

2018

annual impact report

Throughout Indiana, the Purdue Extension Nutrition Education Program (NEP) works to make the healthy choice the easy choice where limited resource families live, eat, work, play and shop. We focus on 5 areas: nutrition, food safety, food security, physical activity and food resource management.

Our Nutrition Education Program Assistants provide free nutrition education lessons to both youth and adults. Our Community Wellness Coordinators collaborate with community partners to increase nutrition and physical activity access.

**DIRECT
NUTRITION
EDUCATION**

38,159
adults & youth
reached



24,914
youth program participation

13,245
adult program participation

ADULT PARTICIPANTS

44%
increased
vegetable
consumption



85%
increased meal planning

94%
increased use of nutrition
facts while shopping

#SNAP-ED WORKS

"Now I **know what to do**
with all that rice in my cabinets."

"We **don't eat** a lot of fried foods
anymore. And we don't drink pop."

"I'm **riding my bike**
every night while my mom walks."

"These lessons **changed my life.**"

"I am now **practicing food
safety** in my home and teaching
it to my granddaughters!"

YOUTH PARTICIPANTS

81% improved abilities
to choose foods according
to federal dietary guidelines

49%
used safe
food
handling
practices
more often



Across Indiana, Community Wellness Coordinators work to address food insecurity in many ways. Examples include:

Food Rescue

Each year an estimated 22 million food items are discarded annually from Indiana schools. Food waste rescue programs donate unopened food items to local food pantries or caring agencies that serve limited resource clientele.

Since 2017, more than **41,000** food items have been donated from more than 31 school cafeterias.

Hatch

NEP staff have partnered with HATCH for Hunger and local grocers to provide protein-rich eggs to local food pantries.

An average of **19,800** eggs are donated to 22 local food pantries each month.

Community Gardens

Community gardens are a popular way to provide fresh food in places where it is difficult to find or unaffordable. Master Gardeners and Nutrition Education Program staff work together to address food insecurity by creating community gardens.



12 counties participated in a "Growing Together" program providing over **9,980** pounds of produce for **38** food pantries with potential reach to **13,133** limited resource individuals.

Through these efforts, **268** volunteers from **77** partner organizations provided over **4,200** volunteer service hours to make this possible. **\$63,000** of in-kind donations of labor and resources supported these projects.

SOCIAL MARKETING

24,000
unique visitors to
eatgathergo.org



8,368,317
indirect impressions

COMMUNITY WELLNESS COORDINATORS



2,556,551
adults & youth reached through
369 community initiatives influencing
policies, systems and environments

1,200 community partnerships
Garnered over \$1.7 million in outside resources

Ask about
free lessons!

PURDUE
UNIVERSITY

Extension
NUTRITION EDUCATION PROGRAM

Find more great tips, recipes and videos at **eatgathergo.org**

