

Our Mission

The Urban Nutrition Education Program (UNEP) is implemented through the Alabama Cooperative Extension System's (Extension) Urban Affairs and New Nontraditional Programs unit at Alabama A&M University. The program is co-funded by Extension and the Food Stamp Division of The Alabama Department of Human Resources under the umbrella of the Food and Nutrition Service, United States Department of Agriculture.

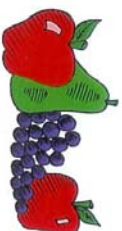
The mission of the Urban NEP is to empower limited resource families to make wise food choices, to select and prepare safe foods, and to consume a nutrient dense diet of healthy foods.

Extension agent assistants teach the Urban NEP in groups and individual sessions on occasion. Urban NEP targets residents of public housing facilities, youth in after school programs, and senior citizens throughout Alabama's metropolitan areas.



Goals of Urban NEP

- ◇ **Improve** knowledge of the importance of good nutrition to foster healthy families and communities.
- ◇ **Educate** families and individuals on the American Dietary Guidelines and Food Guide Pyramid to increase their knowledge and skills in food selection, food preparation, and food safety/storage for improved general health.
- ◇ **Reduce** risk factors associated with poor health and chronic diseases by encouraging food choices, and physical and community activities to good promote health and prevent diseases.
- ◇ **Improve** shopping behavior and management of household food dollars to ensure nutritious foods are available for families and individuals.



Urban NEP Participants will learn how to...

- ◇ **Make** wise food choices
- ◇ **Plan** healthier meals
- ◇ **Purchase** safe foods
- ◇ **Apply** food safety skills when purchasing, preparing, cooking, and storing foods
- ◇ **Promote** good health, wellness, and fitness through nutrition education



**For more information
please contact:**

BERNADINE RANSON

Urban Nutrition Education Program Agent Assistant
for Mobile and Baldwin Counties

1070 Schillinger Road, North

Mobile, AL 36608-5298

(251) 574-8445

Our Curriculums

The Urban Nutrition Education Program uses the **WEALTH** curriculum for adults and the **Power of Choice** curriculum for youth to provide quality nutrition education.

Urban NEP focuses on:

- ❖ Healthy Eating
- ❖ Health and Wellness
- ❖ Food Safety Skills
- ❖ Healthy Food Preparation Tips
- ❖ Smart Shopping Techniques
- ❖ Hands-on Demonstrations for Healthy Snacks and Recipes



Bernadine Ranson

Alabama Cooperative Extension System

1070 Schillinger Road North

Mobile, AL 36608-5298

Ph: (251)-574-8445 FAX: (251) 574-3245



Issued in furtherance of Cooperative Extension work in agriculture and home economics. Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

January 2007

URBAN NUTRITION EDUCATION PROGRAM



Sponsored by
USDA, Urban Affairs and
New Nontraditional Programs,
Alabama Cooperative Extension System

www.aces.edu/urban