



EFNEP

Expanded Food and Nutrition Education Program

🔍 What is EFNEP?

EFNEP is the nation's longest running nutrition education program. EFNEP is a **free** program that teaches USDA recommendations for nutrition and physical activity. EFNEP serves limited-resource adults and youth based on income-eligibility criteria (i.e. school communities with 50% or more free and reduced lunch participation).

📖 What curricula does EFNEP teach?

Choose Health: Food, Fun, and Fitness

- 6 lessons for grades 3 through 5
- Topics include: healthy drinks, MyPlate, the Nutrition Facts Label, whole grains, fast food, healthy breakfast, and physical activity.

Teen Cuisine

- 6 lessons for grades 6 through 12
- Lessons include hands-on cooking activities
- Topics Include: MyPlate, food safety, physical activity, Nutrition Facts label, portions, healthy breakfast, fast food, healthy drinks, and healthy snacks.

Eating Smart, Being Active

- 9 lessons for parents or caregivers with children
- Topics include: MyPlate, physical activity, meal planning, unit pricing, fruits and vegetables, whole grains, Nutrition Facts Label, protein rich foods, food safety, dairy, mindful eating practices, and more!



Where does EFNEP teach?

We provide direct nutrition education at community agencies that serve a low income children, parents or caregivers including: YWCA programs, adult education programs, WIC, elementary, middle, high and technical schools, after school programs, libraries, and more. At these locations we provide nutrition workshops, educational incentives, materials, and food tastings.

When are EFNEP classes offered?

URI EFNEP provides nutrition programming during the academic year. We work with partners to determine what time works best for the program. We offer both in-school and afterschool programming.

Interested in setting up a series or learning more?

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