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

Expanded Food and Nutrition Education Program Staff

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**Youth Nutrition Education**
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For more information visit our website at [http://enp.tamu.edu/](http://enp.tamu.edu/)
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

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.