



## EFNEP is...

the Expanded Food and Nutrition Education Program. It is federally funded and conducted through Cooperative Extension in every state and U.S. territory. In Georgia, it is offered by the University of Georgia and Fort Valley State University.

For almost 40 years, EFNEP has been helping parents learn how to feed their children healthier meals and snacks, save money on food, and reduce the risk of food-borne illness.

During the past five years, 90% of EFNEP participants in Georgia have made a positive change in their diets after completing this program.



## What Does EFNEP Offer?

EFNEP reaches adults and youth through educational programs on food safety, healthy eating, and stretching the food dollar.

### Participants in EFNEP learn how to:

- Save money on food
- Plan quick and easy meals for their family
- Prepare delicious and nutritious recipes
- Keep foods safe to eat

### EFNEP offers sessions for teenage mothers (TAMS - Teenage Moms Nutrition Program) where they learn how to:

- Eat healthfully during pregnancy
- Evaluate whether breast feeding or bottle feeding is best for them
- Feed their baby appropriately to help prevent childhood overweight

### Workshops for children and youth (ages 4 to 18 years) are offered through after school programs, Headstart, Pre-K, and other agencies. Participants learn how to:

- Make healthy food choices
- Wash hands properly
- Prepare easy and healthy snacks

## Partnerships

Cooperative Extension EFNEP is available in more than 25 counties in Georgia, including most major cities. We welcome partnerships with other agencies that serve families.

EFNEP sessions for adults and teenage parents are available at no charge and consist of a minimum of six, one-hour sessions at a mutually agreed upon time. Programs are fun and provide hands-on activities. Participants receive a certificate after completion of EFNEP.

**Working together,  
we can make a difference!**



## EFNEP Makes A Difference

"I am thankful for this program because I've learned so much about eating healthy, making wise food choices and the importance of meal planning and shopping."  
- Mrs. P

"This class has been such a great and wonderful class. All the information learned through your sessions have really made an impact, not only on my life, but the baby's. I now notice myself looking at labels and feel that I can help other family members with their eating habits. Thanks!" - Ms. G

"The quick and easy meals we learn to prepare are wonderful. No more cooking 1-4 hours. Thank you!"  
- Anonymous

For more information about programs in your area, contact:

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**COOPERATIVE EXTENSION**  
College of Agricultural & Environmental Sciences & Family and Consumer Sciences

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# EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

*Helping Families  
Eat Better for Less*



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