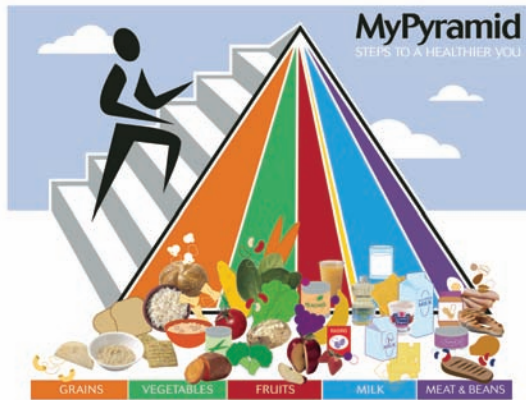


something for
everyone



EFNEP welcomes participation from:

After-school Programs

Day Camps

Community Centers

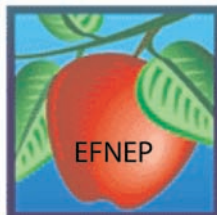
Neighborhood Groups

Home Gardening Workshops

Daycare Centers

Preschool Programs

Summer Workshops



Expanded Food and
Nutrition Education
Program

Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER
Ashford O. Williams Hall
Post Office Box 10010
Baton Rouge, Louisiana 70813
Phone (225) 771-2242
Fax (225) 771-2861

For more information, please contact:

www.suagcenter.com

*“Linking Citizens of Louisiana
with Opportunities for Success”*

Southern University Agricultural Research and Extension Center, an entity of the Southern University System, Leodrey Williams, Chancellor, Ralph Slaughter, System President, Johnny G. Anderson, Chairman, Board of Supervisors. It is issued in furtherance of the Cooperative Extension Work Act of December 1971 and the Agricultural Research Program, in cooperation with the U.S. Department of Agriculture. All educational programs conducted by the SU Agricultural Research and Extension Center are provided to all persons regardless of race, national origin, or disability. Two thousand copies of this publication were printed at a cost of \$678.00.

© SU Ag Center Office of Technology Services • pub.185 • 1.5M • 6/06

Southern University Ag Center
EFNEP
Expanded Food and Nutrition Education Program

Healthy Choices

Food Preparation

Food Safety

Physical Activity

Youth Counseling

Healthful Topics



unique

What is EFNEP?



The Expanded Food and Nutrition Education Program (EFNEP) is a unique program that currently operates in every U.S. state and territory. It is designed to assist limited-resource families and youth in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets. EFNEP contributes to the personal development of youth and to the improvement of the total family diet and nutritional well-being.

EFNEP is unique because it focuses on a target audience of low-income families and youth. It employs nutrition educators supervised by the SU Ag Center to teach its programs.

beneficial

Benefits of Participating in EFNEP

Youth will learn skills that can lead to changed attitudes and behavior, contributing to nutritionally sound diets and to positive personal development.

complete

EFNEP is the SU Ag Center's premier youth nutrition education program.



EFNEP teaches:

- Healthy Food Choice
- Food Preparation
- Food Safety
- Physical Activity
- Avoiding Substance Abuse
- Other Health-related Topics



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS