

Good News for EFNEP Participants!



EFNEP HAS A NEW CURRICULUM!

It is designed to help clients make simple changes to eat smart and move more.

The new curriculum uses technology, hands-on learning and fast paced teaching to keep clients engaged and excited.

EFNEP's Families Eating Smart and Moving More

was developed by professionals from EFNEP, Cooperative Extension and the North Carolina Division of Public Health. Each of the curriculum's 22 lessons includes suggestions for how families can eat smart and move more.

The curriculum was designed to teach the concepts of diet, nutrition, food resource management and food safety. The curriculum addresses key behaviors that have been identified to decrease the risk of overweight and obesity. These are:

- Prepare and eat more meals at home
- Eat more fruits and vegetables
- Increase physical activity
- Make healthy drink choices
- Limit TV time
- Control portion sizes
- Keep food safe

Each of *EFNEP's Families Eating Smart and Moving More* lessons will be delivered via PowerPoint presentation. To facilitate this, EFNEP program assistants have been provided DVD players and LCD projectors with accompanying screens. Nowhere in the nation is EFNEP using such advanced teaching strategies. EFNEP in North Carolina is once again leading the nation in program accomplishments.

To secure a space for your clientele in a series of *EFNEP's Families Eating Smart and Moving More* classes, please contact:

_____, EFNEP Nutrition Program Assistant

_____ County Cooperative Extension Service

Phone: _____

Should you be interested in reviewing a lesson from the new curriculum, accompanying teaching materials or the artistically crafted cookbook (which clients will receive upon graduation), let _____ know. She will gladly share examples with you.

