

2016 Program Impact

Nutrition Links provides research-based nutrition education to help people and families with limited resources enhance their nutrition, increase their physical activity and develop life skills needed for self-sufficiency and better health.

Classes include hands-on activities and cooking demonstrations to reinforce the learning process. Our evaluation data demonstrates the effectiveness of the program impact on participants' behaviors in food selection, dietary intake, management of resources and food safety.

Our classes are a very rewarding experience for everyone, impacting the health and well-being of the entire family. We partner with many agencies in the community to enhance the services offered and reach the limited-resource audience.

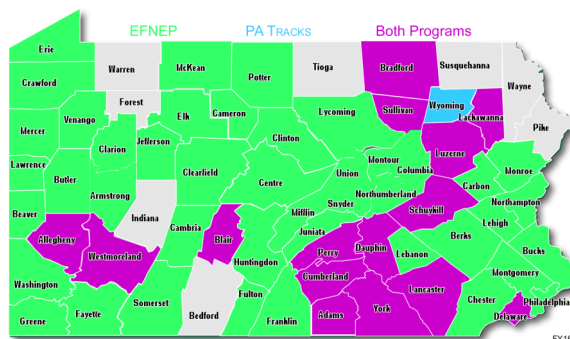
Nutrition Links classes are free to participants . They are federally funded and supported by local resources/dollars. Funds come from the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed), known in Pennsylvania as PA TRACKS.

Teaching people how to eat better for less!

Programming is funded by USDA's Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance program (SNAP-Ed), known in PA as PA TRACKS, to help limited income participants learn how to:

- Stretch food dollars
- Plan and prepare tasty, healthy meals
- Move more every day
- Handle food in a safe manner
- Use SNAP benefits and other resources wisely

In FY16 programs were conducted in 59 counties.



	<u>Adults</u>	<u>Youth</u>
Direct Programming:	9,877	12,065
Black/African American	21%	42%
White/Caucasian	62%	52%
Hispanic/Latino	16%	5%
Other	9%	1%
Direct Contacts:	42,595	156,223
Indirect Contacts:	212,981	8,020

Adult Evaluation Results

94% (3,260 of 3,457) of surveyed participants made a positive dietary improvement.

78% (2,924 of 3,753) of surveyed participants showed improvement in one or more food resource management practices (i.e. plan meals, use grocery lists, compare prices, do not run out of food).

86% (3,229 of 3,750) of surveyed participants showed improvement in one or more nutrition practices (i.e. plan meals, make healthy food choices, prepare foods without adding salt, read nutrition labels or have children eat breakfast).

56% (2,101 of 3,727) of surveyed participants showed improvement in one or more of the food safety practices (i.e. thaw and store foods properly).

45% (1,117 of 2,498) of surveyed participants increased their amount of physical activity.

Average monthly savings on food per family: \$67 (\$804 annual savings).

Youth Evaluation Results

74% (3,044 of 4,104) of surveyed youth improved their ability (or gained knowledge) to choose foods according to Federal Dietary Recommendations .

48% (1,957 of 4,085) of surveyed youth used safe food handling practices more often or gained knowledge.

32% (1,312 of 4,100) of surveyed youth improved their physical activity practices or gained knowledge.

47% (100 of 213) of surveyed youth improved their ability (or gained knowledge) to prepare simple, nutritious, affordable food.



Photo: Linda Newton, Penn State University

**Practicing food safety
while cooking**

**"Thank you,
this program
changed my
life, I never
go hungry
anymore!"**
~ Class participant

**Cost-benefit
analyses show that
for every \$1
invested in
EFNEP, between
\$3.63 and \$10.64
is saved in future
health care costs.**

Community Partners

Adult Rehab Centers
Community Centers
Churches
Farmers Markets
Food Pantries
Head Start Centers
Health Clinics
Libraries

Penn State Extension Offices
Public Housing
Schools
Shelters
SNAP Offices
WIC Clinics
Work Force Development
Youth Recreation Centers

Value of Community Partners

	<u>Volunteers</u>	<u>Hours</u>	<u>Value</u>
EFNEP	751	8,791	\$207,111*
SNAP-Ed	506	7,405	\$466,535†
	1,257	16,196	\$673,645

*calculated at \$23.56/hour

†calculated at SNAP-Ed state approved rate \$63/hour

FY16 Program Funds

EFNEP Allocation:	\$2,690,380
SNAP-Ed Request:	\$870,675
In-Kind Contributions Committed:	<u>\$666,395</u>
	\$4,227,450

Nutrition Links Staffing

14 Professional Staff

(8.4 FTE EFNEP, 2.4 FTE SNAP-Ed)

76 Paraprofessional/Technical staff

(54.2 FTE EFNEP, 11.3 FTE SNAP-Ed)

87 partially or completely funded by Nutrition Links

Paraprofessionals are hired from within the community to serve as peer educators and role models. They are trained, supervised and supported by University and locally-based professional educators who have programmatic and content expertise.

Nutrition Links State Office

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extension.psu.edu/nutrition-links

***"A program that allowed for
an all-inclusive, welcoming,
educational and fun
experience for participants.
It is a refreshing experience
that has helped them escape,
if only for a brief time, from
their everyday stressors "***

~ Community Partner



PennState Extension

This program is funded, in part, from the Expanded Food and Nutrition Education Program (EFNEP), which is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Pennsylvania (PA) Department of Human Services (DHS) through the PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. USDA is an equal opportunity provider and employer.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

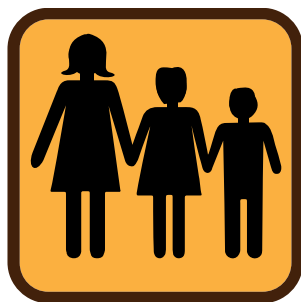
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Pennsylvania

Highlighting Success



Nutrition Links reached a total of **46,213*** adult participants, with a total reach of **25,948** family members.

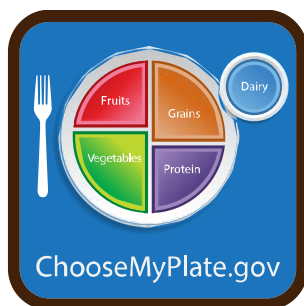


\$2,777,016 the total amount of money participants saved on food for the year.

78%* of adults improved in food resource management practices.



45%* of adults increased their daily physical activity.



86%* of adults improved in their nutrition practices.



Nutrition Links reached a total of **15,189*** youth.
74%* of youth improved in diet quality...

56%* of adults improved in their food safety practices.



32%* of youth improved in physical activity...
48%* of youth improved in food safety.

*** EFNEP & SNAP-Ed programs combined.**



PennState Extension

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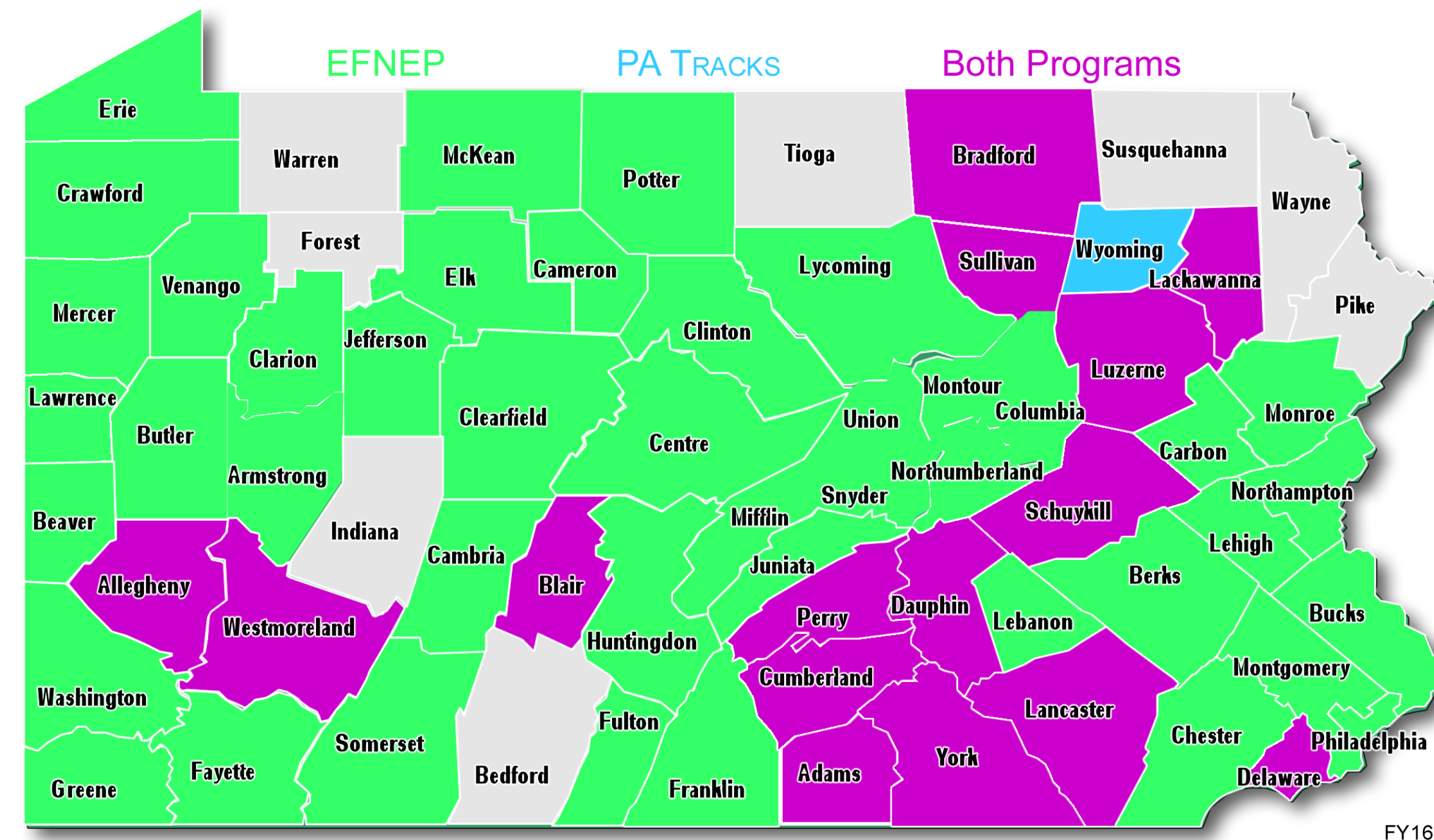
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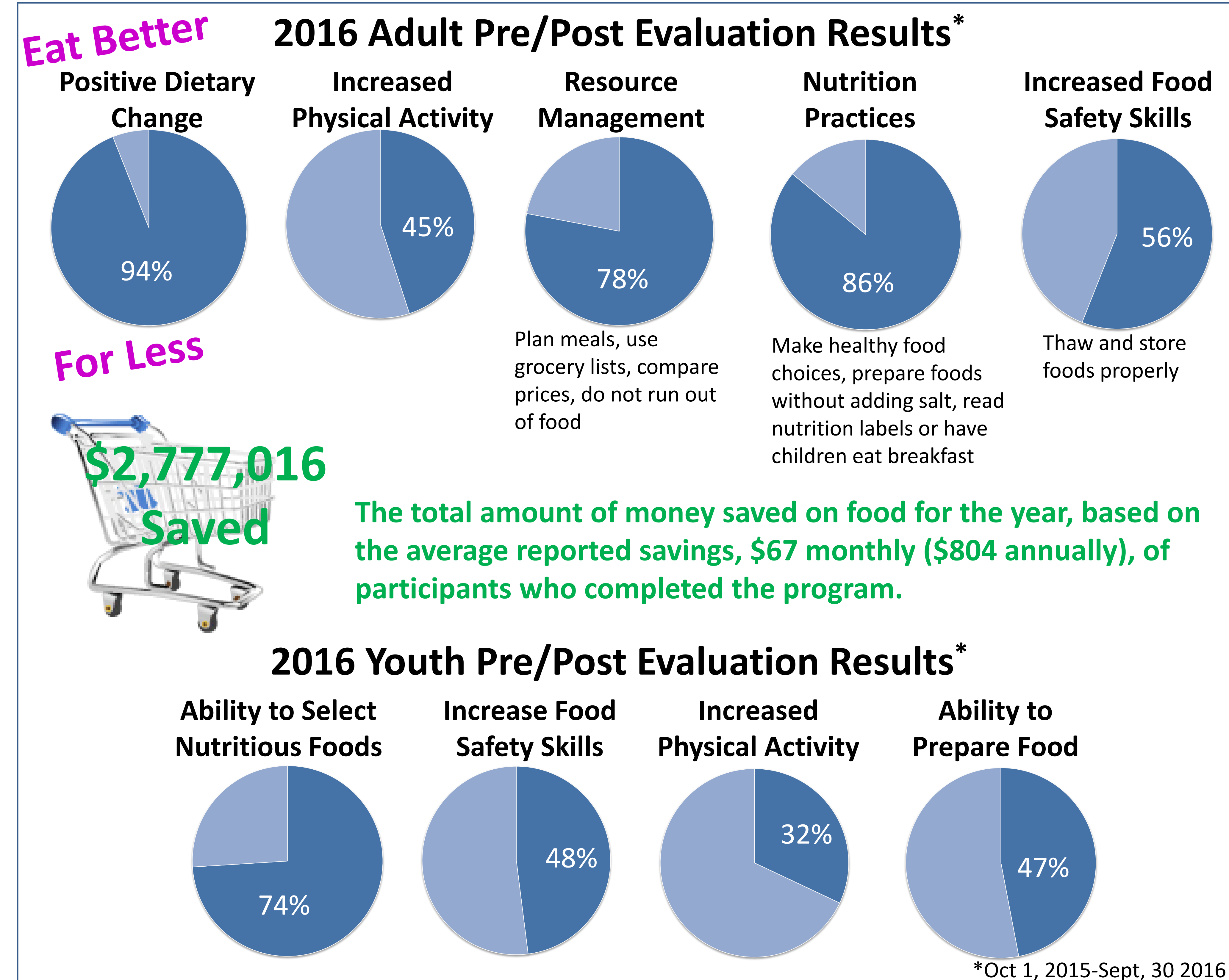


Photo Source: Jan Blair, Penn State University

Our classes are a very rewarding experience for everyone, impacting the health and well-being of the entire family. We partner with many agencies in the community to enhance the services offered and reach the limited-resource audience.

“Because of this class I try to get my kids to eat more veggies and fruit daily.”
~ Class Participant

We Thank Our Community Partners

Youth Recreation Centers
Work force Development
Public Housing
Head Start Centers
Shelters
Community Centers
Churches
Schools

Food Pantries
Libraries
WIC Clinics
Adult Rehab Centers
Extension Offices
Health Clinics
SNAP Offices
Farmers Markets

Who We Serve

Families with Children
School Age Youth
Adults
Pregnant Teens
Seniors

Topics Covered

MyPlate
Menu Planning
Food Safety
Cooking Skills
USDA Dietary Guidelines
Reducing Sodium
Smart Drink Choices
Money Saving Shopping Tips
Cooking for One or Two
Shopping to Get the Best for Less
Choosing More Fruits and Vegetables
Importance of Physical Activity
Smart Meal Choices, Eating Out, and Fast Food
Nutritional needs for Pregnancy, Breastfeeding, Infants, and Children



Photo Source: Susanne Van Blargen, Penn State University