

## Expanded Food and Nutrition Education Program... Making A Difference for Youth

Teaching children the value of good nutrition is what the Expanded Food and Nutrition Education Program's (EFNEP) Youth component is all about. This federally-funded project is part of a nationwide effort designed to improve the diets of school-age youth through education and better use of resources.

**REACHING...** Through effective community collaboration, youth have multiple opportunities to participate in safe, educational and fun "learn-by-doing" activities offered in the classroom to enrich FWISD curricula.

**TEACHING...** We are excited for the opportunity to teach our new curricula, *Healthy Hero Adventures* and *Healthy Teens, Healthy Future* to students throughout the district. Tarrant County EFNEP staff played an integral role in developing lessons and activities for these curricula through which students receive practical, research-based information to address:

- ☆ Basic nutrition concepts
- ☆ Simple food preparation
- ☆ Food safety
- ☆ Comparison shopping
- ☆ Kitchen sanitation
- ☆ Increased physical activity

**CHANGING...** As a result of participating in the EFNEP youth component during 2020-21, mid-year survey results obtained from a sample of 701 youth reveal 86% gained nutrition knowledge to choose foods according to the Dietary Guidelines; 53% use safe food handling practices more often and 50% improved physical activity behaviors.

To schedule presentations for the 2021-22 school year contact **Christa Betz** at [christa.betz@ag.tamu.edu](mailto:christa.betz@ag.tamu.edu) or (817) 212-6822. Please include the following information in your message:

- Your name
- Campus name
- Preferred semester
- Telephone number
- Best time to return your call



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