

## 2010 ANNUAL REPORT Webb County



### Expanded Food and Nutrition Education Program

#### **Supporting Texas Families with Greatest Need Since 1969**

The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in settings convenient for the participants. EFNEP also includes a walking program for adult participants. Program graduates reflect significant, lasting improvement in eating behaviors and healthy food habits.

Texas has a need for EFNEP—2009 data show that 19.8% of Texas families with children under the age of 18 were living below poverty, compared to 16.6% of U.S. families.

#### **EFNEP Reaches Diverse Audiences in Webb County**

In Webb County, an ethnically diverse EFNEP agent reaches adult groups whose principal language may be English or Spanish.

In 2010,

- 70 families with 148 children enrolled in EFNEP.
- 69% of families were at or below 100% of federal poverty level.
- 67% of families enrolled in one or more food assistance programs at entry.
- 93% of EFNEP adult participants were Hispanic/Latino.

#### **EFNEP Makes a Real Difference**

Using “hands-on” experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP the following food and nutrition behaviors were achieved:

- **92%** with positive change in any food group at exit.
- **72%** improved in one or more food resource management practices such as planning meals in advance.
- **86%** improved in one or more nutrition practices such as using the “Nutrition Facts” on food labels to make food choices.
- **51%** improved in one or more food safety practices such as thawing foods safely.

#### **Cost-Benefit of EFNEP**

Studies have shown that for every \$1 spent on EFNEP, \$10 were estimated to be saved in health care costs and \$2 saved in food costs by participants. For Webb County, this is \$1.26 million in estimated health care cost savings and almost \$252,356 in food costs.

*In 2009, 43.6% of  
Webb County youth  
lived in poverty.*



*EFNEP, the Expanded Food and Nutrition Education Program, provides food and nutrition education for limited resource families with young children through the Texas AgriLife Extension Service, with funding from USDA. In 2010, EFNEP programs assisted Texans in Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Nueces, Tarrant, Travis, Webb, and Willacy Counties.*

*EFNEP nutrition assistants help low-income families and youth acquire the knowledge, skills, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.*

*Webb County EFNEP nutrition education assistants teach in homes, schools, churches and community agencies.*

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