



What is EFNEP?

An evidence-based program that partners with local agencies serving low income families. Your clients will learn to cook healthy recipes, save money on groceries, and be more physically active.

Who is eligible for EFNEP?

Individuals who are eligible for assistance programs such as SNAP, WIC, or Head Start are also eligible for EFNEP.



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COLORADO STATE UNIVERSITY
EXTENSION

For more information, please visit:

www.efnep.colostate.edu

These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). USDA is an equal opportunity lender, provider, and employer.

Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA. El USDA es un prestamista, proveedor y empleador con igualdad de oportunidades.

EFNEP

Expanded Food and Nutrition Education Program



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What does EFNEP provide?

- Research-based information
- Small group lessons (2-12 people)
- Fun activities that promote positive behavior change

Participants learn how to:

- Cook new recipes
- Choose healthy foods
- Save money at the grocery store
- Keep food safe to eat
- Be more active

Participants receive:

- Cutting mat
- Water bottle
- Grocery shopping list
- Produce brush
- Measuring cups
- *Walk Indoors! with Leslie Sansone* DVD
- Measuring spoons
- Refrigerator thermometer
- *Let's Cook!* Cookbook



**EATING SMART
BEING ACTIVE**



What participants had to say:

“I took some pounds off my weight thanks to the portions our educator taught us to eat.”

– Participant from Denver County

“I loved the lessons and they helped me change a lot of things at home. Now I plan out dinners and read food labels on things I buy to make sure my family eats better.”

– Participant from Pueblo County

“I wanted to change the way I was eating, but I didn't know how. Our educator broke it down so it was easy and now I eat more fruits and vegetables and I cut down on soda. I already feel better and am not as tired.”

– Participant from Larimer County



A FREE mobile app:



Each class will include a physical activity tracker and healthy recipes, all found on our new app!