

COOPERATIVE
EXTENSION
SERVICE



College of Agriculture,
Food and Environment

When you support
Extension Nutrition
Education, low
income families learn
to stretch their food
dollar and change
nutrition patterns
leading to reduced
health care costs
and absenteeism
from work and
lessen dependence
on emergency food
assistance.



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EXTENDING KNOWLEDGE *Changing Lives*



The nutrition program assistant teaches students at Slaughter Elementary School about accurate measuring when preparing a recipe.

Nutrition Education Programs Lead to Public Savings by Improving Health and Reducing Dependence on Public Assistance

Research quantifies a \$12.50 health benefit for limited resource families for every \$1.00 invested in the Expanded Nutrition Education Program by improving their diets, nutritional practices and food safety practices.

(Wessman, Betterley, & Jenson; 2001)



The Jefferson County Extension office employs five program assistants for the Expanded Food and Nutrition Education Program (EFNEP). EFNEP provides nutrition education to low-income families and individuals with the goal of creating healthier lifestyles.

Youth Component

Throughout the school year, program assistants conduct weekly and monthly programs in Jefferson County schools, community parks, child care centers, and afterschool programs. Program assistants use the Learning, Eating and Activity for Primary Youth Health curriculum to read stories, conduct food demonstrations and introduce fruits and vegetables to the students. As a result of EFNEP, McFerran Head Start students grew a garden in spring 2014 where they grew spinach, kale, radishes and collard greens among other vegetables. At the end of the school year, the vegetables were harvested and made into healthy snacks for the children to enjoy.

Adult Component

Extension Agents and Nutrition Education Program Assistants conduct adult programs throughout Jefferson County. The program targets residents who participate in **WIC and SNAP**. After completing six or more sessions, participants reported **improving nutritional choices, applying food resource management skills to maximize their food dollars, practicing food safety, and running out of food less often.**

The University of Kentucky Nutrition Education Programs is funded by USDA Expanded Food and Nutrition Education Program and the Supplemental Nutrition Assistance Program.



McFerran Preparatory Academy Head Start teachers wanted to make sure the children in their classrooms learned healthy habits early. After implementing a walking program, the University of Kentucky Cooperative Extension Service partnered to provide nutrition education.

Ninety-two percent (92%) of Kentucky adults who completed Nutrition Education Program lessons in 2013, reported they followed Dietary Guideline recommendations more closely and included an increase of about 1.4 servings of fruits and vegetables each day.



Adults and youth learn portion control and are encouraged to make half of their plate fruits and vegetables.