

Expanded Food and Nutrition Education Program (EFNEP)

Improving Nutritional Security Through Education

What is EFNEP?

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program implemented through land-grant universities that uses education to support participants' efforts toward self-sufficiency, nutritional health and well-being. EFNEP combines hands-on learning and applied science to address nutrition insecurity in low-income populations that disproportionately experience poor health. EFNEP teaches the skills to make healthier choices, save money, increase self-sufficiency and improve overall well-being.

The Challenge: Living a Healthy Lifestyle on a Budget

Living a healthy lifestyle on a budget can be challenging. For low-income populations, nutrition insecurity is a significant health concern. Nutrition insecurity is the combination of poor nutrition, limited physical activity, unsafe food practices and food insecurity. Nutrition insecurity routinely results in chronic disease and poor health, reducing quality of life for affected populations.

CSU Extension's Response: Improving Nutritional Security Through Education

CSU Extension's EFNEP program works directly with low-income families and individuals to teach practical skills to help participants improve their diets and nutrition practices, stretch their food dollars farther, handle food more safely and increase their physical activity levels.

Eating Smart • Being Active

CSU Extension lead the development of Eating Smart • Being Active. The curriculum is a series of classes that teach low-income adults with children how to spend less on food, eat better and be active. Each class includes physical activity, recipes, a food preparation activity, and tips on food safety and grocery shopping. In nine weeks, participants learn how to increase physical activity, plan meals, read nutrition labels, shop smarter, and increase their vegetable, fruit and fiber intake. They also learn how to limit fat, sugar, and salt and choose lean sources of protein and low-fat calcium foods.

Impact: Better Health and Well-Being

Year after year, EFNEP participants report improved health and well-being after completing the program. Program data shows EFNEP consistently improves the choices participants make regarding nutrition, budgeting, food preparation and physical activity. With CSU Extension's EFNEP program, low-income families in Colorado learn to live healthier, happier lives on a budget.

Learn more at efnep.colostate.edu

