

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 responsible for feeding their children and are eligible for any assistance program such as WIC, Supplemental Nutrition Assistance Program (SNAP) or Head Start are eligible for EFNEP.



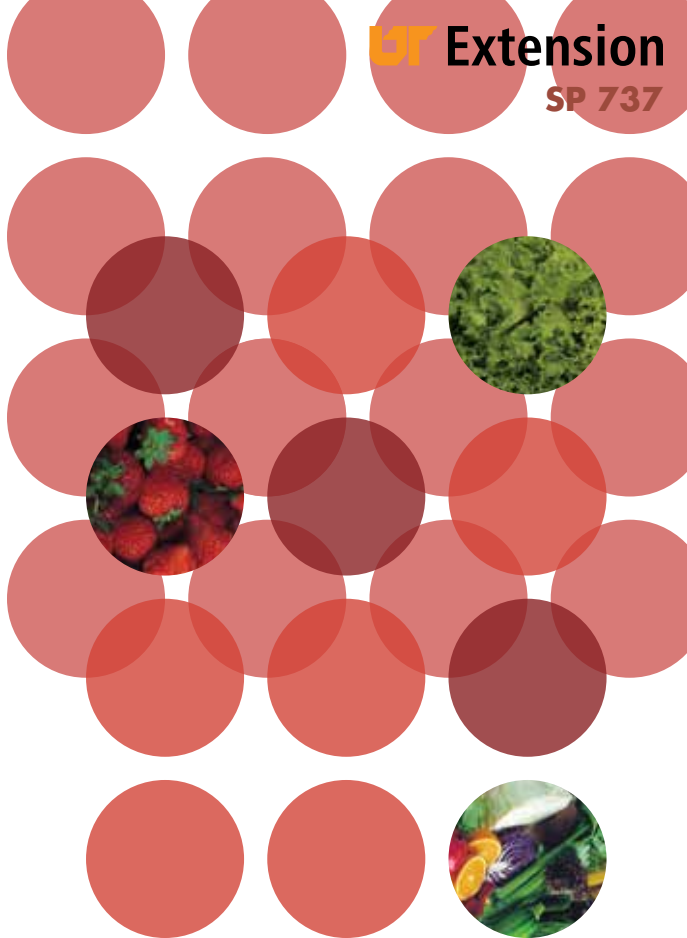
Expanded Food and Nutrition Education Program

For more information about the program, please visit <http://ag.tennessee.edu/EFNEP>.

Local Contact Information

R12-5310-221-019-13 10/12 5M 13-0112

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



EFNEP

EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

*Exceptional, hands-on nutrition education
for adults with children.*

WHAT DOES EFNEP PROVIDE?

- A six- to 17-lesson, interactive, research-based nutrition education curriculum.
- Adaptable material to meet each participant's needs.
- Lessons delivered in groups or one-on-one sessions.

PARTICIPANTS RECEIVE:

- Measuring cup.
- Measuring spoon.
- Stretch band.
- Food thermometer.
- Refrigerator thermometer.
- Grocery shopping list.
- Graduation certificate from the University of Tennessee Institute of Agriculture.

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

PARTICIPANTS LEARN HOW TO:

- Cook healthy foods that taste good.
- Make healthy food choices.
- Read food labels.
- Save money on food.
- Be more active.

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



WHAT PARTICIPANTS HAVE TO SAY:

"I thought I didn't have time for these sessions, but they actually helped me save time at the grocery store and in the kitchen."

"My kids are picky eaters. I learned some ways to get them to eat new foods."

"My budget is so tight. Now I can stretch my money by planning ahead."