

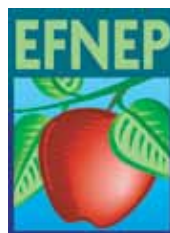
## What is EFNEP?

A research-based program that works with **your organization** to:

- ❖ Assist limited-resource families in acquiring knowledge, skills, attitudes and changed-behavior necessary for nutritionally sound diets.
- ❖ Contribute to personal development and improvement of the total family diet and nutritional well-being.

## Who is eligible for EFNEP?

At schools and after school programs where at least one half of the kids are on free and reduced lunch, all of the kids are eligible for EFNEP.



### Expanded Food and Nutrition Education Program

For more information, please visit:  
[www.efnep.colostate.edu](http://www.efnep.colostate.edu)

### Local Contact Information

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. Extension programs are available to all without discrimination. USDA is an equal opportunity provider and employer.



# EFNEP

## Expanded Food and Nutrition Education Program



Exceptional, hands-on nutrition education for youth and children

Colorado State University  
**Extension**





#### FOR FOURTH GRADE

### What they learn...

- ❖ How much they should eat from each food group
- ❖ How digestion works
- ❖ How to read a food label
- ❖ How to keep food safe

### What they do...

- ❖ Plan healthy snacks and meals
- ❖ Choose a healthy snack by reading a food label
- ❖ Practice taking food temperatures to be sure food is safe to eat
- ❖ and more!

#### FOR THIRD GRADE

### What they learn...

- ❖ Key concepts of MyPlate
- ❖ How to keep food safe
- ❖ How digestion works

### What they do...

- ❖ Taste a variety of healthy foods
- ❖ Be active in fun, creative ways
- ❖ Read labels to make healthy food choices
- ❖ and more!



### *Kids love EFNEP!*

“Thank you for coming to our class.  
I learned that grains are good for you.  
I liked when we made pizza.”

– Student from Pueblo County

“We learned a lot from you and had some  
good, healthy snacks!”

– Student from Denver County