

The Purdue Extension *Nutrition Education Program (NEP)* works to make the healthy choice the easy choice where limited-resource Hoosiers live, eat, work, play and shop. The program is supported by two U.S. Department of Agriculture (USDA) educational programs: the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).



5 FOCUS AREAS

- Nutrition
- Food safety
- Food resource management
- Physical activity
- Food security

Nutrition Education Program Assistants provide fun, engaging, and free nutrition education lessons to youth and adults. Our hands-on programs teach new skills that can be used at home every day - from planning, grocery shopping and cooking tips to simple solutions for healthy eating and physical activity.

41,282 PARTICIPANTS

(youth & adults, SNAP-Ed & EFNEP)

17,695 LESSONS

(SNAP-Ed & EFNEP)

▶ **SNAP-Ed ADULTS**

93%

change in use of nutrition facts label when shopping

46%

change in whole fruits consumed daily

43%

change in vegetables consumed daily

▶ **EFNEP YOUTH**

84%

improved ability to choose foods according to federal dietary guidelines

57%

now use safe food handling practices more often

46%

improved physical activity practices

Community Wellness Coordinators collaborate with community partners to increase nutrition and physical activity access.

The Purdue Extension NEP partners with sites across Indiana to transform communities. In 2019, Community Wellness Coordinators collaborated with **946** active partners on **425** initiatives to enhance nutrition and physical activity environments to support healthy living.

- ▶ **43 SITES** implemented food or seed donations
- ▶ **54 SITES** implemented community and school gardens
- ▶ **44 SITES** promoted health through community coalitions, or food policy councils
- ▶ **19 SITES** implemented SNAP acceptance, WIC voucher acceptance, or “double-up bucks” programs at farmers markets

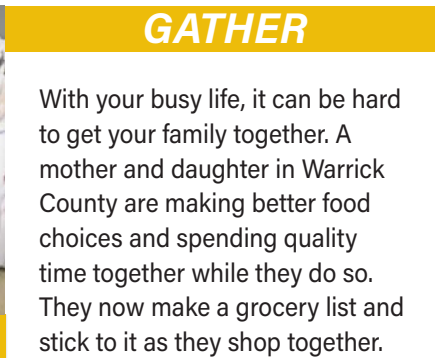


The Purdue Extension Nutrition Education Program helps Hoosiers “EAT, GATHER, and GO!”
For free nutrition and health resources, visit us online at eatgathergo.org



EAT

Plan, shop, and cook – the three main ingredients in any great meal. Junior high students in Rush County learned that they can have input in meals they have at home, and help incorporate healthy choices, too. One student shared that she helped her mom shop and cook – and that her mom was so excited and appreciated her help!



GATHER

With your busy life, it can be hard to get your family together. A mother and daughter in Warrick County are making better food choices and spending quality time together while they do so. They now make a grocery list and stick to it as they shop together. They are saving money by not eating out and are enjoying meals together at home.



GO!

Being active can be easier than you think. A grandmother in Perry County attended our Eating Smart & Moving More classes and enjoyed the activities so much that she incorporated them at her family gatherings to get her grandkids and other family members moving while entertaining them at the same time!