

Educators In Action

Stronger Health

In partnership with a local medical facility, EFNEP delivered the six-lesson Eating Smart, Being Active curriculum to patients referred by health care providers. Participants developed practical skills in MyPlate-based meal planning and strategies to increase daily physical activity. As a result, one participant achieved meaningful health improvements, including improved blood sugar control and a 10-pound weight loss.

- Barbara Phillips, EFNEP Educator, Dallas County



Transforming Habits

Two sisters reported eating fast food more than 10 times per week. After participating in a nutrition lesson and class discussion, they committed to healthier choices and reduced their fast food visits to just once per week.

- Terri Fritts, EFNEP Educator, Marengo County

Balanced Breakfast

EFNEP participants love the Blueberry Yogurt Raisin Bran Crunch recipe. One 10-year-old participant asked, "Can I take the rest of that cereal home and eat it for breakfast?" Excited that he wanted to recreate the recipe, EFNEP provided him with the cereal and recipe cards so he could continue practicing the skills at home.

- Whitley Baker, EFNEP Educator, Talladega County



The Expanded Food and Nutrition Education Program (EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA).

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"I didn't see how exercise could work for me in a wheelchair. Now I look forward to moving and feeling stronger."

- Families Eating Smart, Moving More Participant, Blount County

Cooking Confidence

During a Teen Cuisine class, a student reflected, "I'm only in 7th grade, but I know I need to eat better. We all do." His enthusiasm grew each week as he tried new foods, learned nutrition skills, and encouraged his classmates with motivating pep talks. He proudly shared his progress, noting, "I didn't drink a Coke at supper. I had water instead."

- Hannah Davenport, EFNEP Educator, Butler/Lowndes Counties

Nurturing Futures

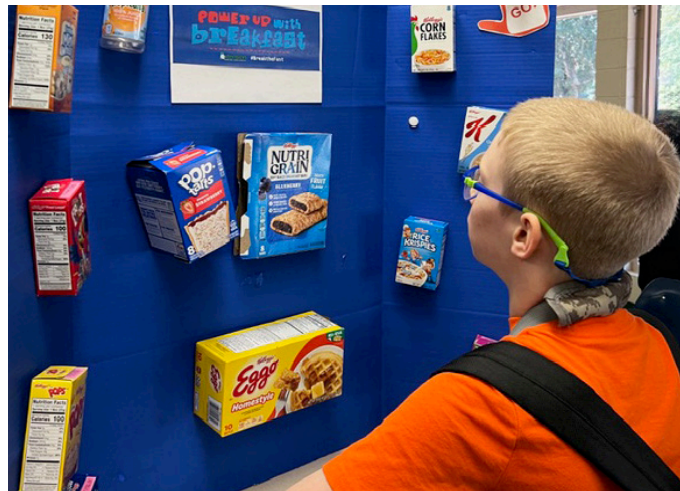
A Calhoun County resident recently discovered that she was pregnant, an exciting but overwhelming time. During EFNEP sessions, she learned about the importance of folic acid and iron-rich foods for combating fatigue, as well as strategies to manage cravings. As a result, she reported increased energy, reduced morning sickness, and greater confidence in giving her baby a healthy start. The program empowered her to make informed, nutritious choices during early pregnancy.

- Vanessa Wood, EFNEP Educator, Calhoun County

Healthy Choices

A Montgomery County youth shared that her family often chose sports drinks and sodas and rarely included vegetables in meals. Through Teen Cuisine, she now helps plan grocery lists, chooses healthier foods, asks for fresh fruit instead of sugary drinks, and enjoys raw vegetables such as carrots and broccoli.

- Jovonna Gunn, EFNEP Educator, Montgomery County



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AU EFNEP 2025 IMPACT REPORT

In 2025, the Expanded Food and Nutrition Education Program reached **9,332 adults and youth** across **31 counties**. Participants learned to prepare nutritious meals, save money on groceries, and stay active in their daily lives. AU EFNEP is made possible through funding from the USDA National Institute of Food and Agriculture.

Empowering **Healthy** Choices Across **Alabama**

Adults Making Positive Changes

96%

improved
diet quality

93%

improved
food resource
management

77%

improved
physical activity

75%

improved
food safety

Youth Success

90%

chose more foods according
to federal dietary recommendations

68%

increased physical activity
throughout their day

62%

used safe food handling
practices more often

49%

improved their ability or
knowledge of how to prepare
simple, nutritious, affordable food

Highlights

AU EFNEP educators are shaping the next generation by reaching more than **105 schools across Alabama**, helping build healthy habits early.

By learning how to read nutrition labels, plan healthier meals, and incorporate more movement, we were able to lose a combined 15 pounds.

- Eating Smart, Being Active Participants,
Dallas County

I never realized how easy it is to cook simple, healthy meals until this class. No one has ever shown me how to do this.

- Families Eating Smart, Moving More Participant,
Winston/Lawrence County

Adult participants ate more **health-promoting nutrients**, including fiber, calcium, vitamin A, vitamin C, and folate, by the end of their education. These nutrients are essential components of a healthy diet and support overall well-being.



Today's Mom helps participants put their new skills into practice at home.

The community building is just a short walk from our home, making it easy for my kids to attend classes. They especially enjoy the cooking lessons and are excited to bring new recipes home for us to try together.

- Parent, Teen Cuisine Participant,
Coosa/Tallapoosa Counties



Community outreach events help EFNEP educators build relationships and connect families with healthy living resources.

I went from feeling overwhelmed to feeling confident, energized, and prepared to give my baby the best possible start.

- Today's Mom Participant, Calhoun County



AU EFNEP educators love to share their knowledge with the community!



Students enjoy hands-on learning in AU EFNEP classes.

My mom didn't buy fresh pineapple because she thought it required a special tool. Now we buy it, and I cut it the way I learned in class.

- Teen Cuisine Participant, Macon County