

PROGRAM IMPACT REPORT

In 2015, the Racine/Kenosha Nutrition Education Program (RKNEP) Expanded Food and Nutrition Education Programming (EFNEP) served 90 participants, directly impacting 365 family members through education.

One of the EFNEP curricula offered by RKNEP is "Eating Smart, Being Active" (ESBA) – an eight-session nutrition education and healthy living program. ESBA is designed for busy parents on tight budgets. All families who are eligible for FoodShare, WIC, or free and reduced lunches are eligible to participate in this free program.

Lively conversations and activities engage parents while they explore how to eat a variety of fruits and vegetables, think about ways to limit sugars and salts, look at ways to build strong bones, and more.

A food demonstration and tasting might be a part of the ESBA lesson. Participants are able to practice their new knowledge and skills at home using free lesson reinforcements like kitchen tools.

The great majority of Racine/Kenosha ESBA graduates (84%) reported making positive changes in their families' diet and exercise routines as a result of the program.

Tracking their eating habits, they became more aligned with the USDA dietary guidelines by increasing their consumption of whole grains (+34%), fruits (+38%) and vegetables (+41%), while reducing their consumption of oils (-28%), and solid fats and sugars (-55%).

"Now we try to eat more fruits and vegetables. The MyPlate visual helps us do that. Our eating habits are different now. We have tried to cut back on junk food and eat less protein."



ESBA graduates with RKNEP Nutrition Educator Cynthia Armstrong

"The other day we spent a lot of time looking at labels when we were at Family Dollar. We never did that before. We want to try and stay healthy by exercising, especially walking."

