

Colorado Expanded Food and Nutrition Education Program (EFNEP)

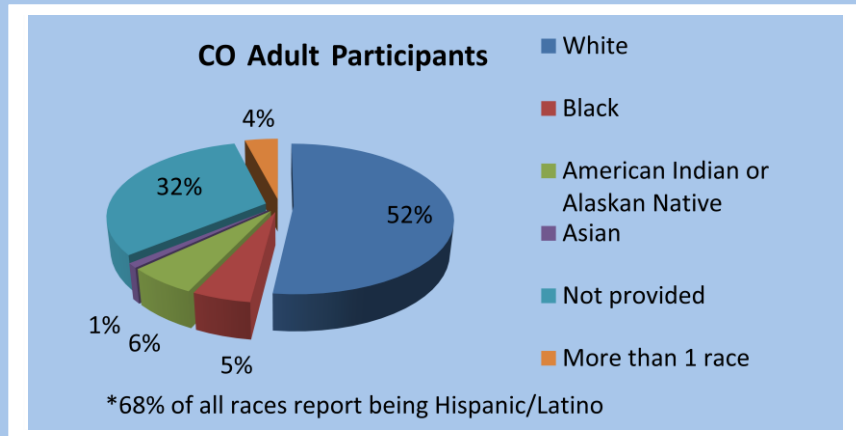


EFNEP is a nutrition education program funded through USDA-NIFA. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, resource management, and food safety. In Colorado, EFNEP is administered by Colorado State University Extension.

EFNEP for Adults

Participants learn to:

- Plan nutritious meals
- Be more active
- Stretch their food dollars
- Practice safe food handling
- Prepare healthy recipes

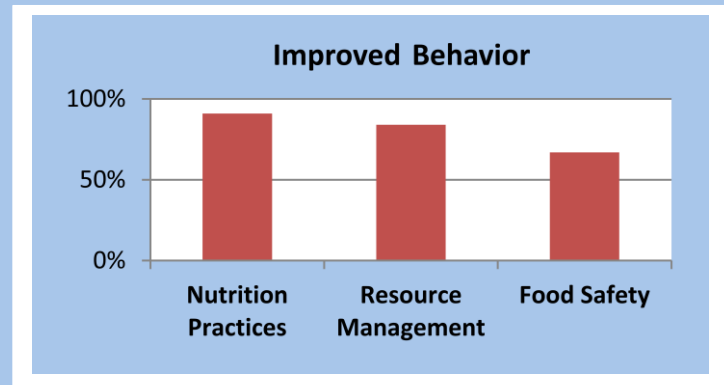


EFNEP paraprofessional educators deliver research-based curricula to parents of young children. Lessons incorporate new information through hands-on activities that promote behavior change.

Adult Impacts & Outcomes

In fiscal year 2010-11, 1,203 adult participants were taught the EFNEP series of classes in Colorado by 8.0 FTE staff.

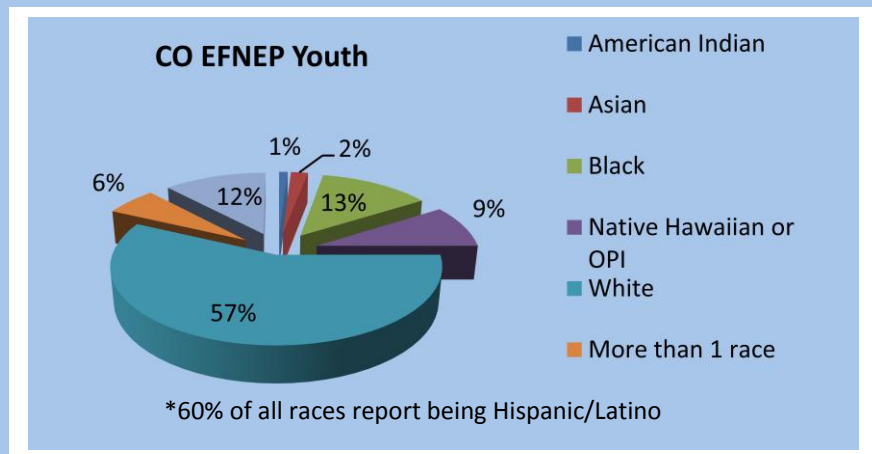
Participants showed improvement in nutrition practices (91%), food resource management (84%), and food safety (67%).



EFNEP for Youth

Youth learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling



EFNEP paraprofessional educators use age-appropriate curriculum and work with schools, after-school programs, day-camps, Head Start and preschools. In FY 2010-2011, 1,586 youth attended EFNEP classes in Colorado.

Testimonials from CO EFNEP Participants

NUTRITION PRACTICES

"Each week I looked forward to the class for its content, instruction/presentation, variety of applicable subject matter, and of course, the food samples that we prepared and ate!"

"I enjoyed this class very much. I learned how to make some good, fast meals, how much of each food group I need to eat, and I learned some new, fun ways to exercise."

"I have made a change in the way I eat, drink, prepare food, and shop. When I eat now, I keep in mind the five food groups and try to eat something from each group every day. So, instead of eating fast food for lunch I take a lunch from home filled with fruits, vegetables, and healthier choices such as 100 percent whole grain bread with peanut butter. I stopped drinking soda after seeing how much sugar is really in soda."

"I really learned a lot from this class I learned that I use way too much salt on my foods and I now exercise every day. I eat a variety of fruits and vegetables."

"I learned how important calcium is for your bones and drink milk now and my neck actually feels better. I really enjoyed this class."

"I took the EFNEP classes and not only did I have fun, but it was a good learning experience as well. I now know how to live a healthier lifestyle while eating easily prepared and tasty meals. And, our instructor made it very pleasant!"

"I learned serving sizes for veggies and fruits. Thank you so much for educating me and my family on the importance of eating healthy."

"I really liked this class because it made me want to try new foods I never thought about trying before. I learned how important it is for me to be a good role model, foodwise, for my kids. I will cook healthier and be healthier for myself and my family, thanks to this class."

FOOD RESOURCE MANAGEMENT

"I started planning meals for my family using a list to shop. I took soda out and replaced it with water at meal time. I added a variety of vegetables to meals and less meat. I changed the bread we eat from white to 100 percent whole wheat. This helped me with recipes and new ways to introduce healthy eating to my family. I learned how different exercises can be added to my day and can be fun. My family also added 100 percent juice to our meal time and brown rice. All this has been very helpful to my family."

"When I shop I look at the labels to see if milk is pasteurized and that 100 percent juice is on juice labels."

"I am 24 and this class has taught me how to cut meat, cook, and plan smarter when grocery shopping. All of the information I received has been very useful and practical."

"I learned techniques for stretching my monthly food budget and look forward to cooking the recipes at home."

FOOD SAFETY

"I learned about defrosting food and that I should not leave it out on the counter all day. When in doubt, throw out!"

"I learned that I should package and freeze meat that I'm not going to use right away, and that I should thaw frozen foods in the microwave or in the refrigerator."

"I learned that letting cooked food sit out for more than two hours can be harmful."

"I have learned so much about how to read food labels, nutritional value in vegetables, fruit and vitamin intake. I also learned a great deal about food safety."

"I learned how to cook meats, how to clean the vegetables and fruits to keep them fresh and safe. I know now how to eat and to clean in order to avoid bacteria."