

OUR SUCCESS STORIES

WHAT PARTICIPANTS ARE SAYING

"I use less salt."

(Kintock)

"I am more prone to buy whole grains."

(The Bridge)

"I've cut back on fried food."

(Quality Dental)

"I haven't been to a fast food restaurant in 3 weeks."

(Salvation Army)

"I started eating vegetables."

(Team Academy)

"I read the food labels."

(Apostle House)

"I make a grocery list with more healthy choices."

(NBTI)

"I feel confident in preparing foods for my family."

(Orange Housing Authority)



EFNEP ACHIEVEMENT IN ESSEX COUNTY (2010)

Through a series of classes conducted at 37 collaborating agencies, program participants acquired the knowledge and skills necessary for making healthy food choices for better health

- 1102 youth and 724 adult participants benefited from the EFNEP project of Essex County
- 75% of participants showed improvement in food resource management practices such as planning meals, comparing prices, using groceries lists and not running out of food by the end of the month
- 81% of participants showed improvement in nutrition practices by planning meals, making healthy foods choices, reading nutrition labels and feeding their children breakfast
- 55% of participants showed improvement in food safety practices

RUTGERS

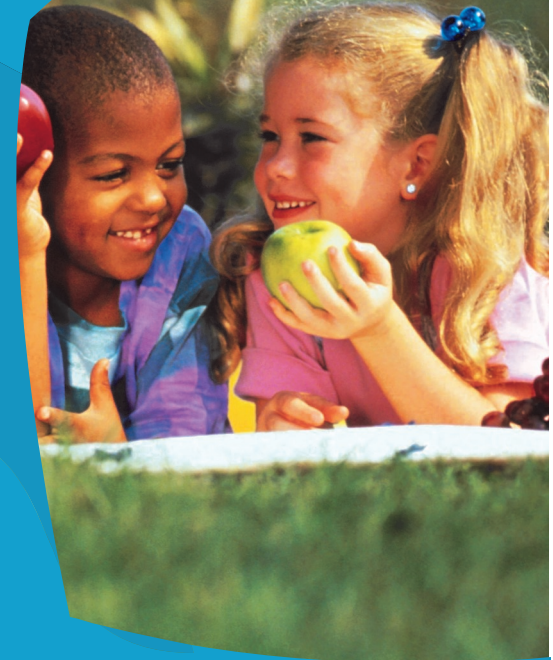
New Jersey Agricultural
Experiment Station

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EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



ABOUT EFNEP

EFNEP helps limited-resource families and youth improve their eating behaviors and contributes to other personal development skills through behaviorally focused nutrition education. The program is administered by Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension, and is supported by USDA's National Institute of Food and Agriculture (NIFA) Smith-Lever funds.



NUTRITION EDUCATION CLASSES FOR FAMILIES WITH LIMITED RESOURCES

- Adult and youth programs
- Individualized diet analysis
- Classes conducted at your site
- Certificate upon class completion
- No cost to participants

YOUTH EFNEP

Delivery of Youth programs takes on various forms for Kindergarten - 12th grade

- In schools as an enrichment of the curriculum
- After school care
- Summer programs

CLASS CRITERIA

- Consists of at least 6 classes
- Classes are held over a 6 week period
- Small classes - maximum 25 students
- Classes are at least 45 minutes long



Topics selected from a wide variety of nutrition curriculum including

- Healthy eating
- Fitness
- Food preparation

ADULT EFNEP

Adult will learn how to put nutrition into action. Classes are customized to each group's needs, may include a wide range of nutrition topics

- Eating less fat, sugar, salt
- Food safety
- Reading food labels
- Food Nutrients
- Healthy snacking

CLASS CRITERIA

- Consists of a series of at least 6 classes
- Program is held over a 6 week period
- Small classes - maximum of 15 participants
- Lessons are at least one hour per class



Expanded Food and Nutrition Education Program