

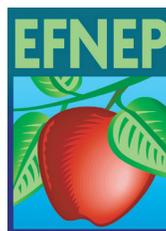
What is EFNEP?

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?

Individuals who are eligible for assistance programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start, are also eligible for EFNEP.



Expanded Food and Nutrition Education Program

For curriculum details, please visit:
www.eatingsmartbeingactive.com

For more information about the program, please visit:
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 adults

Colorado State University
Extension

What does EFNEP provide?

- ❖ An 8-12 lesson, interactive, research-based nutrition curriculum
- ❖ Adaptable material to meet each participant's needs
- ❖ Lessons delivered in small groups or one-on-one sessions

Participants receive...

- ❖ Water bottle
- ❖ Grocery shopping list
- ❖ Produce brush
- ❖ Measuring cups and spoons
- ❖ Stretch band and physical activity booklet
- ❖ Food thermometer
- ❖ Recipe booklet
- ❖ Graduation certificate



Hands-on learning allows participants to create healthy recipes and learn the essentials of food safety.

Participants learn how to...

- ❖ Read food labels
- ❖ Save money on groceries
- ❖ Make healthy food choices
- ❖ Be more active

Optional lessons are available addressing nutrition during pregnancy, feeding a new baby, introducing solid foods, and feeding young children.



What participants had to say...

“I look at nutrition labels for fat and sugars. I try to eat more vegetables by adding them to my meals and I eat smaller portions rather than eating till I’m full.”

– Participant from El Paso County

“I personally like the classes because I learned some easy and nutritious recipes, as well as how to properly use the thermometer.”

– Participant from El Paso County

“My success has been great! I’ve started to eat healthier and I don’t eat out as much. I’ve also started cooking which is a huge change for me, but I am trying!”

– Participant from Denver County