



Dear

The Expanded Food and Nutrition Education Program thrives
with the support of partners like you!

The Expanded Food and Nutrition Education Program (EFNEP), funded by USDA National Institute of Food and Agriculture (NIFA), exists to help limited-resource youth acquire the knowledge, skills, and attitudes needed to create healthy habits.

EFNEP partners lead easy to implement nutrition lessons and may assist with administering pre and post surveys. Lesson materials, in ready-to-use kits, are provided by the University of California, Agriculture and Natural Resources (UC ANR) and Cooperative Extension (UCCE) at no cost. Nutrition Educators are available to provide an orientation and will schedule guest visits to your classroom to reinforce nutrition concepts.

Our evidence-based curricula support the California Department of Education Standards including Common Core Standards for language arts and math. Healthy and active students are more likely to have improved academic performance and fewer behavioral challenges.

Students who
participate in EFNEP
learn how to:

- develop healthy eating habits
- choose healthy snacks and beverages
- increase physical activity
- practice food safety

CONTACT US

*to enroll or for more
information*

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