What is EFNEP?

A research-based program that works with **your organization** to:

- Assist limited-resource families in acquiring knowledge, skills, attitudes and changed-behavior necessary for nutritionally sound diets.
- Contribute to personal development and improvement of the total family diet and nutritional well-being.

Who is eligible for EFNEP?

Individuals who are eligible for assistance programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start, are also eligible for EFNEP.



EXTENSION
College of Agriculture, Biotechnology & Natural Resources

8050 Paradise Rd Suite 100
Las Vegas, NV 89123
702-222-3130



EFNEP
Expanded Food and Nutrition Education Program

Local Contact Information:

Elizabeth Mapula 702-257-5517

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EFNEP

Expanded Food and Nutrition Education Program



Exceptional, hands-on nutrition education for adults

Pilar Coeto
702-257-5526
mcoeto@unr.edu

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What does EFNEP provide?

- An 8 lesson, interactive, research-based nutrition curriculum
- Adaptable materials to meet each participant's needs
- Lessons delivered in small groups of no more than 15 participants

Participants learn how to…

- Read food labels
- Save money on groceries
- Plan nutritious meals
- Make healthy food choices
- Handle food safely
- Be more active

Participants receive…

- Water bottle
- Grocery shopping list
- Produce brush
- Measuring cups and spoons
- Food cutting board
- "Walking Indoors" DVD
- Refrigerator thermometer
- Recipe booklet
- Graduation certificate



Hands-on learning allows participants to create healthy recipes and learn the essentials of food safety.





What participants had to say…

"I took this class to make better choices for me and my family so they grow up healthy"

-Participant from Las Vegas, NV

"I use the walking DVD every day and use it with my kids."

-Participant from Las Vegas, NV

"I came to this class to learn how to prepare, shop and eat healthy meals and snacks. Changes I have made are planning meals more, adding more balanced meals to our diets, and I have not been fighting with my kids to get them to eat".

-Participant from Clark County, NV