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MINNESOTA EXTENSION SERVICE

UNIVERSITY OF MINNESOTA

**Help families eat  
better, healthier,  
and more  
economically**

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**Expanded Food & Nutrition  
Education Program**

**EFNEP**

**Minnesota Extension Service  
University of Minnesota**

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# Do your families . . .

- ✓ run out of food before the end of the month?
- ✓ avoid cooking (because it takes more time and effort)?

**Many families don't know how to maximize their resources like food stamps and emergency food. EFNEP can help!**



EFNEP believes that the needs of those with limited resources are best met by agencies working together. EFNEP staff will work with you to provide nutrition education at the most convenient times and places for your families. Staff go to people's homes or teach groups at community agency sites. Class topics and the number of sessions depend upon your families' needs.

## **Do your families know how to:**

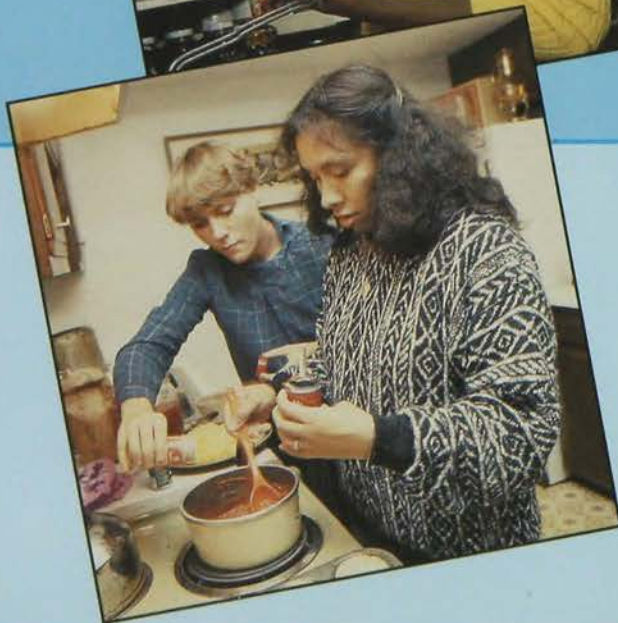
- ✓ Use the nutritious foods they receive from WIC, commodities and food shelves?
- ✓ Maximize their food dollar?

**EFNEP classes provide hands-on activities and food preparation whenever possible.** This is critical if families are to change their eating habits.

## **There are two ways to link your families with EFNEP:**

- ✓ We can provide a series of group classes at your agency or community site.
- ✓ We can provide home visits.

Call your county extension office to discuss how we can work together.



## **Who is eligible for EFNEP?**

Families with young children who have limited resources and may be receiving food stamps, WIC, commodities, MAC, public assistance, or other kinds of help.

## **EFNEP is especially for:**

- Families with preschoolers
- New moms
- Parenting and pregnant teens
- Diverse cultural groups
- New immigrants

EFNEP meets people where they are at and we are sensitive to the unique needs of your families such as child care, transportation, isolation, limited reading skills, and cultural differences.

## **Typical EFNEP lessons:**

- Feeding young children
- Making meals from what's on hand
- Planning nutritious meals
- Saving money at the grocery store and budgeting your money
- Safe food preparation and storage

Additional lessons are available to meet your families' needs.



# EFNEP Works!

Our families and agency collaborators tell us how effective EFNEP and our staff are:

"EFNEP is an excellent program for us in Head Start—flexible, practical, basic. [It] fits the budget of families."

- *Head Start staff*

"The [EFNEP staffperson] is very low key and very non-threatening. Her nutrition classes are basic, easy and FUN! She is well accepted by families. Some families are very isolated. She decreases the isolation of the family."

- *WIC staff*

"The class helped me to use my own resources better. I would recommend this class to any young mother. Thank you!"

- *EFNEP participant*

"The best part of this class was being able to bring our kids along to our classes so we don't need sitters. Also, we really became close friends in our group and will continue to get together for the fun of it."

- *EFNEP participant*

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## Contact your local EFNEP program today!



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