



Virtual Programming - Nutrition Education in Spanish Supports Families

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Abstract

Virtual programming is harder for those who lack technology access, time to learn new skills or time to take on a new activity. The Expanded Food and Nutrition Education Program (EFNEP) delivered remote Spanish language programming, by training parents in Zoom and assisting them to view and use education resources on their own time. Parents then joined Zoom for follow-up conversation and cooking demos with the option to cook along at home with the kids.

Background

EFNEP is a federal nutrition education program funded through the USDA. EFNEP federal funds, along with state and local resources, supports quality nutrition education for participants in 9 of Oregon's 36 counties.



Matilde Rodriguez, educator from Washington County teaching via Zoom

Results

342 Latinx participants (77 families) reached remotely between March and September 2020:

- 28 in Benton County
- 135 in Clackamas County
- 18 in Multnomah County
- 92 in Washington County
- 69 in Yamhill County

94% improved one or more food resource management practices (i.e., cook dinner at home, compare food prices, plan meals before shopping, or make a list before shopping)

Conclusion

The resilience and outstanding efforts conducted by our educators allowed EFNEP to continue to reach and support Latinx communities, providing them with quality nutrition education, even during a global pandemic.

Acknowledgements

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- ❖ **Matilde Rodriguez, Washington County**
- ❖ **Maria Falcon, Yamhill County**