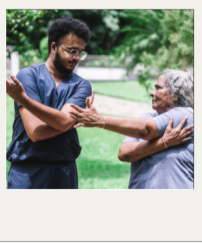


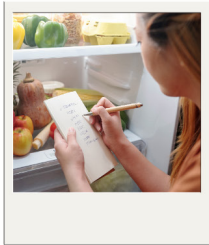
SUPPORTING WISCONSIN FAMILIES SINCE 1969

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:



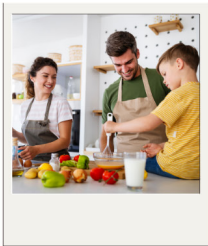
Diet quality & physical activity



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 8

Wisconsin households are food insecure¹



1 in 15

Wisconsin adults eat the recommended daily amount of fruits & vegetables²

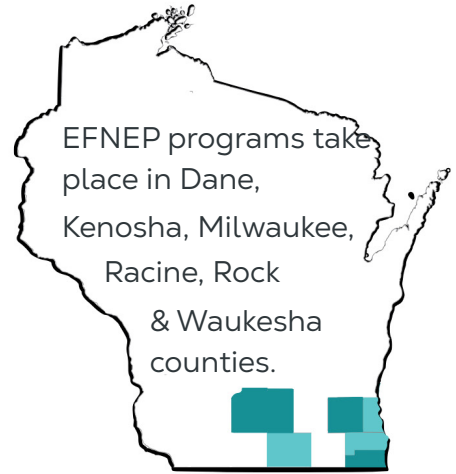


1 in 2

youth get the recommended level of physical activity³



Program Reach



4,948 participants engaged in hands-on, interactive lessons with EFNEP peer educators.

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

¹ USDA, Economic Research Service using U.S. Department of Commerce, Bureau of the Census, 2022, 2023, & 2024 Current Population Survey Food Security Supplements data.

² U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2021).

³ U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health, 2023-2024

The Impacts

Making A Difference

Adult Graduates

Youth Graduates



94% improved diet quality, habits, and behaviors.

83% improved diet quality, knowledge, and behaviors.

88% practiced better food resource management.

48% improved knowledge and practice of food safety behaviors.

73% improved food safety practices.

54% increased physical activity knowledge and behaviors.

73% increased their physical activity.

51% increased knowledge and practice of food resource management.

42% reported improvement in food security.



Parents and caregivers with low income often struggle to prepare meals with unfamiliar ingredients, including fruits and vegetables, because they hesitate to spend limited resources on foods their children may not eat. EFNEP helps families make positive changes through nutrition education for both parents and children. In Dane County, FoodWise (EFNEP) offered concurrent series for parents (Eating Smart Being Active) and their children (Show Me Nutrition).

During the series, a FoodWise educator worked with parents to prepare low-cost, kid-friendly meals. Children learned about food groups, healthy choices, and tried new fruits and vegetables through taste tests. One mother shared that before the program, family meals often included macaroni and cheese, pizza, chicken nuggets, and french fries. She struggled to find time to cook and lacked confidence preparing fruits and vegetables. Through the EFNEP classes, she learned simple recipes and began cooking them at home. As her children learned about healthy choices in their own classes, they began asking for fruits and vegetables at the grocery store. She expressed gratitude for EFNEP's support, saying, "Planning and preparing meals was becoming easier and actually happier!"

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