Educational programs of the Texas A&M 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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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 A&M AgriLife Extension and is located in ten counties: Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Webb, 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
- MyPlate and MyPlate 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
- Making the Most of MyPlate
- Power of Planning
- Setting Your Limits
- 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 MyPlate with Professor Popcorn: Classroom curriculum for youth in grades 1-6.

Kids in the Kitchen: After-school program for youth ages 6-15 years.

Both curricula focus on:

- Making healthy food choices.
- Preparing simple, healthy foods.
- Learning food safety principals.
- Enjoying being physically active.