



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

2021

ANNUAL
REPORT

KENTUCKY
NUTRITION
EDUCATION
PROGRAM

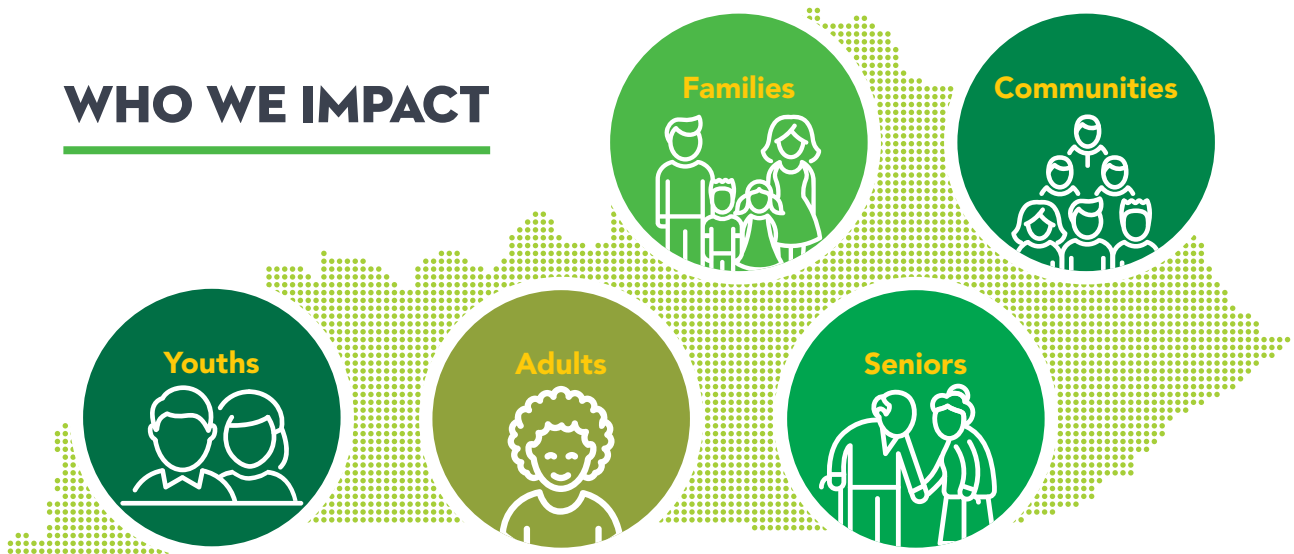
595,970

SNAP AND EFNEP CONTACTS

TWO PROGRAMS, ONE GOAL

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being. NEP encompasses Cooperative Extension agents and NEP assistants working in all 120 counties to improve the health outcomes of Kentuckians, extending the university's reach to some of the public's most vulnerable populations.

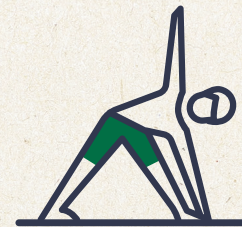
WHO WE IMPACT



Healthier eating habits

98%

of adult participants showed improvement in one or more diet quality indicators (i.e., eating fruits, vegetables, drinking less regular soda, cooking dinner at home).



Increased physical activity

80%

of adult participants showed improvement in one or more physical activity behaviors.

17,503

**NUTRITION EDUCATION
LESSONS TAUGHT**

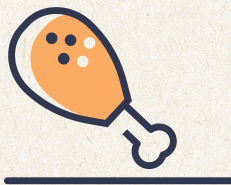
NEP PARTNERS WITH FOOD BANKS AND FOOD PANTRIES

Prior to the COVID-19 pandemic, according to 2019 data from the Feeding America website, one in seven Kentuckians were food insecure. Kentuckians ages 50-59 had the highest rate of food insecurity in the nation. During the pandemic, demand on food banks significantly increased as families faced layoffs and cutbacks at work.

During the 2020-2021 program year, 78% of SNAP-Ed and EFNEP Nutrition Education Program (NEP) Assistants reported responding to this situation by partnering with local food banks to share recipes, newsletters and other materials and resources in food boxes. One SNAP-Ed Assistant reported delivering 100 Emergency Food Assistance cookbooks, 1,250 healthy and easy recipes, 300 Seasoned newsletters and 200 Healthy at Home newsletters to a local food pantry.



"I was so happy to see recipes in my food box. Sometimes it's hard to think of ways to use some things you receive. These recipes will help me prepare healthier meals when feeding my family."



Safer food storage and prep

89%

of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).



Better food resource management

96%

of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, uses grocery lists).

132,761

CHILDREN AND YOUTH CONTACTS

NEP ASSISTANTS ARE HERE TO HELP

NEP assistants continued to work with community partners to provide NEP resources, materials, virtual programming, and trainings as the pandemic continued into 2021.

78%
(64) OF NEP ASSISTANTS REPORTED WORKING WITH FOOD PANTRIES.

NEP assistants also reported working with:

- farmers' markets
- senior centers
- faith organizations
- community centers
- public housing
- shelters
- recovery centers
- nonprofits
- local government
- grocery stores

It is estimated that 561,907 NEP materials were distributed in Kentucky while the pandemic continued to limit in-person contact. These materials included:

- **151,212** recipe cards
- **113,138** newsletters
- **93,695** MyPlate materials
- **43,431** Wally Cat materials
- **37,834** family activity resource kits
- **32,250** NEP reinforcement items
- **32,130** NEP recipe calendars
- **15,593** gardening materials and supplies



University of Kentucky Nutrition Education Program
Family and Consumer Sciences Extension

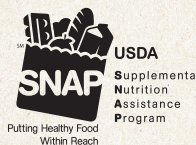


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