## Mississippi State University Office of Nutrition Education

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



99% of children grades
Kindergarten– 2nd made at
least 1 improvement in
knowledge or skill related to
diet quality.



## **EFNEP 2013 PRIORITIES**

- Diet Quality and Physical Activity
- —Helps the youth 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

## 23,408 youth

39%
improvement in asking to have vegetables within reach.
Grades 3<sup>rd</sup>- 5<sup>th</sup>

30% improvement in choosing a lowfat food item. Grades 6<sup>th</sup>-8<sup>th</sup> 57%
improvement
on washing
hands. Grades
Kindergarten –
2<sup>nd</sup>

69% of children grades 6th-8th adopted or improved 2 or more habit(s) or behaviors related to physical activity.





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