

Expanded Food and Nutrition Education Program (EFNEP)

is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behaviors necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.



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



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

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

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

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

TEXAS A&M AGRI LIFE EXTENSION

Travis County



Bettering lives one
class at a time



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

1. *Healthy Food, Healthy Families*
2. *Foods That Pack a Punch*
3. *Making the Most of MyPlate*
4. *Power of Planning*
5. *Setting Your Limits*
6. *Plate it Safe*
7. *Mealtime Miracles*
8. *The Choice is Yours*

Each session includes a short physical activity. There are incentives for attendance.



“I really enjoyed these nutrition classes, and learning more about different, safe, and healthier ways to prepare foods.”

**Leticia
Guerrero-Thompson Elementary**

“I really don’t like veggies but thanks to you now I eat more veggies in school.”

**Danna
Manor Elementary, 4th grade**



EFNEP Youth Program

Youth graduates will have:

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

Youth Program Curricula

In the classroom:

Exploring MyPlate with Professor Popcorn for children in grades 1-6

Show Me Nutrition for youth in grades 6-8 and

Healthier Food, Healthier Future for teens in grades 9-12



After-school programs for youth ages 6-15 years:

Choose Health, Food, Fun and Fitness and ***Kids in the Kitchen***

Both curricula focus on:

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