

Mississippi State University

Extension Service

2013: The Expanded Food & Nutrition Education Program (EFNEP) Mississippi Adults



539
Graduates

EFNEP 2013 PRIORITIES

- **Diet Quality and Physical Activity** —Helps adults make healthy choices about food & exercise
- **Food Resource Management** —Teaches skills that help participants stretch their food dollar
- **Food Safety** —Improve practices to prevent food borne illness
- **Food Security** —To ensure having enough healthy food to eat

45% increase in participants eating 3 or more cups of fruit and vegetables combined



31% increase in participants that more often follow the recommended food safety practice of not allowing meat and dairy foods to sit out more than 2 hours

47% increase in participants who report a positive change in their physical activity level

