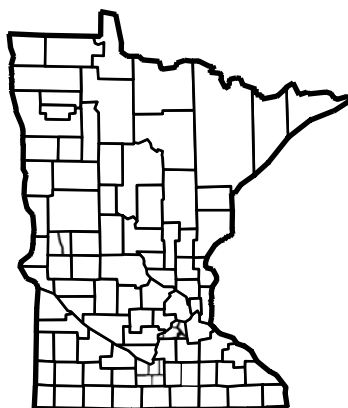


Nutrition Education Programs 2009 Fact Sheet

1. The Minnesota Nutrition Education Programs (NEP) provide nutrition and food resource management education to food stamp eligible families to increase their ability to make wise use of their food and financial resources.

2. In 2008, NEP completed its 38th year in Minnesota, delivering education in 86 of 87 counties in the state.



3. NEP serves families with young children, youth, adults, and seniors.

4. In 2008, Minnesota NEP was funded with approximately \$8.1 million from the USDA's Food Stamp Nutrition Education program (FSNE) and Expanded Food and Nutrition Education Program (EFNEP), matched by approximately \$7.2 million from state and local partners.

5. In 2008, a total of 446,464 direct contacts were established. Nearly all of these direct contacts were made with 80,872 participants who completed an average of 6 hours of nutrition education. Research indicates a minimum of 6 hours of education is necessary to influence long lasting behavior change.

6. Indirect contacts were established with more than 254,000 individuals and families. These indirect contacts included the audiences for one-on-one and while-you-wait teaching episodes, as well as contacts made through newspapers, newsletters, exhibits, brochures, media activities, etc.

CONTRIBUTING TO
STRONGER, HEALTHIER
COMMUNITIES BY
PROVIDING NUTRITION AND
FOOD RESOURCE
EDUCATION TO PERSONS
WITH LIMITED INCOMES.

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7. As a result of the Minnesota NEP, participants utilized a variety of personal and community resources to adopt safe, nutritious, and economical food practices.
8. Of those FSNE participants who engaged in Diet Quality nutrition education, 84% of youth, 82% of seniors, and 82% of adults made at least one positive behavior change.
9. The program integrates the research and talents of the University of Minnesota faculty with University of Minnesota Extension field staff to develop relevant and scientifically supported programming and curriculum.
10. Nutrition education programming was delivered by a staff of 110 Nutrition Education Assistants with support from Extension Educators, Program Coordinators, and a variety of faculty, administrators, and support staff.
11. The Minnesota NEP will continue to link programming efforts to social policy changes recognizing personal responsibility and self-sufficiency.

Success Story:

"Welcome Changes"

After completing a series of 8 sessions in a 4th grade classroom, the NEA met a parent of one of the students she had been working with during the most recent school year. The parent thanked the NEA for encouraging healthy eating habits in her daughter. She referred to the child asking her to purchase more fruits and vegetables and wanting to try some that they had never tried before. She was especially impressed that her daughter was reading the labels on products and informing her about the good and not so good things to look for in a product. The mother had actually changed some of her purchasing practices. She was now looking for more 100% whole grain products, and she was surprised that her family really liked them. The biggest change was that they were now buying 100% juice instead of a flavored juice drink that she had *thought* was "real" juice.

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*This publication is available in alternative formats upon request.
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