.

Wisconsin Landscape

1 of 10

Wisconsin households are food insecure



1 in 15

Wisconsin adults eat the recommended daily amount of fruits & vegetables

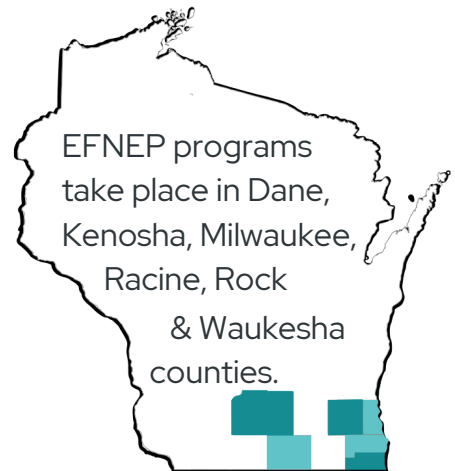


1 in 2

youth get the recommended level of physical activity



Program Reach



2,910 participants engaged in hands-on, interactive lessons with EFNEP peer educators.

2,083 graduates completed EFNEP, building skills in nutrition and healthy living.

53 community partners collaborated with EFNEP to deliver impactful nutrition education.

The Impacts

Adult

Graduates

96% improved diet quality, habits, and behaviors.

87% practiced better food resource management.

73% improved food safety practices.

70% increased their physical activity.

44% reported improvement in food security.



Youth

Graduates

86% improved diet quality, knowledge, and behaviors.

53% improved knowledge and practice of food safety behaviors.

57% increased physical activity knowledge and behaviors.

41% increased knowledge and practice of food resource management.

Making

A Difference



Parents and caregivers with limited income often struggle to prepare healthy meals due to time and budget constraints. A Waukesha County childcare center director requested help teaching parents how to cook easy, nutritious meals for their kids. FoodWise (EFNEP) offered an Eating Smart Being Active lesson series to engage parents in cooking and nutrition education.

During the series, educator Sarah Garcia worked with the parents to prepare kid-friendly recipes like English muffin pizza, salmon patties, and banana "sushi", reinforcing lessons on fruits, vegetables, whole grains, shopping, label reading, and food safety. All children showed improvement in their dietary behaviors, food resource management, and food safety practices. Additionally, 60% became more physically active. The most commonly improved behaviors included eating more and a greater variety of vegetables, meal planning, and cooking at home. One parent said, *"this has made me even more aware of labels and ingredients."* Another said, *"It has changed how I prepare, cook, and shop. From knowing how to safely thaw meat, to having a well-balanced meal, while still getting all of the nutrients me and my family need."*

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