



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

# 2020 ANNUAL REPORT

**Kentucky Nutrition  
Education Program**



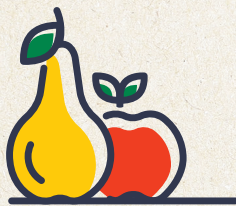
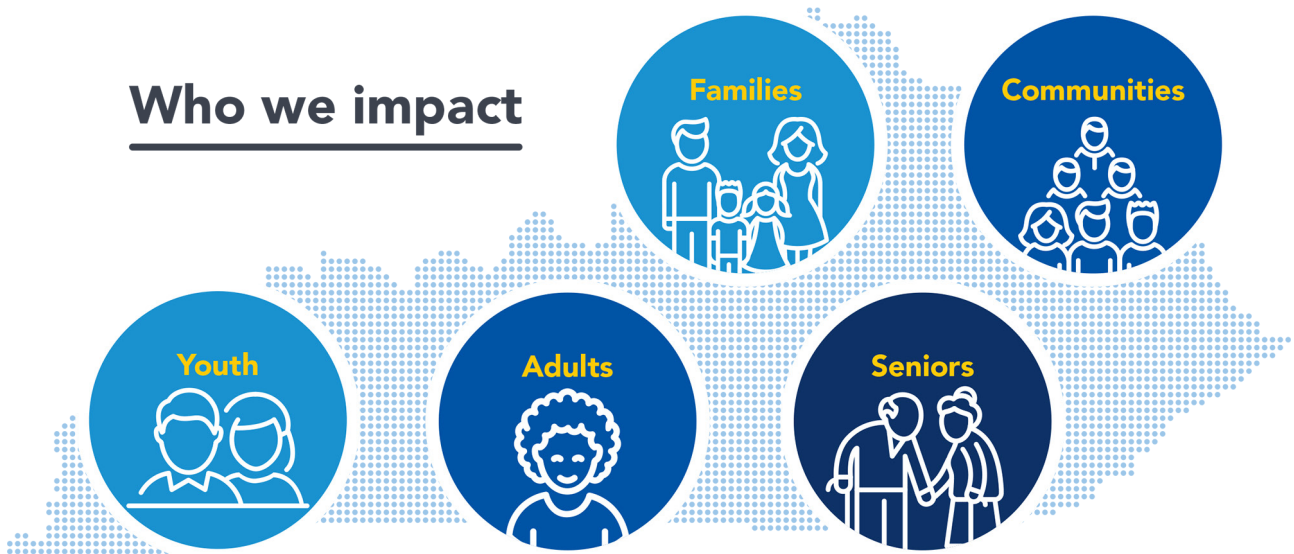
# 18,144

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 Education Program (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to develop skills and change behaviors for improved health and well-being. NEP encompasses Cooperative Extension Agents and NEP Assistants work 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.

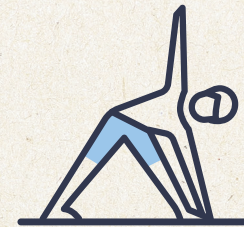
### Who we impact



### Healthier eating habits

96%

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

83%

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



# 19,482

NUTRITION EDUCATION  
LESSONS TAUGHT

## COVID-19 RESPONSE: VICTORY GARDENS

Each year, Cooperative Extension agents and assistants help community partners and clients plant gardens throughout the state by providing education, expertise, seeds and gardening supplies. Due to the COVID-19 pandemic, additional efforts were made to reach low-resource audiences and families at home due to public health measures. The Victory Garden Campaign, in collaboration with the Kentucky Department of Agriculture, was one such effort. Over 5,000 Victory Garden materials were distributed throughout the Commonwealth.

**45% of gardens**  
(or almost half) that were reported this year were grown by first-time gardeners.

**Over 1,050 bushels**  
of produce were grown this summer as reported by first-time and experienced gardeners.

**Over 3,420 quarts**  
of produce were preserved by canning, freezing or drying as reported by gardeners.



**"It has brought so much joy in terrible times. Hopefully I can be able to teach and pass down gardening to my children (now adults) and be able to provide healthy food for my family that's affordable."**



### Safer food storage and prep

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

92%



### Better food resource management

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

75%



# 19,894

## CHILDREN AND YOUTH CONTACTS

# NEP ASSISTANTS ARE HERE TO HELP

NEP assistants worked with community partners to provide NEP resources, materials, virtual programming and trainings during the pandemic.

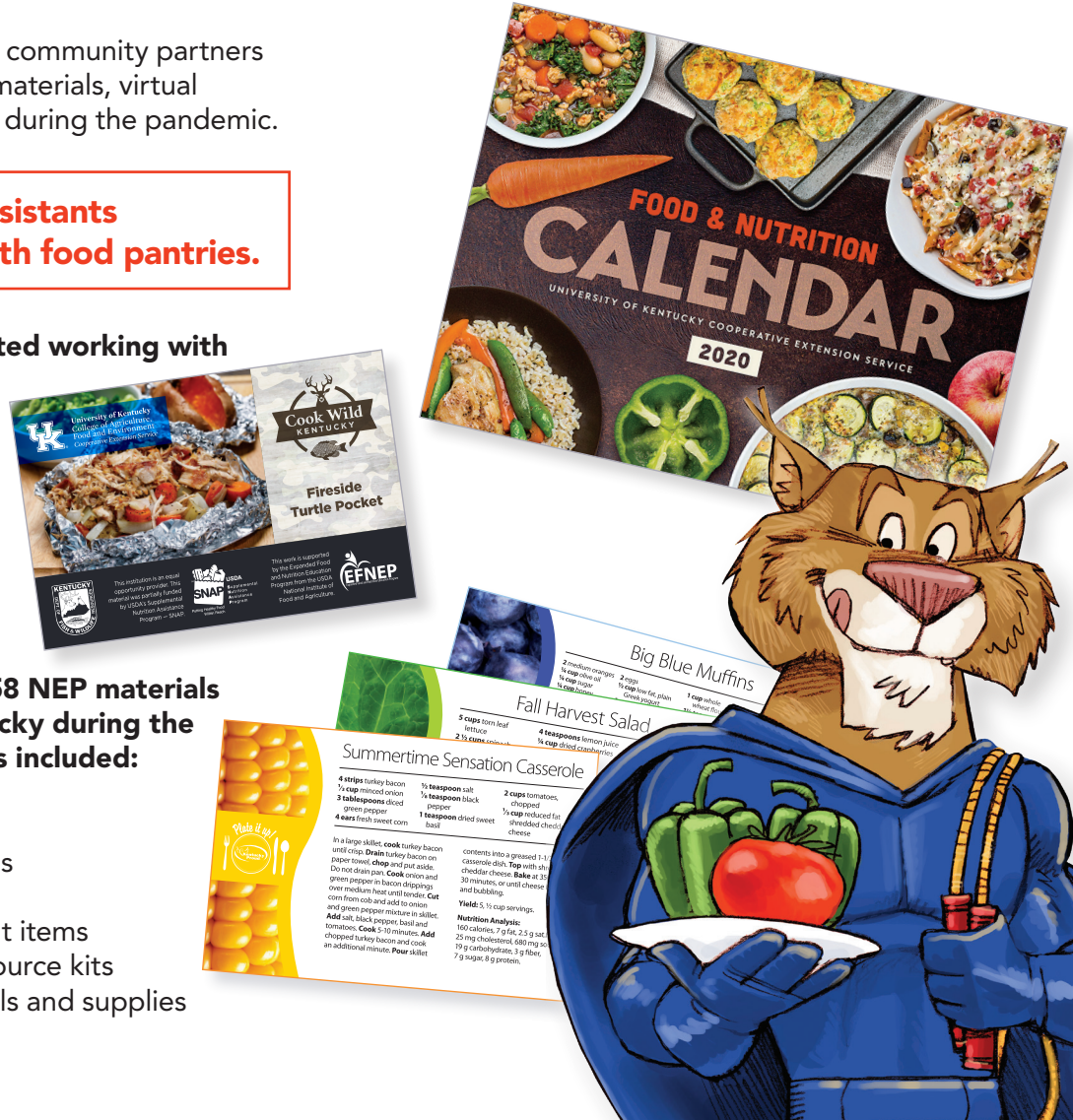
**75.6% (68) of NEP assistants reported working with food pantries.**

### NEP assistants also reported working with

- schools and teachers
- farmer's markets
- senior centers
- faith organizations
- community centers
- recovery centers
- shelters
- other non-profits

It is estimated that 676,258 NEP materials were distributed in Kentucky during the pandemic. These materials included:

- 187,543 recipe cards
- 133,149 newsletters
- 94,587 Wally Cat materials
- 78,389 MyPlate materials
- 40,050 NEP reinforcement items
- 28,399 family activity resource kits
- 21,411 gardening materials and supplies
- 15,208 NEP calendars



University of Kentucky Nutrition Education Program  
Family and Consumer Sciences Extension



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