

EXTENSION EDUCATORS ACROSS AMERICA PROMOTE GOOD NUTRITION.

Extension plays a vital role in MRF projects tackling human health and nutrition. Extension makes sure these projects meet communities' needs, shares new findings and tools with consumers, and provides materials that educate policymakers.

Extension programs and tools tackle nutrition issues in many ways.

Helping **CHILDREN** and **PARENTS** make healthier choices **AT HOME** and **SCHOOL**

Educating **OLDER ADULTS** about *healthy habits*

Raising **CONSUMER** awareness of **HEALTHIER FOOD OPTIONS**

Providing **COMMUNITIES** with *easier* access to affordable **HEALTHY FOOD**

How do these programs and tools impact you?

They prevent **DISEASE** and promote **WELLNESS**.

They reduce **HEALTHCARE COSTS** and strain on the system.

They help communities *thrive*.

Extension informs policies that help food banks, mobile food pantries, and other types of markets provide more fresh produce to more people.



NEW YORK

"Cooking Together for Family Meals" workshops teach healthy cooking habits to parents and their children.

TEXAS

Over 1,000 3rd and 4th graders in the "Learn, Grow, Eat & Go!" program say they now like vegetables after building gardens at school, eating what they grew, and learning about nutrition.

MISSOURI

The "Seeds that Feed" program distributes vegetable seeds and training on how to grow them to food pantry clients.

NORTH CAROLINA

In rural Appalachia, Extension is using text messages from peers to help teens make healthier food purchases.

IOWA

Exercise gaming programs improved activity, strength, and flexibility among seniors.

MARYLAND

Preschoolers are asking to eat more fruits and veggies after attending "Head Start Preschoolers Jump Start a Healthy Lifestyle," which uses stories, music, dance, and gardening to teach nutrition.

KANSAS

Extension is helping build capacity to engage Latinos in local food systems and nutrition programs.

KENTUCKY

Recipe sampling, signage, and product placement in grocery stores in rural Appalachia are improving access to and awareness of healthy foods.

The "Farms to Food Banks" program increased consumption of fresh fruits and vegetables among low-income residents.

WASHINGTON, D.C.

Programs demonstrated healthy recipes and portion sizes to older adults, improved their food safety practices at home, and increased produce and whole grain consumption at group meal sites.

75 colleges are using "Get Fruved" to provide healthier campuses and encourage healthy diet, exercise, and stress management choices among their students

