



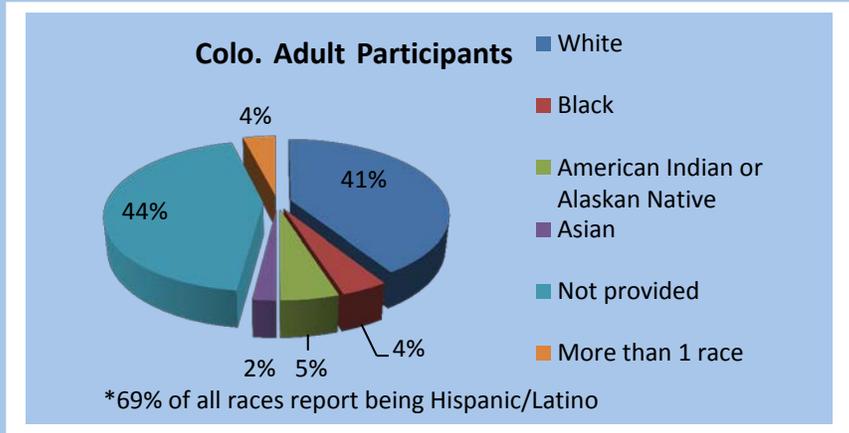
## Colorado Expanded Food and Nutrition Education Program (EFNEP)

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

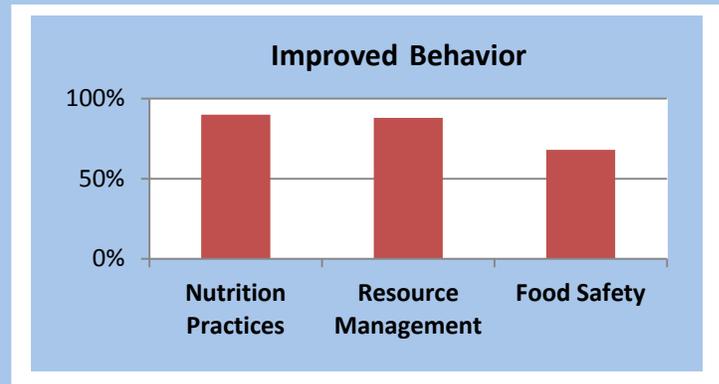


EFNEP paraprofessional educators deliver research-based curricula to parents of young children. Lessons incorporate new information through hands-on activities that promote behavior change.

### Adult Impacts & Outcomes

In fiscal year 2009-10, 932 adult participants were taught the EFNEP series of classes in Colorado by 8.49 FTE staff.

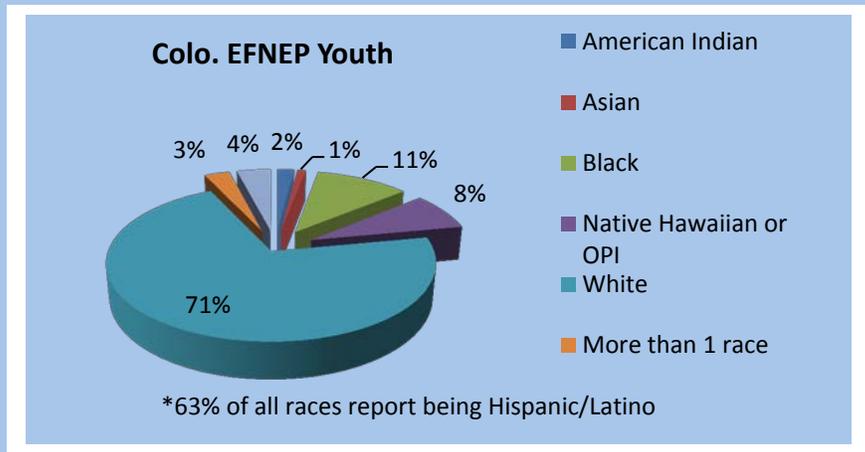
Participants showed improvement in nutrition practices, food resource management, and food safety.



### 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 2009-2010, 1,897 youth attended EFNEP classes in Colorado.

## Testimonials from Colo. EFNEP Participants

### NUTRITION PRACTICES

I really like this class because I learned a lot of new things. I learned that it is very important to read nutrition labels and the ingredients list. I learned how fast bacteria grows and how to store my food. I also liked all the snacks we ate in class but my favorite was the three can chili, and I'm gonna make it for my family. After completing the program I feel that I'm shopping and eating smart.

I have never been very health conscious but I have been a lot of useful information about fats (good and bad), sugars (good and bad), whole grains, and calcium. I plan on using this information to change my diet and eating habits. I also plan to "up" my exercise routine to keep active and healthy. Thank you for all the info.

I have learned how to eat healthier and cook healthier. I was even taught to read food labels – I never have before. I learned how to mix peanut butter and yogurt, who would have thought. My favorite thing was the yogurt over fresh fruit pieces and the granola. I didn't realize these things could be made so easily and be so great tasting and good for you all at the same time. I did learn a lot and I will definitely use what I've learned at home, and I will share with my neighbors. Thank you, sincerely for the knowledge and ideas you've taught me.

I've made many changes since beginning EFNEP. Now I look at the nutritional labels before I purchase food, and I make healthier choices. Now I know what kinds of foods I should be eating in order to get the most nutritional value for my baby and I. I also learned great tips on how to save money when grocery shopping and I also learned new and delicious meals and side to cook for my family.

I found (the classes to be) very educational and rewarding for my whole family. My kids are now learning about healthy snacks and how to enjoy them. Now when I'm buying my groceries I read the labels on them to choose the healthiest for my family. This class has helped me to discover how unhealthy processed foods can be for you. Before I never thought to read labels to help me to decide whether a product was healthy or not for my family. Since attending your classes my whole shopping strategy has changed. I'm looking forward to watching my family get healthier and grow up strong. I believe that I will see a big difference in my family.

### FOOD RESOURCE MANAGEMENT

I attended EFNEP classes and brought my daughter it was very important and informative class to take. The education we received was valuable. We learned more about nutrition, eating healthy, planning meals and ultimately saving money. Thank you for that opportunity and my daughter will have a head start on her healthy eating.

Some of the changes I have made since I have been in this program are I have been eating more healthy foods and doing more exercise. I have been planning my meals at the beginning of the month and my food is lasting through the month. I'm saving more money with writing shopping lists and this class has taught me a lot of new ways to keep my food fresh and to look for new ways to prepare my food to be more healthy for me. This class is very informative and I have learned a lot of new and healthy ways of life.

I have changed my eating habits. I exercise more than I did before I came to this class. I plan my meals now. I have been saving a lot of money planning and writing grocery lists. I've also learned how to read the labels on the nutrition facts. We had lots of fun at class and we got lots of great gifts.

What I enjoyed about this class is how to save on a lot of money and to buy just what I need for my meals and I also liked the foods we prepared as a group. I really enjoyed this class.

### FOOD SAFETY

I have always known that I have needed to eat better. Through this class I was able to grasp the what, how, and why of eating and preparing foods more nutritionally for myself and my growing baby. The information on preparing food and food safety is going to be very valuable. I would hate to know I could harm or endanger myself and my family because I didn't know the serious effects of improper food preparation.

I learned a lot about food safety, as far as not washing meat or thawing at room temperature. I enjoyed the activities, the gifts (shopping list, measuring spoons, exercise band, and meat thermometer). I also enjoyed the new snack recipes, especially the yogurt peanut butter dip with fruit.