The Food We Eat, Nothing Stays the Same

Alexandra Alford, MS-MPH, RDN
Program Specialist
USDA, National Institute of Food and Agriculture
Required Acknowledgements and Disclaimers

• The Findings and Conclusions in this Presentation Have Not Been Formally Disseminated by the U.S. Department of Agriculture and Should Not Be Construed to Represent Any Agency Determination or Policy.

• The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

• USDA is a equal opportunity provider and employer.
What has happened in the last 50 years?
1980s

Society for Nutrition Education and Behavior
2019 Annual Conference
July 27-30, 2019 | Orlando, FL

Nutrition and Your Health
Dietary Guidelines for Americans
1. Eat a Variety of Foods
2. Maintain Ideal Weight
3. Avoid Too Much Fat, Saturated Fat, and Cholesterol
4. Eat Foods with Adequate Starch and Fiber
5. Avoid Too Much Sugar
6. Avoid Too Much Sodium
7. If You Drink Alcohol, Do So in Moderation

Food Wheel
A Pattern for Daily Food Choices

Nutrition Education: Rooted in Food
Nutrition Education: Rooted in Food
2000s

Aim for Fitness
BUILD a Healthy Base
CHOOSE Sensibly
...for good health

Society for Nutrition Education and Behavior
2019 Annual Conference
July 27-30, 2019 | Orlando, FL

Nutrition Education: Rooted in Food

#SNEB2019
2010s

Creating A Healthier Next Generation.

Dietary Guidelines for Americans 2010

ChooseMyPlate.gov

Society for Nutrition Education and Behavior 2019 Annual Conference
July 27-30, 2019 | Orlando, FL

Nutrition Education: Rooted in Food
Society for Nutrition Education and Behavior
2019 Annual Conference
July 27-30, 2019 | Orlando, FL

Nutrition Education: Rooted in Food
## EFNEP at the 2019 SNEB Annual Conference

### Saturday
- 7:15 am – 3:15 pm
  - FNEE Pre-Conference Workshop: Our Changing Population: Reaching Diverse Populations through Food and Nutrition Education

### Sunday
- 3:00 pm – 5:00 pm
  - Over 1 dozen research posters

### Monday
- 9:30 am – 11:30 am
  - Over 1 dozen research posters
- 11:30 am – 12:30 pm
  - Measure What You Teach: How EFNEP Rooted Its New Impact Assessment in Research

### Tuesday
- 7:00 am – 7:45 am
  - EFNEP (Invite only)
- 8:00 am – 9:00 am
  - Improving Food Choices Through Coordination and Complementary Programs in the Context of People’s Lives: How EFNEP and Partners Can Work Together to Achieve Change
- 10:45 am -11:45 am
  - From Roots to Branches: Growth of National Nutrition Education over 50 Years

---

Society for Nutrition Education and Behavior
2019 Annual Conference
July 27-30, 2019 | Orlando, FL

Nutrition Education: Rooted in Food
References

- https://www.choosemyplate.gov/brief-history-usda-food-guides
- https://www.weather.gov/iln/19740403
- University of California EFNEP
- USDA ARS Image Gallery
- SNAP-Ed Photo Gallery
- Health.gov - U.S. Dietary Guidelines
- EFNEP Historical Fact Sheet/Infographic Topic Workgroup (50th Anniversary)
- Nadia Payne – 2019 EFNEP Conference and 50th Anniversary photographer
Thank you!