

WHO WE ARE

The Purdue Extension Nutrition Education Program (NEP) believes every Hoosier should have access to nutritious food and opportunities to exercise. We are committed to making the healthy choice the easy choice where limited-resource Hoosiers live, eat, work, play, and shop. Supporting our efforts are 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).



NUTRITION | PHYSICAL ACTIVITY | FOOD SAFETY | FOOD SECURITY | FOOD RESOURCE MANAGEMENT

Nutrition Education Program Advisors 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 meal planning, grocery shopping and cooking tips to simple solutions for healthy eating and physical activity. 2021 witnessed the expansion of virtual classes, making our program more accessible to Hoosiers who otherwise could not participate. It also saw the introduction of Teen Cuisine, which provides nutrition education, physical activity, and life skills to teens, and Eat Smart, Live Strong, which enhances the wellbeing of seniors through better nutrition and exercise.

# 15,672

**PARTICIPANTS**

youth & adults, SNAP-Ed & EFNEP

# 11,463

**LESSONS**

SNAP-Ed & EFNEP

DIRECT EDUCATION

## SNAP-ED ADULTS

**93%**



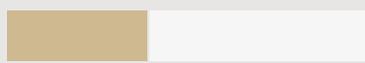
increased at least 1 physical activity or nutrition supporting behavior

**60%**



increased use of MyPlate to make food choices

**38%**



increased use of "Nutrition Facts" label when shopping

## EFNEP YOUTH

**89%**



improved ability to choose foods according to federal dietary guidelines

**60%**



now use safe food handling practices more often

## EFNEP ADULTS

**97%**



showed improvement in 1 or more diet quality indicators (eating fruits/vegetables, drinking less soda, etc.)

**91%**



showed improvement in 1 or more food resource management practices (cooking dinner at home, planning meals, making a shopping list, etc.)

*If you're interested in joining an in-person or virtual lesson, visit us online at [www.eatgathergo.org/free-programs](http://www.eatgathergo.org/free-programs).*

Community Wellness Coordinators (CWCs) collaborate with community partners to increase nutrition and physical activity access. The Purdue Extension NEP partners with sites across Indiana to **TRANSFORM COMMUNITIES**. Although 2021 saw many agencies close or reduce services, CWCs collaborated with **1,186** active partners on **455** initiatives to enhance nutrition and physical activity environments to support healthy living. These initiatives reached approximately **569,438** Hoosiers.



**63 SITES** implemented food or seed donations



**63 SITES** implemented community or school gardens



**46 SITES** implemented playground, parks, trails, lighting, or landscaping improvement initiatives



**42 NEW JOBS** were created within communities to support Policy, Systems, and Environmental initiatives; 4 existing positions were protected



An estimated **\$3.86 MILLION** in outside resources were garnered to support CWC initiatives

## VIRTUAL TRANSFORMATION

While 2021 saw the resumption of in-person classes, virtual programming continued. Direct education staff conducted face-to-face classes (when safe to do so) and offered virtual methods of delivery, including: live Zoom/Webex, Google Classroom, pre-recorded YouTube videos, telephone conversations and Facebook Live private groups.

**4,448**

**LESSONS**

*delivered virtually*

**2,838**

**VIEWS**

*YouTube video lessons*

**3,411**

**PARTICIPANTS**

*virtual (SNAP-Ed)*

## SUCCESS STORY

Martha "Mar" Lopez would have never met her students, if it had not been for Zoom. Mar lived miles away from her students and provided nutrition education classes in four other counties. However, she succeeded in building a thriving Latino virtual community, thanks to Zoom.

The group came together after the Montgomery County Free Clinic requested Spanish language classes. Mar's students loved her virtual classes so much, they asked for additional sessions. The students selected recipes they wanted to try and Mar sent grocery lists. Then they gathered online to learn, cook, and enjoy fellowship.

"I enjoy teaching people," Mar said. "I love working with people. What I learn, I love to pass on."

