

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 3rd- 5th

30%
improvement in
choosing a low-
fat food item.
Grades 6th-8th

57%
improvement
on washing
hands. Grades
Kindergarten –
2nd

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

