



Hello, everyone. My name is Lorelei Jones and I am the State Coordinator for the Expanded Food and Nutrition Education Program, EFNEP.

What is EFNEP?

- Federally funded program which began in 1969
- Limited resource youth and families with children
- Part of a county's overall nutrition program



During the 1960's there was recognition of the link between poverty and malnutrition and the fact that many Americans were not only poor, but were suffering from hunger and malnutrition. In response to this need, Congress appropriated federal Smith-Lever funds designated for EFNEP in 1969. EFNEP serves limited resource youth and families with young children through the Cooperative Extension Service in every state and U.S. territory. If EFNEP is present in your county, it should be included as a part of the county's overall nutrition program. EFNEP in North Carolina has three main components: Adults (families with children under the age of 19 living in the home), School-age youth and pregnant teens. NC State University is the lead university for the Adult and Youth components and NC A & T State University is the lead university for the pregnant teen component. Carolyn Rudd is my colleague at NC State University who is the Coordinator for the Youth component of the program. At the present time, the position at NC A & T State University is vacant. NC A & T State University expects to fill their Coordinator position for the pregnant teen component in the very near future. Your role as the local nutrition expert is vital regardless of the component present in your county. If you do not have EFNEP in your county, there is still a lot of information in this training that will be relevant to you. My presentation will help you to become familiar with EFNEP, your role as an FCS Agent with EFNEP, opportunities to utilize EFNEP resources in your own programming, and how to initiate a movement and garner support to bring EFNEP to your county.

What is EFNEP?

- Targeted nutrition education with mandated goals:
 - Improve dietary intake especially fruits, vegetables, low-fat dairy, and whole grains
 - Improve food resource management skills
 - Improve food safety and preparation skills
 - Increase daily physical activity



EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

<http://www.ces.ncsu.edu/EFNEP/about.html>

EFNEP focuses on helping families and youth improve behaviors in the following areas: Dietary Intake as recommended by the Dietary Guidelines and MyPyramid, Food Resource Management skills and practices, Nutrition Practices and Food Safety practices. Participants increase their ability to select and buy food that meets the nutritional needs of their families and gain new skills in food preparation, food storage, and food safety. They learn to better manage their food budgets -including the use of Food Stamps and WIC vouchers. School-aged youth increase their knowledge of human nutrition and their ability to choose low-cost healthy snacks and pregnant teens learn behaviors that promote having babies at a healthy birth weight.

- 44 counties
 - <http://www.ces.ncsu.edu/EFNEP/locations.html>
- 6 EFNEP Extension Associates provide programmatic, management and supervisory support
- Program Assistants/Associates deliver nutrition



The number of counties in any given year with an EFNEP presence changes. This is due to increases and decreases in funding both federal and local. At this time, there are no state dollars given to support the program, however EFNEP does have many county partners as well as grant funds helping to extend the program's capacity to serve. Priority is given to counties with larger numbers of the target population, however counties with smaller populations, but good local support may participate. While EFNEP is a part of the county program, it is restricted by federal guidelines for operation. To assist you with the management of the program, EFNEP employs six Extension Associates. These individuals specialize in EFNEP management, program policies and procedures, data collection and reporting, and the training and supervision of EFNEP staff. A unique feature of EFNEP is the method of program delivery, that is employment of paraprofessionals, Extension EFNEP Program Assistant/Associate(s) (PA's), who are indigenous to the areas in which they work. EFNEP PAs are highly valued in their skills in connecting with limited resource populations.

FCS Agent Role

- Technical subject matter support
- Facilitate relationships with county agencies and organizations serving limited resource audiences
- Help to secure additional program resources
- Market/promote program and report successes
- Work with EA to coach PA



You are the point of access resource to an EFNEP Program Assistant when a question arises from a participant that falls outside of the scope of their curriculum. The EFNEP curriculum is very targeted, but often participants have questions that go beyond our targeted education. You are the local subject matter expert and should serve the program by providing research-based information to help respond to EFNEP participant requests. Additionally, you are often in a position to facilitate relationships between EFNEP and county agencies serving limited resource populations. As an FCS Agent, you extend your county's nutrition program outreach by opening external agency doors for EFNEP programming. There are sometimes opportunities to seek local level funding that would support EFNEP program efforts. Even small sums of money that can be used for food demonstrations is very beneficial to help increase program impacts. As you market and promote the total county program, don't forget that EFNEP is a part of that program and include it in your marketing efforts. Finally, work closely with the EA to help coach your PA to greater success. Your EA will share a great deal of information with you on the progress of the program and what she is doing to enhance your PA's skills in program delivery. Be an ally. Help support your EA's efforts as this will result in program results that you can be proud to share.

FCS Agent Role

- Assure EFNEP representation on Advisory Board
- Extend FCS programming beyond EFNEP to EFNEP audiences
- http://www.ces.ncsu.edu/admin/wiki/index.php/Roles_for_EFNEP_Team_Members



One way you can help keep a balanced focus on the programming in your county is to assure that there is EFNEP representation on your County's Extension Advisory Leadership Board. Often, EFNEP is the largest single outreach to limited resource populations within a county. It is important for your FCS program and for your County's Extension program in general to have this audience represented as a part of your leadership team. While EFNEP is limited to delivery of nutrition education, you are not. EFNEP families and youth have the same complex issues as other families and are often in need of programming in financial management, parenting skills, and energy conservation, just to name a few. You can partner with your EFNEP PA to extend additional FCS programming to this audience. Additionally, EFNEP in collaboration with the County Operations Administrative Team, have developed a matrix of roles for all individuals who have responsibilities with EFNEP. This matrix can serve as a guide for how you work as a part of an overall team to support EFNEP in your county. It can be located through the link to location on the wiki.

EAs are Your FCS District Liaison

- Virginia New – West
- Judy D'Eredita – West Central
- Suzanne vanRijn – North Central
- Stephanie McDonald – South Central
- Jessica Tice – Northeast
- Susan Morgan - Southeast



The EFNEP Extension Associates are not just your colleagues to help with EFNEP. The EAs also serve as your liaison to the Department. Listed here are the names of each of the EFNEP Extension Associates. EAs are assigned by districts. The liaison for your district is the individual you can call for questions on how to locate departmental resources. EAs can help direct you to the Specialist with the information that best meets your needs. Contact information for each of the EAs is included as a handout.

EFNEP Resources

- Download EFNEP handouts for use with FCS audiences
 - <http://www.ces.ncsu.edu/EFNEP/publications.html>
- Order
 - EFNEP Cookbooks - \$2.00 each for FCS audiences
 - EFNEP Table Topper - \$3.00 each for FCS audiences
 - Denise_lamb-wills@ncsu.edu



EFNEP funding is restricted to the delivery of EFNEP to limited resource populations, however there are some tools that are available to help you with your programming regardless of whether you have an EFNEP presence in your county or not. Each of the 22 lessons in the EFNEP curriculum has a handout designed with program concepts on the front and a recipe and suggested move more activity on the back. These participants handouts can be downloaded from our website and printed for use in local programming. EFNEP also has two resources which can be purchased at a nominal fee to enhance your program delivery. The first is our Cooking with EFNEP, cookbook magazine. It includes basic tips for planning, shopping and eating together as a family, suggested activities for flexibility and strength and a collection of cost-effective, nutritious recipes which have been thoroughly tested. These cookbooks are great additions to any nutrition program. Also available is a tool for helping families with positive meal-time conversations. This is our Family Table Topper. It is a great tool for both nutrition and parenting programs.

EFNEP's Faithful Families

- Special project funded by KB Reynolds Charitable Trust
- Partnership between CES, DPH and local faith communities
- Curriculum – training required



EFNEP, in partnership with the Division of Public Health, Physical Activity and Nutrition Branch, and with funding provided by the Kate B Reynolds Charitable Trust have just completed the pilot year of a special project known as Faithful Families. Faithful Families combines the strengths of both EFNEP and Public Health in nutrition education and policy and environmental change for the promotion of healthy eating and daily physical activity with delivery in a faith setting. The project has recently been funded for another 2 years and expanded to 2 additional counties. While EFNEP serves limited resource families with young children, this project has the capacity to work well in faith communities outside of the limited resource populations. Coming in April, 2010 a training in Faithful Families for FCS Agents will be offered. Look for details about this training around the first of the year. As a part of the training, you receive a copy of the Faithful Families curriculum for use in your programming.

Want EFNEP in Your County?

- Build support
 - CES staff, local organizations, county government
- Seek full or matching funds from local or grant sources
- Work with EA and State Staff to secure federal funds



North Carolina Cooperative Extension has a vision for EFNEP and FCS programming. This vision is for EFNEP and FCS programming to be a vital part of every County Cooperative Extension program. While it is unlikely that federal funds will ever reach a level that allows EFNEP to fund positions in all of our counties, it is possible for EFNEP to expand to additional counties with your help. Here is a short list of how you can get started. If you believe in what this program can do for your county, use that passion and the information from our website and staff to build local support. First, discuss your thoughts with your CED and then with the rest of your county staff. Work together to build support with local organizations who embrace what EFNEP can offer their clients. Seek the support of county government officials. Find out what opportunities there may be for funding. Is there any possibility of county appropriated funds? What local sources of grant money could be accessed to support the program? Throughout this process work with your EA and State Staff. They can support your efforts with factual data, research studies citing the program's benefits and value, and they can help you to secure available federal funds. It is our sincere hope that each of you will embrace this vision.