The objectives of EFNEP are to help families and individuals by:
- teaching nutrition information and food related skills
- encouraging healthy eating habits
- teaching skills to stretch food resources.

The Expanded Food & Nutrition Education Program (EFNEP) is strictly educational and is a VCE Family and Consumer Science Program.

The EFNEP program is operated through Virginia Cooperative Extension and Virginia Tech. It is funded by the U.S. Department of Agriculture.

The program is free to participants.

Written by: Ruby H. Cox, Associate Professor and Extension Specialist, Human Nutrition, Foods, and Exercise Department and Ann Hampton, SCNEP Program Assistant, Isle of Wight Extension Office
Making Money and Food Stamps Go Further

- Meal Planning
- Making a Grocery List
- Grocery Shopping
- Budgeting
- Using food labels to choose best buys

Healthy Choices for the Whole Family

- Healthy Food Choices
- Nutritious Snacks
- Preventing Disease
- New Food Ideas
- Answers to Questions
- Food Guide Pyramid
- Choosing foods for healthy pregnancy & infants and for children's development

Preparing Delicious and Safe Food

- Recipes
- New Food Ideas
- Cooking Skills
- Nutritious Snacks
- Food Safety & Storage

For answers to your food and nutrition questions or to learn more about the EFNEP please contact us. This is a free program. You will not be charged for participation.

Name ________________________________  Phone ________________________________
Address ________________________________

For more information mail this form to:

Or Call 1-888-814-SMART (7627)
(This is a toll free call)