

Virginia EFNEP

Expanded Food and Nutrition Education Program

Virginia EFNEP boasts a long history of delivering hands-on interactive lessons to participants with low income by paraprofessional (peer) educators. This year, programs were offered in-person and through synchronous, remote education.



After EFNEP classes:

40% of 6th to 8th graders
eat more vegetables

40% of 6th to 8th graders
eat more fruit

33% of 6th to 8th graders are
more physically active

Every \$1
spent on quality
nutrition education
saves as much as
\$10 in long-term
healthcare
costs.

99

Formal Partnerships

**Nutrition
Education
for Youth**

**Partnerships
& Collaborations**

**Robust
Evaluation**

**Nutrition
Education
for Caregivers**

Pre- and post-
evaluations administered
to all youth and adults

After EFNEP classes,

participants report:

99% of adults improved their diet quality

96% of adults improved their food resource
management practices (e.g. comparing
food prices or making a list before
shopping)

83% of adults improved their physical
activity behaviors

**In
2023**

EFNEP reached
4,578 youth and **378** adults.

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