

# Colorado Expanded Food and Nutrition Education Program

EFNEP is a nutrition education program funded through USDA-CSREES.

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

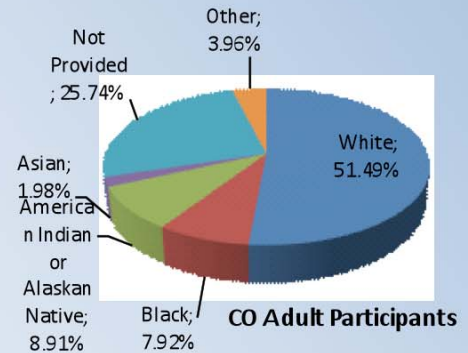
EFNEP paraprofessional educators deliver research-based curricula to parents of young children.

Lessons incorporate new information through hands-on activities that promote behavior change.

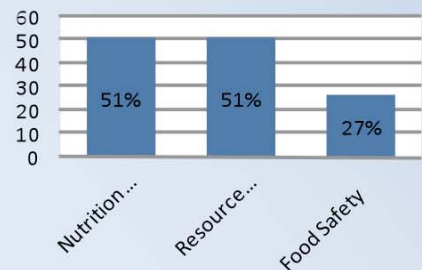
## Adult Impacts & Outcomes

In fiscal year 2007-08, 1,088 adult participants were taught the EFNEP series of classes in Colorado by 9.75 FTE of staff.

Participants showed improvement in nutrition practices, resource management, and food safety.



## Improved Behavior



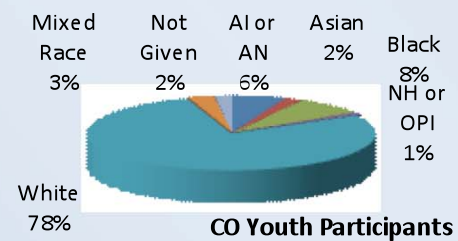
## EFNEP for Youth

Students learn to:

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

EFNEP paraprofessionals use age-appropriate curriculum and work with schools, after-school programs, day-camps, and preschools.

In FY 2007-2008, 1,956 youth attended EFNEP classes in Colorado.



# Testimonials from CO EFNEP Participants

## NUTRITION PRACTICES

"The two week meal plan I received in the class: we used it and now we (my family) do not eat any food that is not on our meal plan. This has cut down on the sweets, chips - all the junk food. I use the recipes I received in class to plan our meals. We do not get soda any more or the fake juices. Because of the class we have switched from 2% to 1% milk."

"I look at labels for fat and sugars. I try to eat more vegetables by adding them to my meals and I eat smaller portions rather than eating until I'm overly full."

"My success has been great! I've started to eat healthier and I don't eat out as much. I've also started cooking which is a huge change for me, but I am trying!"

"EFNEP has helped me make a difference in my life by the way I eat. I'm pregnant with my first child. It's important now more than ever for me to make eating right a lifestyle."

"I learned a lot and as a result I now have my daughter drink more milk so her bones get strong as she grows older. I also decreased the amount of oil I cook our meals with and have eliminated sodas and increased the fruits and 100% fruit juices we consume."

## FOOD RESOURCE MANAGEMENT

"I'm planning my meals for the month, clipping coupons, growing and freezing vegetables. Coupons: I found a shoebox, made cardboard dividers with the name of different products. I went to the web to find manufacturer's coupons and grocery coupons. Cut them out and placed them in the box. I saved \$15.00. I plan meals for a month and add new meals each month."

"The whole grains lesson really had an impact on me. Since then, we have adjusted many of our meals and snacks to include more whole grains and less processed foods!"

"I want to thank you for making these classes available because in my case, they have helped me a lot in the way I do my shopping now, as far as how to compare each product price."

"I can check labels and understand what they are for and use that information in my diet."

## FOOD SAFETY

"I use a veggie brush to clean my produce."

"I have learned to take better care of myself in many ways...keeping food safe is important. I thaw food in the microwave instead of on the counter; I keep milk in the fridge."

"I have now started using the thermometer I received from this nutrition class. I never knew how to calibrate one let alone use one."

### For more information about EFNEP in CO, contact:

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