

# EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

- 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.

VIRGINIA COOPERATIVE EXTENSION  
Virginia Tech and Virginia State University  
Blacksburg, Virginia 24061

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## Expanded Food & Nutrition Education Program (EFNEP)



# EXPANDED FOOD & NUTRITION EDUCATION PROGRAM: AN INTRODUCTION



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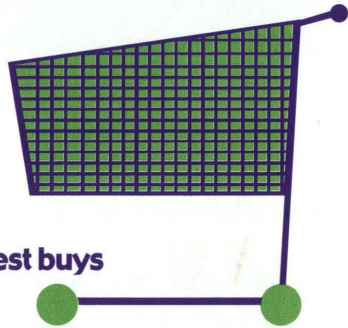


Virginia Cooperative Extension



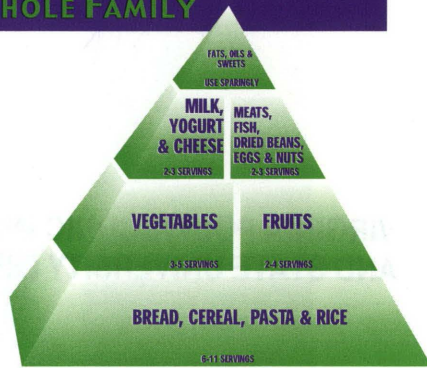
## MAKING MONEY AND FOOD STAMPS GO FURTHER

- ▶ 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



Are you concerned about choosing good foods for your family?

Did you know that healthy foods can be low in cost, easy to make and taste good?

Do you know what children should eat to do well in school?

Do you have trouble making money or food stamps last the whole month?

Need help applying for VA's low-cost or free insurance program for children & pregnant women?

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)

## PREPARING DELICIOUS AND SAFE FOOD

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

