

NDSU Extension Service: Taking research to the people!



The Family Nutrition Program (FNP) serves food stamp recipients and food stamp eligible North Dakotans of all ages. Nutrition education helps low income families make healthier food choices on a limited budget.

- Special emphasis this year has been on family mealtime!



The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education for limited resource families with young children.

- Cost benefit studies have shown that for every dollar invested in EFNEP, health care costs can be expected to decline by \$8.64.

Here's what EFNEP and FNP participants are saying:

<p>Stretching food dollars</p> <p>"It's amazing to me that just making a few changes in the way that I shop can save money. The small changes I've made include looking at ads before I go to the store, checking unit pricing and carrying a shopping list."</p> <p>-----</p> <p>"I've started unit pricing as I shop and would like to let you know that I'm saving about \$20 every month by making that simple little change in the way I shop for groceries."</p>		<p>Healthy eating</p> <p>Eighty-five percent of elementary students reported a continued increase in calcium and milk consumption two months after receiving a "think your drink" lesson. Seventy-five percent reported drinking less pop.</p> <p>-----</p> <p>After seeing some visual examples of portion sizes, a mom realized she'd been eating too much. Looking at actual examples helped her see it. "I eat twice as much as what I'm supposed to. I better start watching how much I eat as well as how much I give my kids."</p>
<p>Food safety</p> <p>"You really opened my eyes to some new things, like washing fruits such as cantaloupe and bananas – I just never thought of it like that before. When you explain it like that it makes so much sense."</p>		<p>Food security</p> <p>"I never thought I could walk out of that grocery store with this many bags and still have half my food stamps left. Thank you!"</p>

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NDSU Extension Service helps make it happen!