



2019 ANNUAL REPORT

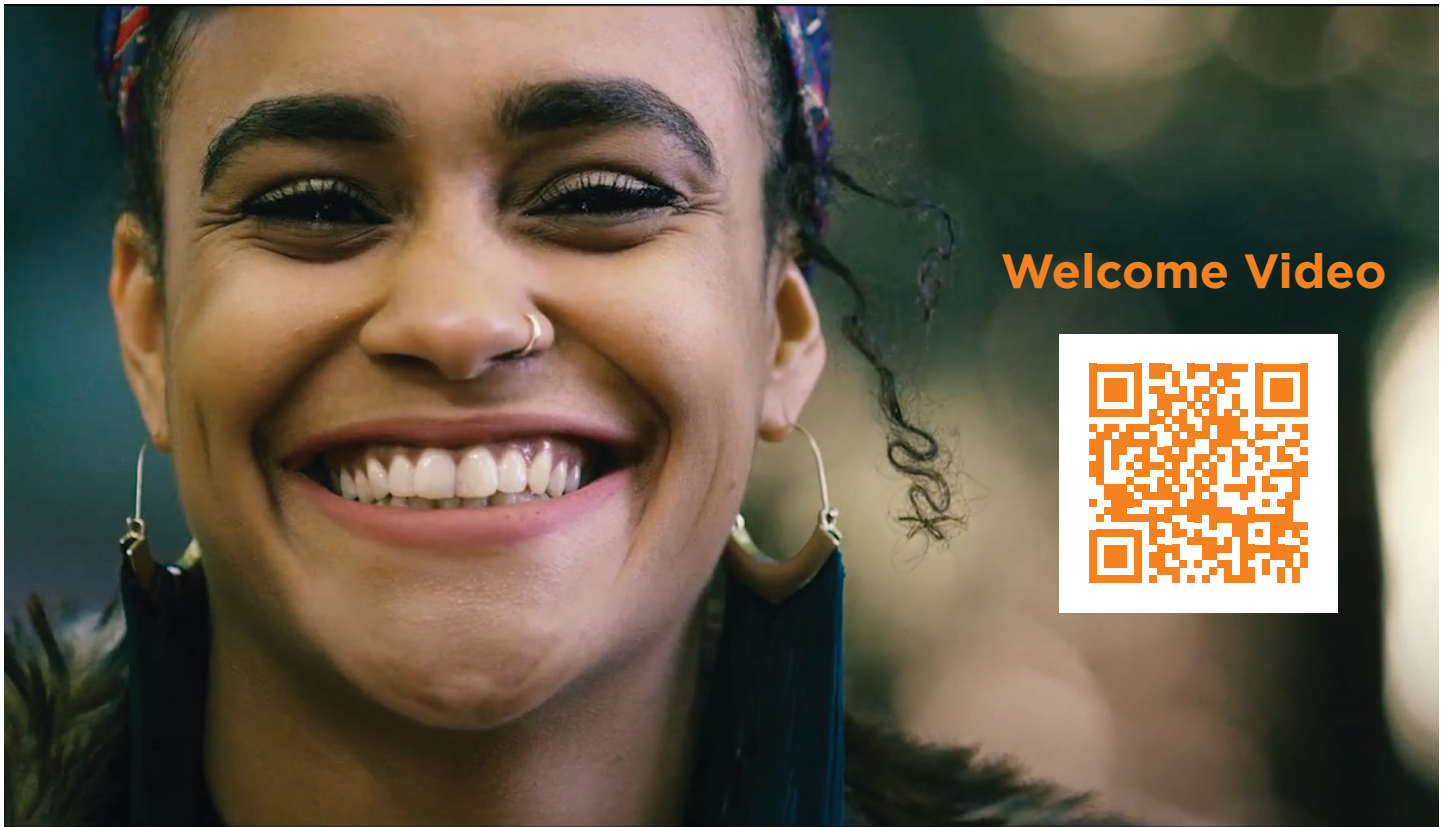
**Healthy Families,
Healthy Communities**

EAT WELL, SAVE WELL, LIVE WELL



Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
U|EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers Expanded Food and Nutrition Education Programs (EFNEP) funded by the United States Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA).

EFNEP is a peer-to-peer intensive direct education program using a hands-on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity.



The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) provides Tennessee Nutrition and Consumer Education Programs (TNCEP) through funding by the Tennessee Department of Human Services (DHS) and the United States Department of Agriculture (USDA). Through TNCEP, UT Extension FCS supports nutrition education and obesity prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP).

Driven by local coalitions, we strive to reach our goal to reduce nutrition-related health risks through nutrition education and community engagement.

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Welcome

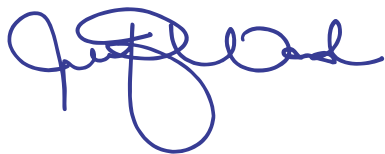
With a presence in all 95 counties, UT Extension works to improve the lives of families all across Tennessee. Within the Family & Consumer Sciences department, UT SNAP-Ed: TNCEP and EFNEP programs bring evidence-based solutions to the real problems Tennessee families face. Our multi-pronged approach to poor diet quality includes education, marketing, and environmental changes.

High health care costs and obesity rates are a daunting challenge, but I've seen the real changes our programs make. Our people are our strongest resource and they work tirelessly in communities, connecting with people and collaborating with organizations to ensure SNAP eligible consumers can eat healthier and stretch their food dollars.

Extension is powerful because we bring high quality information from the university to the people of the state. We value relationships and meeting people where they are. Not only that, we continuously adapt our programs to ensure we meet the needs of a diverse Tennessee.

I'm excited to share our accomplishments for 2019 and invite you to join us as we move forward making the healthy choice the easy choice.

Sincerely,



Jennifer Ward, PhD, MPH
Program Director



**Healthy Families,
Healthy Communities**

EAT WELL, SAVE WELL, LIVE WELL



WWW.UTHEALTHYFAMILIES.ORG

TNCEP/EFNEP Annual Report

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This material was funded by USDA's National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program and Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.



Serving and Connecting Communities



Gibson County Extension Food Pantry

The Gibson County Extension staff established a Food Pantry and constructed a raised-bed vegetable garden at the Extension Office site. The pantry provides additional food to TNCEP participants and families that receive SNAP benefits. The vegetable garden supplements the *Learn, Grow, Eat & Go* TNCEP curriculum that features hands-on gardening, nutrition, physical activity, and food tastings.

Gibson County Extension partnered with community members and agencies to develop a local food pantry. The food pantry provides free items, representing all five food groups, to TNCEP participants. This provides an additional resource for finding healthy foods on a limited budget.

Participants are excited about the new food pantry that we facilitate every three months. As a result of these efforts, 90 families have received perishable and non-perishable food items at the quarterly distribution. Participants who have taken TNCEP classes are eligible to participate in the food demonstration. Because of the food pantry, adult enrollment and class participation have increased by 10%.

The Food Pantry is made possible because of our community partnerships: UT Master Gardeners Tyson Foods, Turner Dairy, Pictsweet, and donations from other companies and individuals throughout the community.

Building the Foundation To Better Health



Through Programming in ALL 95 COUNTIES



Community Contacts

33,292 direct education participants

1,699,570 educational contacts

24,587 reached with changes to physical activity and nutrition environments

333,348 social media impressions



Partnerships are key

454 agencies and community organizations

69 county coalitions



Investing in Prevention

\$65,668,952
in reduced long-term health care costs.

\$45,354.73
EFNEP dollar savings

Each adult participant saved an average of \$28.03 in food purchases as a result of participating in EFNEP.



Reaching Diverse Audiences

The University of Tennessee's EFNEP and TNCEP programs have been working hard to increase the accessibility of our programs to linguistically diverse groups. Efforts have included translating written materials into Spanish, staffing bilingual nutrition educators across the state, holding nutrition classes in Spanish and forming community partnerships with agencies that serve Spanish-speaking audiences. Future efforts will include translating curriculum into more languages to reach refugee and immigrant populations that call Tennessee home.

Sumner County Successful In Expanding Reach



Sumner County is one of the counties that has been successful in expanding reach to Spanish-speaking participants. In the spring of 2019, Sumner County partnered with

the American Job Center in Gallatin along with their ESL teacher to increase access for participants. Nutrition classes were scheduled on the same day as ESL classes either before or after regular class time. The participants were enthusiastic and enjoyed learning about making healthier choices.

In addition, Sumner County partnered with Gallatin Shalom Zone and their ESL instructor in the fall of 2018. Spanish nutrition classes were marketed to these participants during ESL class time. This has resulted in an ongoing partnership that has resulted in more Spanish-speaking participants attending nutrition classes at the Sumner County Extension office.

Another partnership formed in 2019 was with Conexion Americas who markets and advertises Spanish nutrition classes to their participants.

In addition, Sumner County has an ongoing partnership with Volunteer State Community College. They allow EFNEP to promote Spanish Eat Smart and Move More Programs at their Fall Fiesta, which is a day to celebrate Latin Culture.



- aguacate
- crema
- tortillas
- pollo
- limón
- pescado

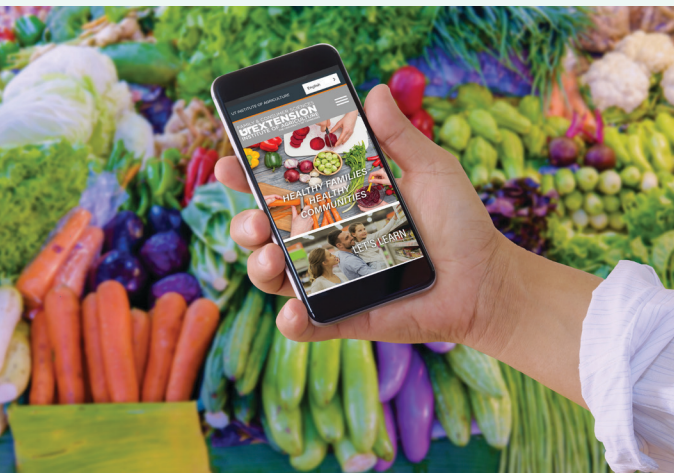




Engaging Online

TNCEP engages families outside of the classroom through the Healthy Families, Healthy Communities website. In 2019, new content videos related to kitchen terminology, skills, tips and tricks were developed and promoted on the website.

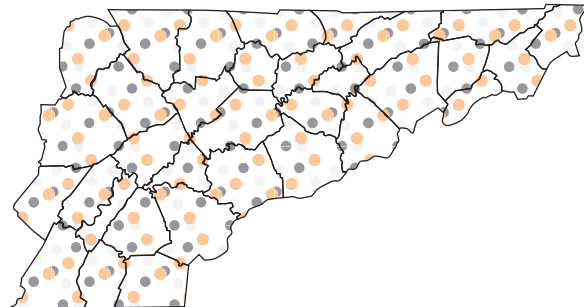
In addition, TNCEP worked to translate existing recipe videos for Spanish-speaking audiences while also creating culturally appropriate content to effectively expand its reach to the Latinx community.



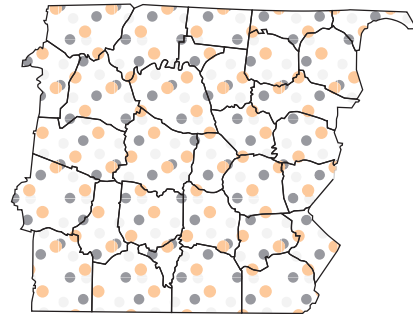
Meeting People Where They Are

- Community Centers
- Drug Treatment Centers
- Faith-Based Organizations
- Farmers' Markets
- Food Banks and Pantries
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- Faith-Based Organizations
- Farmers' Markets
- Food Banks and Pantries

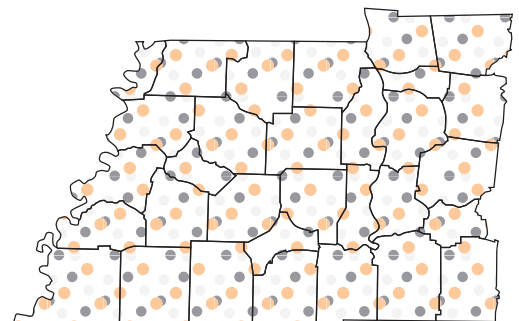
631 SITES



EASTERN



CENTRAL



WESTERN



Success Stories

Knox County

When Angela, a 27-year old mother of two, began taking EFNEP classes, she complained of lethargy, feeling “achy”, and of her son often getting in trouble at school due to inability to focus. During the class, she began implementing strategies to increase family water intake and reduce intake of sugary and caffeinated beverages. Within 6 weeks, Angela noticed a significant increase in energy, no longer complained of feeling “achy” and noticed improved behavior and focus in her children. In addition, she was able to save \$200 per month by not buying soda and still had SNAP benefits in her account by the end of the month for the first time ever!

Putnam County

After taking the TNCEP classes, one participant reported gaining confidence to try new recipes in the kitchen and improved kitchen skills! In addition, she reported losing 10 pounds, drinking more water, trying new foods, and walking daily. “As a single mom, this class has helped me learn to feed my children healthy, affordable meals. I wouldn’t have thought to make these meals before. The Eating Smart at Home Cookbook is now used weekly in our home.”

Knox County

Before taking the EFNEP classes, a 32-year old mother of three was consistently using up all of her SNAP benefits in less than three weeks. She shared that since she started planning her weekly menu, she has had money to last through the end of the month. Since she is planning and shopping smarter, she isn’t struggling each month to feed her kids.

McNairy County

Each year, when students attend the 4th and 5th grade TNCEP class, students try new fruits and vegetables that they have never tried before. One child had never even tried a banana. This year, several children tried mandarin oranges for the first time and every student reported enjoying them and planned to ask their family to start serving them. Exposing children to fruits and vegetables at a young age is an excellent way to encourage them to try new foods and eat more fruits and vegetables!

Big Impacts



31%
eating more
vegetables



34%
eating
more fruit



31%
saving more
money
on food



33%
more
physically
active



Our strength is in our people and relationships

WESTERN REGION

CENTRAL REGION

EASTERN REGION

