

A high-angle photograph of a woman with blonde hair in a ponytail, wearing a teal shirt, and two young children, a girl in a purple shirt and a boy in a light blue shirt, looking down at a garden bed. The garden bed is filled with large green leafy plants. The woman is crouching on the left, and the children are on the right. The garden bed is made of wooden planks. The background is a dark, textured surface, possibly asphalt.

FAMILY & CONSUMER SCIENCES
UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

2022

ANNUAL REPORT

EFNEP & TNCEP: SNAP-Ed

www.uthealthyfamilies.org

NUTRITION FOR LIFE

Director's update

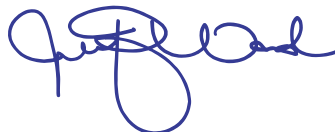
What we eat impacts almost every facet of our lives, and for many people, access to a healthy diet and opportunities to engage in physical activity are limited. In fact, nearly 1 in 6 people in Tennessee don't have equitable and consistent access to healthy food. This results in more illness, missed work and a lower overall quality of life.

At the University of Tennessee Extension, the SNAP-Ed: TNCEP and EFNEP teams, which together comprise the Healthy Families, Healthy Communities program, work to address these problems through direct education, health promotion and community-level changes. We work hard across the state in all 95 counties to address hunger and chronic disease prevention through our tried-and-true programs. The science behind eating a balanced diet and moving more is clear, and we bring those ideas and ways to achieve them to schools, recovery centers and senior centers across the state. We meet people where they are with Real. Life. Solutions.™

In this report you'll see how our programs impact people

at every stage of life. Our lessons begin by addressing the needs of families with infants and small children to help them get the best start in life. We teach in schools to introduce new foods and flavors to students so they can make the best choice in their cafeteria and back at home. We find adults at work, in recovery and in the community to help make lasting changes for themselves and their families. We reach older adults in senior centers with uniquely tailored exercise and nutrition curriculum.

Our programs make a big impact in individual lives and in the community. Read on to learn how our programs ensure that children, families and older adults in any stage of life have access to nutrition for life.



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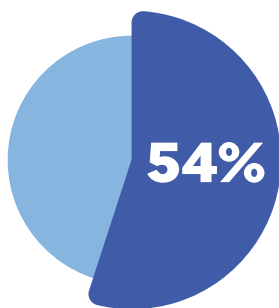
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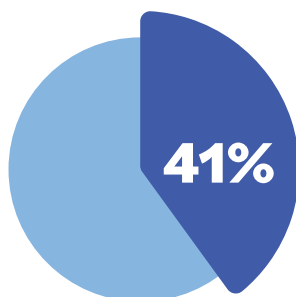
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2022 was a year of rebound and growth for the TNCEP and EFNEP programs, with a marked increase in impact since the COVID-19 pandemic.

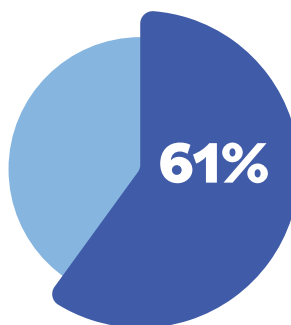
BEHAVIOR CHANGE



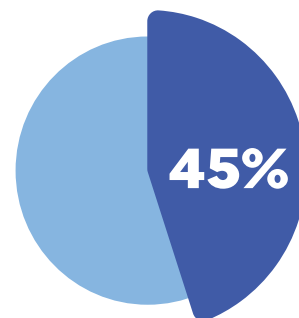
of participants
are eating more
vegetables



of participants
are eating more
fruits



of participants
increased physical
activity



of participants
decreased consumption
of sugar-sweetened
beverages

ECONOMIC IMPACT

\$66,692,700

reduced long-term health costs

\$25,124

amount families saved on food

REACH



The University of Tennessee Extension Department of Family & Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Program (TNCEP: SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).



EFNEP is a direct education program offering nutrition education to caregivers of children and school-age youth at risk for food insecurity. It is funded by the U.S. Department of Agriculture (USDA) and the National Institute of Food and Agriculture (NIFA).



Through TNCEP: SNAP-Ed, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). It is funded by the Department of Human Services (DHS) and the USDA.

NUTRITION FOR LIFE

Teaching proper nutrition and fitness can set up lifetime habits for better health and wellness.



CHILDREN

Programs like *Power U* teach children how to make healthy food choices and be physically active, setting the foundation for a healthy life.

YOUTH REACHED

16,049



TEENS

Nutrition and physical activity play an essential role for teens. *Teen Cuisine* gives teens the chance to try new healthy foods and recipes as they learn how to cook.

47%

of teens
improved
cooking skills



ADULTS

In libraries, extension offices, recovery centers and other sites across the state, adults learn about healthy eating, food safety and physical activity through programs like *Cooking Matters for Adults*.

ADULTS REACHED

7,403



OLDER ADULTS

Programs like *Eat Well, Feel Well* and *Stay Strong, Stay Healthy* help older adults gain strength for a healthy, engaged life.

45

number of
senior centers
served

A Garden at School

Growing fruits and vegetables gives children an opportunity to try a variety of healthy produce. Tennessee Nutrition and Consumer Education Program (TNCEP) educators teach children about gardening through the *Learn, Grow, Eat, and Go* program.

In Washington County, Sarah Ballance, a TNCEP program assistant, taught the program to third-grade students. She collaborated with extension agents Lucy Timbs (TNCEP) and Adam Watson; a county master gardener; and a group of university students to establish a garden at

a local elementary school so students could learn to grow vegetables.

The garden provides three raised beds where students grew kale, mesclun greens and two kinds of radishes. Sarah also brought in other vegetables for the students to try.

Provided
programs at
174
schools

“My mom said I could grow a tomato plant this summer.”

As the program neared its end, the students harvested what they had grown. Their teacher said, “Thank you for the wonderful harvest day experience. The program has been so beneficial. The students have bravely tried new veggies and they were excited to share salad with some of our staff.” At the conclusion of the class, one student proudly announced, “My mom said I could grow a tomato plant this summer.”

Participant Sends a Letter of Thanks

Claudette and Wayne always enjoyed eating a variety of foods but were facing serious health conditions. They wanted to learn how to eat as healthily and nutritiously as possible.

They joined TNCEP program assistant Laquita Clark’s virtual class *My Plate for My Family*. In a letter she sent to Laquita, Claudette wrote, “This is to let you know how much I appreciate your invitation to participate in the nutrition class.” Claudette went on to say how much she and her husband had benefited from attending.

Claudette and Wayne learned to always check the nutrition facts on food labels. In her letter, Claudette said that because Wayne was following a low-salt diet, they had especially appreciated learning about “hidden salt” in foods, including the large number of eggs that they had been regularly eating. In addition, the couple is on a fixed income and learned tips to save money, such as cooking mostly at home.

Claudette also thanked Laquita for breaking down information in an understandable way. “This class was very beneficial to us,” she wrote, and expressed that she and Wayne wish to take more classes in the future as they continue to work toward improved health and well-being.





'Family Cooking Nights' at School

Knox County EFNEP program assistant Angie Beaty led a series of "Family Cooking Nights" at a local elementary school. For six weeks, parents, grandparents and children met in the school cafeteria one night a week.

"These classes have really helped our family."

At the start of each class, Angie incorporated a movement activity into the lesson. Next, she taught a nutrition lesson and then the families prepared a recipe at cooking stations set up around the room. Word spread about the cooking nights, and two more schools requested Angie's program.

Angie noted that parents look at the program as a time to bond with their children. "They are really loving cooking with their kids."

One parent said, "These classes have really helped our family. Our son has tried a sample of each of the foods prepared during class and has asked me to buy more fruits and vegetables for meals and snacks. He has never been willing to try new fruits or vegetables before. We have been cooking more at home now and have saved money in our food budget."

Veteran Learns Cooking and Food Safety

TNCEP programs help people from all walks of life learn how to eat healthy on a budget. Elizabeth Graves, Robertson County TNCEP program assistant, teaches *Eating Smart, Moving More* classes to adults throughout her community.

Nate, a 72-year-old veteran, served in the U.S. Marines for most of his life. When he returned to civilian life, Nate lived on his own but did not know how to cook and had no knowledge of food safety and storage practices. When he bought freezer items, he put them in his cabinet at room temperature. He also ate most of his meals at fast food restaurants.

Through participating in Elizabeth's classes, Nate learned about food safety, healthy eating, cooking and more ways to exercise. He mentioned to Elizabeth that he did not know how to scramble an egg, so they made the zesty omelets recipe during class as part of learning how to cook breakfast.

Nate stopped going out to restaurants for breakfast and now always cooks at home. He has used the knowledge he gained in class to cook for his sisters; his next goal is to cook a full meal for his entire extended family.

83%
of adults
increased food
resource
management
skills



2022 IN PHOTOS



Youth in Carter County work on a community garden as part of *Learn, Grow, Eat, and Go*.



A child stops at the Farmer's Market Fresh children's resource table in Sullivan County.



Youths in a Greene County Teen Cuisine class prepare a recipe.



A participant uses ankle weights in a Stay Strong, Stay Healthy program in Clay County.



An educator in Shelby County provides nutrition-based information and recipes to shoppers through the Shop Smart program.



Scan to view more success stories!

This material was funded by USDA's National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program and Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.

This institution is an equal opportunity provider.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.

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UT Extension - Healthy Families, Healthy Communities