Alabama Expanded Food and Nutrition Education Program

Celebrating 42 Years of Success!

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EFNEP’s Objective

EFNEP’s objective is to help low-income families and youth acquire the knowledge, skills, attitudes, and changed behavior necessary for securing nutritionally sound diets and to contribute to their personal development.

Participation in the program can be expected to result in the following:

- Increased knowledge of the essentials of human nutrition
- Improved practices in food production, storage, preparation, safety, and sanitation
- Increased preference for selecting nutritious food that fits into available resources
- Increased ability to manage food budgets and related resources, such as food stamps and Special Supplemental Food Program for Women, Infants, and Children (WIC) food vouchers
- Improved diets and nutritional well-being for the entire family

EFNEP’s Goal: Increased Funding to Expand to Other Counties

Current EFNEP Counties


Future EFNEP Counties

Clay, Chilton, Cherokee, Cleburne, Coosa, Dale, DeKalb, Jackson, Lawrence, Lee, Limestone, Madison, Marion, Marshall, Morgan, Randolph, Washington

EFNEP’s Target Audience

- Limited-resource families in households with children
- Families who are eligible for USDA food assistance programs
- Families receiving public assistance
- Unemployed families with a low level of formal schooling
- Families living in housing that is in need of extensive repairs or replacement

EFNEP Across Alabama

EFNEP collaborates with the following Alabama agencies:

- Alabama Department of Education
- Housing Authorities
- Recreational Departments
- Alabama Department of Health
- Child Nutrition
- Head Start
- Food Banks
- Alabama Department of Human Resources
- Local Schools
- Alabama Farmers’ Market Authority
Make healthy choices for the whole family by
  • choosing healthy foods
  • preparing nutritious snacks
  • choosing foods for healthy pregnancy
  • making healthy food choices for infants’ and children’s development

Prepare delicious and safe food by
  • preparing new recipes
  • tasting new foods
  • acquiring cooking skills
  • learning about food safety and storage
  • achieving good personal hygiene

Make money and food stamps go further by
  • planning meals
  • making grocery lists
  • shopping wisely for groceries
  • budgeting food dollars and food stamps
  • using food labels to choose best buys

EFNEP helps Alabamians learn how to
EFNEP was piloted in Alabama between 1964 and 1969, going nationwide in 1969.

EFNEP has reached more than 92,000 low-income Alabama families in the last decade with the majority of families below the 100% poverty level.

More than 78% of the families graduated, receiving in-depth nutrition education.

More than 90% of the families made positive family nutrition changes in the last decade.

The program is contributing to healthier Alabama babies through prenatal and newborn programs.

The program has produced nationwide successes with testimonies before the U.S. Senate and Congress.

According to CSREES/USDA officials, Alabama EFNEP is ranked among the top 10% of successful EFNEP programs in the country.

86% of EFNEP participants show improvement in one or more nutrition practices.

81% of EFNEP participants show improvement in one or more food resource-management practices.

75% of 4-H DOT, (Diet's Our Thing) EFNEP youth now eat a more balanced diet.

**EFNEP’s Impact on Alabama**

For every $1 spent on nutrition education, $10.64 is saved in health care costs. EFNEP programs serve individuals whose income is no more than 185% of the poverty level. For 2004, that was $34,873 for a family of four and $17,224 for an individual. *


**EFNEP Program Input and Participants Reached in 2005**

- 7,057 client families reached
- 23,309 client family members
- $237 average cost per client family
- $76 average cost per client family member
- 8 average client lessons
- 69 part-time educators

**Volunteers**

Alabama EFNEP reported 512 volunteers served 7,680 hours in fiscal year 2005.