In 2010, there were 890 low-income parents who enrolled in and graduated from the Expanded Food and Nutrition Education Program (EFNEP) in Clarke, Walton, Gwinnett, and Hall Counties. As a whole, these participants completed 6,786 hours of training where they learned to plan, shop for, and prepare quick, healthy, low-cost meals for their families. Participants decreased their monthly grocery bill by $34.28, while the nutritional value of their meals increased. In addition, 2,182 at-risk youth participated in an EFNEP nutrition program in 2010. These children learned how to improve their diet and prepare quick, healthy meals and snacks.

The Children, Youth, and Families at Risk (CYFAR) project in Madison and Elbert Counties is currently in its third year. The five-year project tracks youth through graduation to keep students on target to meet graduation goals. Family and Consumer Sciences Agents in these two counties coordinate the project and work directly with the youth building skills such as money management, radon awareness, food safety, nutrition, job readiness, and career exploration. Some of these youth spent a week during July in Washington, DC. The students made a presentation of the program to Kal Penn, Associate Director for the White House Office of Public Engagement. Mr. Penn commented on the presentation and program saying, “It is clear there was a metric on how to achieve the program goals and why. That’s incredible!”

UGA Family and Consumer Sciences Agents are helping youth develop relationship smarts. Since 2008, nearly 1,200 youth across 19 counties participated in the Relationship Smarts program, an interactive program that engages youth in active learning about healthy relationships. The majority of youth (82%) today are involved in dating relationships. Many youth are not prepared to handle the challenges of relationships, so they may engage in risky sexual behaviors and many will experience intimate partner violence. Youth participating in our program reported greater awareness and understanding of healthy relationships. One youth shared, “It has opened my eyes to real situations and has taught me to deal with them appropriately and intelligently.”

Cobb County Family and Consumer Sciences Agents, in collaboration with Cobb County Extension Master Gardeners and Cobb County 4-H, have a booth once a month at the Cobb County Farmers Market. Food Safety, food preservation, and green cleaning are promoted to approximately 2,000 Farmers Market customers each month.