Ramona Adams, Richmond County Agent

Education: B.A. Sociology & Social Work, University of Georgia

Programming focus: Chronic Disease Prevention/Healthy Lifestyles,

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program that provides nutrition education to low income families in Augusta-Richmond County. Through EFNEP families are taught how to prepare healthy meals on a budget, food safety, label reading, and meal planning. After completing the EFNEP program 86% improved their diets and made positive changes in food groups after completing the program. Cost-benefit studies of EFNEP report that for every $1 spent on nutrition education, over $10 is saved in healthcare costs due to possible prevention of diet-related chronic diseases and conditions.

County media: Augusta Chronicle