

NUTRITION EDUCATION PROGRAM 2025 IMPACT REPORT

For more than 30 years, Purdue Extension's Nutrition Education Program (NEP) has helped Hoosiers build the knowledge, skills, and confidence they need to eat well and live healthy. By delivering two U.S. Department of Agriculture programs—**SNAP-Ed** (Supplemental Nutrition Assistance Program Education) and **EFNEP** (Expanded Food and Nutrition Education Program)—our team has delivered practical, research-based lessons and fostered community connections that promote long-term well-being.

In 2025, NEP entered a year of transition after the federal decision to end SNAP-Ed funding.

EFNEP remains a strong federal commitment to families, youth, and caregivers—and it continues to anchor NEP's future. In 2026, EFNEP will carry our work forward with hands-on cooking lessons, behavior-change support, and relationship-based education in schools and communities.

This report highlights Purdue NEP's impact—and the strength of the communities we serve.

DIRECT EDUCATION

Nutrition Education Program Advisors (NEPAs) are the frontline educators of Purdue Extension's Nutrition Education Program, delivering practical, research-based lessons that help Hoosier families make healthier choices every day. Through classes in schools, community sites, and virtual settings, NEPAs teach meal planning, budgeting, cooking, and physical activity skills tailored to limited-resource audiences. Even during significant program transitions, NEPAs continued providing trusted, accessible education to thousands across Indiana.



9,923

LESSONS
DELIVERED TO

18,531
PARTICIPANTS



13,402

YOUTH
SERVED



5,129

ADULTS
SERVED

After completing a series of nutrition education lessons:

- 90% EFNEP youth & 96% EFNEP adults improved diet quality
- 94% SNAP-Ed adults drank fewer sugar-sweetened beverages
- 62% SNAP-Ed youth met guidelines for daily moderate-vigorous physical activity
- 64% SNAP-Ed youth met guidelines for reading nutrition facts labels

Our direct education programs continue to spark meaningful shifts in knowledge, confidence, and everyday habits. Participants shared how our lessons have transformed their lives:

- "I have fought with him over vegetables for years... Now it's normal to eat right!"
— Participant, on attending lessons with her husband post-stroke
- "My A1C and blood pressure improved—my doctor told me to celebrate!"
- "I didn't realize how much sugar I was consuming until this class."
- "I feel better than I have in years."
- "Since I started this class, I eat more vegetables than before."
- "You helped me make changes in my life—and it's paying off."
- "We're eating dinners together now—no TV, no phones—and our energy is way up."
- "It's fun to cook at home now!"



Learn more at
eatgathergo.org

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Extension - Nutrition
Education Program

COMMUNITY WELLNESS

Our Community Wellness Coordinators (CWCs) play a vital role in strengthening the health and resilience of Indiana communities. Through deep local relationships, cross-sector partnerships, and resident-driven approaches, CWCs helped Hoosiers create safer, more accessible, and more equitable places to live, learn, work, and play. From improving food access and supporting community revitalization to advancing inclusive public spaces and health-promoting environments, their work demonstrates how grassroots engagement and strategic collaboration can transform both neighborhoods and long-term well-being across the state.

FAYETTE COUNTY

A long-neglected neighborhood park in Connersville —once unsafe and unusable — was transformed after NEP CWC Becky Marvel mobilized residents and partners to address urgent safety concerns and the community's need for an all-abilities play space. Through door-to-door outreach, listening sessions, student design support and cross-sector collaboration, the project became a pilot for Purdue Extension's Enhancing the Value of Public Spaces: Creating Healthy Communities program. Nearly \$300,000 in crowdfunding and strong municipal involvement helped bring the redesigned J. Long Memorial Second Street Park to life in April 2025, after nine years of planning and development. Today, the park stands as the county's first all-abilities space and a model of how resident voice and collaborative planning can advance health, safety and quality of life.



ALLEN COUNTY



In Southeast Fort Wayne — an area long designated a food desert — the opening of the Pontiac Street Market brought the neighborhood's first full-service grocery store in decades, eliminating hour-long transit trips for basic food access. For nearly 10 years, NEP CWC Jered Blanchard championed the concept, educating local leaders, connecting partners and uplifting community needs until the project gained momentum. Today, the market is thriving, offering fresh, affordable food,

locally sourced produce and a welcoming community hub where residents feel valued and supported. This transformation demonstrates how sustained advocacy, strong partnerships and resident-centered design can meaningfully improve access, health and quality of life.



ENHANCED HEALTH OUTCOMES OF
1 MILLION
HOOSIERS THROUGH
417

PSE INITIATIVES

with

946

NUTRITION OR PHYSICAL
ACTIVITY CHANGES IMPLEMENTED



590

PARTNERSHIPS



43,389
SERVINGS
OF PRODUCE HARVESTED
AND SHARED WITH

43
AGENCIES

and distributed to

9,795
HOOSIERS
THROUGH THE MULTI-STATE
GROWING TOGETHER PROJECT

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