BUT WAIT, THERE’S MORE…

Are there other ways you would like to support your clients, students or staff in making healthy choices? Extension programs can help! We offer a wide variety of programs and services to support you in your work, such as:

- Classes and other learning opportunities for your clients or students on topics such as cooking, gardening, parenting, money management, and making informed decisions about health insurance.
- Technical assistance and training for your staff so they can better understand health and nutrition issues to teach their clients or students.
- Connections with other agencies that are supporting healthy options for their consumers so you can share best practices, leverage resources, and expand programming.
- Support for your efforts to change practices and policies to create healthy environments and choices for the communities and populations you serve.

Our programs and services are designed to promote health equity in Minnesota. We are eager to find ways to start or expand a partnership with you!

USDA INFORMATION STATEMENT

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**PROGRAM DELIVERY**

Extension’s trained, peer Community Nutrition Educators (CNEs) deliver EFNEP curriculum through practical direct education lessons. Engaging programs are provided either one-to-one or to groups through partnerships with community agencies.

Educators teach in a variety of settings, such as food shelves, schools, income-based housing complexes, and community centers. Classes are taught in a variety of languages throughout Hennepin, Ramsey, Anoka, and Dakota Counties.

**EFNEP SHOWS STRONG RESULTS**

Annual data confirms that graduates:

**Eat healthier foods.**
92 percent eat more fruits and vegetables — on average, 1.4 more servings per day.

**Choose healthier foods.**
88 percent read nutrition labels and make healthier food choices.

**Stretch their food dollars.**
83 percent take steps to better manage their food budget, such as planning meals and shopping with a grocery list.

**Handle food more safely.**
66 percent are more likely to follow food safety practices, such as storing and thawing food properly.

**Increase their physical activity.**
40 percent are more likely to engage in at least 30 minutes of daily physical activity.

**ABOUT EFNEP**

The Expanded Food and Nutrition Education Program (EFNEP) works with low-income families, especially families with young children. Educators help families develop skills, attitudes, and behaviors necessary to maintain a healthy diet and stay physically active.

**A HANDS-ON APPROACH**

EFNEP educators take a hands-on, learn-by-doing approach to instruction that lets participants gain the practical skills necessary to make positive behavior changes.

“[What I enjoyed most about the class was] the actual lessons; I love to learn about eating healthy.”

~ EFNEP class participant

Learn more about EFNEP

In Hennepin and Anoka Counties, contact Amanda Vanyo, EFNEP Regional Coordinator at 612-596-2117 (advanyo@umn.edu).

In Ramsey and Dakota Counties, contact Jackie Billhymer, EFNEP Regional Coordinator at 651-704-2068 (billh002@umn.edu).

Connect with us online: [http://z.umn.edu/efnep](http://z.umn.edu/efnep).