

Help limited-income

- *Adults
- *Families
- *Youth
- *Seniors

Improve their eating habits,
reduce their risk of obesity
and make better use of their
SNAP benefits.

For more information on these
topics, go to this one-on-one
learning site:

www.snaped4me.org



**Contact your local NJ
EFNEP program
to get started today!**

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Sr. Program Coordinator NJ EFNEP

**Rutgers
Cooperative
Extension
of Middlesex County**

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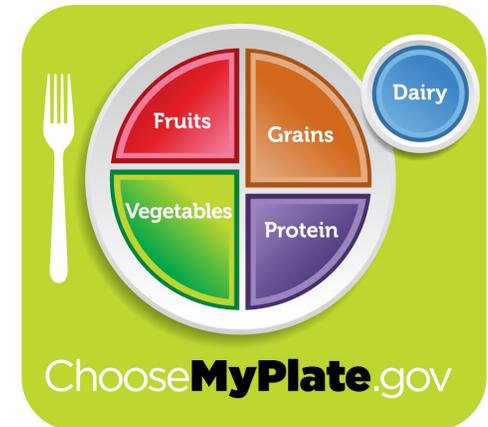
Emily Ijalana



NJ EFNEP
NJ Expanded Food and Nutrition Education Program



**The New Jersey
Expanded Food and
Nutrition Education
Program
(NJ EFNEP)**



**PRESENTED BY:
RUTGERS
COOPERATIVE
EXTENSION
of Middlesex County**



What is EFNEP ?

The NJ Expanded Food and Nutrition Education Program is a Rutgers Cooperative Extension program aimed at reducing hunger and preventing obesity by delivering practical information on nutrition, resource management, food safety and increasing physical activity among limited-resource families and youth not served by the NJ Supplemental Nutrition Assistance Program-Education (NJ SNAP-Ed).

This is accomplished by working with community based agencies, programs and schools. The program is funded by USDA's CSREES Smith Lever funds.

Education is delivered in a series of at least 6 classes presented at your site by our Community Assistant educators who are paraprofessionals trained at Rutgers in the basic nutrition concepts found in MyPlate and the Dietary Guidelines for Americans 2010.

Adult Education is delivered using:

- **Customized Programs**

Adult participants select what they want to learn. They pick the subjects that most interest them and that are the most needed to improve their food, nutrition, shopping, food safety and physical activity habits and to help them make better use of their SNAP benefits and/or food dollars.

- **Small Interactive Classes**

Adults learn more and learning is more interesting when they're able to discuss, interact and speak confidentially in an intimate, personal setting.

Adult Classes are adapted to each group served and offer behaviorally-focused, research-based lessons on a variety of topics including but not limited to:

- MyPlate/MyPyramid
- Eating More Vegetables and Fruits
- Healthy Eating on the Go
- Eating Less Sugar
- Eating Less Fat
- Reading Food Labels
- Meal Planning
- Stretching Food Dollars
- Food Safety

Each participant receives a certificate of achievement at the end of the program.

Classes are planned to accommodate your agency's schedule.



Youth Education is delivered using:

- **Research-based, behaviorally-focused lessons** which correspond to the New Jersey Core Curriculum Standards.
- **Lessons which include activities for "hands-on" learning.**

The goal of the NJ EFNEP Youth Program is to positively influence the eating and physical activity behaviors of youth through interactive classes and fun learning activities. Topics and activities include but are not limited to:

- MyPlate/MyPyramid
- The Importance of Breakfast
- Healthy Snacks
- Calcium for Strong Bones and Healthy Teeth
- Whole Grains
- Vegetables and Fruits
- Food Safety and Hand washing

Each lesson is 40 minutes to 1 hour in length depending on class schedules. Classes are delivered in a series of 6-8 sessions over a negotiated period. Each participant receives a certificate of achievement at the end of the program.

Classes are planned to accommodate your agency's schedule.



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Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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