



**Interactive Teaching**



**Food Preparation**



**Food Sampling**



**Physical Activity**



**Expanded Food and Nutrition Education  
Program Staff**

**Extension Agent**

Maria Rosario-Mejias

**Lead Office Assistant**

Daneda Hansen

**Adult Nutrition Education**

Gloria Greiner, Associate  
Megan Gallagher, Assistant  
Kaia Klaumann, Assistant  
Apphia Mann-Assistant

**Youth Nutrition Education**

Velma Moreno, Associate  
Shana Jimenez, Associate  
Lilly Mondaca– Assistant

**TEXAS A&M  
AGRI LIFE  
EXTENSION**



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

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.

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

Follow us on Facebook:  
[facebook.com/TravisTXEFNEP](https://www.facebook.com/TravisTXEFNEP)

## 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.