

**CFAES**

# Helping Families Make Healthier Choices



Eat Smart.  
Be Active.  
Learn How.



#LearningHealthyTogether



**THE OHIO STATE UNIVERSITY**  
EXTENSION



Ohio EFNEP program



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## Eat Smart. Be Active.

**Fact:** Ohio has the 14<sup>th</sup> highest adult obesity rate in the nation.

**Fact:** Ohio has an average of 35.5% obesity rate.

**Fact:** EFNEP teaches how to eat smart, stay healthy and be active.

## Be a Success Story!

*"This class taught me the importance of eating healthy food" - EFNEP Graduate*

In 2021, EFNEP worked with 1,328 adult and 4,610 youth Ohioans. Out of these two groups, 64% adults and 43% youth completed the series and graduated from EFNEP. These participants significantly improved their diets, food budgeting, food safety skills, and increased physical activity. The knowledge and skills gained have impacted their families as well, extending the impact to 4,627 Ohioans in one year.



## Ohio EFNEP

Currently, EFNEP is offered in 16 counties in Ohio (see map on back) and has two components (adult and youth programs).

The adult program serves limited-resource adults who are responsible for providing meals to children. EFNEP teaches caregivers how to make healthier, safer, and lower-cost food choices while boosting their ability to choose and buy food that is healthier for their families.

The youth program educates children about nutrition, food preparation, food safety, and physical activity using a nutrition-based curriculum hosted in classrooms, after-school programs, camps, and summer food service sites.



## Learn How

The Expanded Food and Nutrition Education Program (EFNEP) shows participants how to eat healthier and be more active even on a limited budget! By participating in EFNEP, they will learn how to make healthy food choices to improve the quality of the meals served to their families.

EFNEP offers a comprehensive series of adult and youth in-person/virtual/hybrid nutrition education workshops. Each are taught in small groups to engage participants in hands-on activities while learning how to balance their meals and budget!

Participation in EFNEP is free, and eligible participants receive free enhancements after each workshop they attend.

## Who is Eligible?

Any individual with children who is eligible for assistance programs, such as Ohio Supplemental Nutrition Assistance Program (SNAP), Women, Infants, and Children (WIC), or Head Start may join an EFNEP workshop. Schools with at least 50% of students on free/reduced lunches are eligible for EFNEP youth program.

## Enroll Today!

All EFNEP workshops are taught by Ohio State University Extension Staff trained in using research and evidence-based nutrition curriculum. All participants learn new recipes and food preparation skills. And best of all, it is all FREE!

## Need More Info?

To find out more, contact your local EFNEP Office:

**Cuyahoga and Lorain Counties**  
(English and Spanish)  
[cuyahoga.osu.edu](http://cuyahoga.osu.edu) | 330-599-7716

**Franklin County**  
(English, Spanish and Somali)  
[franklin.osu.edu](http://franklin.osu.edu) | 614-866-6900

**Hamilton and Butler Counties**  
(English and Spanish)  
[hamilton.osu.edu](http://hamilton.osu.edu) | 513-946-8989

**Jackson County** (English)  
[jackson.osu.edu](http://jackson.osu.edu) | 740-688-5028

**Lawrence County** (English)  
[lawrence.osu.edu](http://lawrence.osu.edu) | 740-533-4322

**Lucas County** (English)  
[lucas.osu.edu](http://lucas.osu.edu) | 419-574-0985

**Montgomery, Clark and Greene Counties**  
(English and Spanish)  
[montgomery.osu.edu](http://montgomery.osu.edu) | 937-206-5250

**Stark, Summit, Portage, Columbiana and Mahoning Counties** (English)  
[summit.osu.edu](http://summit.osu.edu) | 234-348-6001

