



Interactive Teaching



Food Preparation



Food Sampling



Physical Activity



**Expanded Food and Nutrition Education
Program Staff**

Extension Agent

Deborah B. Watt

Extension Secretary

Daneda Hansen

Adult Nutrition Education

Lucy Estrada, Associate
Gloria Greiner, Associate
Mary Lou Cervantes, Assistant
Karla Gonzalez, Assistant
Frances Pedraza, Assistant
Sherry Pinto, Assistant

Youth Nutrition Education

Nadine Cawvey, Associate
Velma Moreno, Associate
Shana Jimenez, Associate

Educational programs of the Texas Agrilife Extension are open to all people without regards to race, color, sex disability, religion, age or national origin.



**1514 ED BLUESTEIN BLVD. #203
AUSTIN, TEXAS 78721
PHONE (512) 385-0990
FAX (512) 385- 5387**

For more information visit our website at
<http://enp.tamu.edu/>

EFNEP Is...



The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program that has been providing nutrition education to limited resource youth and families with children since 1969. It is administered by Texas AgriLife Extension and is located in ten counties: Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Laredo, Nueces, Tarrant, and Travis.

EFNEP partners with other agencies (food assistant programs, neighborhood centers, hospitals, worksites, correctional facilities, child care centers, shelters, churches, and schools) and volunteers.

Clients who participate in EFNEP learn about food and nutrition in a supportive and fun environment.

The EFNEP experience will provide benefits such as self-confidence, motivation, and self-sufficiency.

There is no charge to clients for EFNEP instruction. Clients are required to attend 6-8 sessions, usually taught once a week.

EFNEP ADULT PROGRAM

Parents will Learn :

- Healthy portion sizes
- MyPyramid and MyPyramid key messages
- Plate Method for portion control
- How to use the Nutrition Facts Panel
- To plan family meals, create a grocery list, and compare brands when purchasing food
- Division of responsibility in feeding young children.
- Strategies for keeping food safe to reduce their family's risk of foodborne illness

Adult Program Sessions

- *Healthy Food, Healthy Families*
- *Foods That Pack a Punch*
- *Setting Your Limits*
- *Power of Planning*
- *Mealtime Miracles*
- *Plate it Safe*
- *The Choice is Yours*

Cooking demonstrations, tasting, and physical activities are included with each session.

EFNEP YOUTH PROGRAM

Youth Program Outcomes

After participating in the EFNEP lesson series, Youth graduates :

- *Will have learned how to eat a variety of foods.*
- *Will have increased their knowledge of the basics of human nutrition.*
- *Will have increased their ability to select low-cost, nutritious foods.*
- *Will have improved practices in food preparation and safety.*
- *Improved physical activity behavior.*

Youth Program Lessons

Exploring MyPyramid with Professor Popcorn classroom curriculum for youth in grades 1-6.

Food, Fun, and Fitness: After school curriculum for youth in grades K—6.

Both curricula focus on:
Foods for Good Health.

Improving food safety and preparation practices.

Enjoying being physically active.