How to enroll:
Contact your county Extension office. EFNEP classes are offered free in your community by Extension EFNEP agent assistants.

For more information about classes offered in your county, contact:

www.aces.edu

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**What Is EFNEP?**
The Expanded Food and Nutrition Education Program is offered to you by the Alabama Cooperative Extension System. EFNEP has provided nutrition education to families since 1964.

**EFNEP will help you learn to feed your family better.**
Below are some of the things EFNEP programs can teach you.

*Making healthy choices for the whole family:*
- Choosing healthy foods
- Preparing nutritious snacks
- Choosing foods for healthy pregnancy
- Making healthy food choices for infants’ and children’s development

*Preparing delicious and safe food:*
- Preparing new recipes
- Tasting new foods
- Acquiring cooking skills

- Learning about food safety and storage
- Achieving good personal hygiene

Making money and food stamps go further:
- Planning meals
- Making grocery lists
- Shopping wisely for groceries
- Budgeting food dollars and food stamps
- Using food labels to choose best buys

**Program Requirements**
When you enroll, you agree to do the following:
- Participate in 8 to 10 lessons
- Meet with educator at least 5 times
- Complete enrollment forms (one at the beginning of class and one at the end of class)
- Participate in the activities and try different recipes
- Practice your newly learned skills

**EFNEP’s Impact on Alabama**
For every $1 spent on nutrition education, $10.64 is saved in health-care costs. EFNEP programs serve individuals whose income is no more than 185 percent of the poverty level. For 2006, that was $37,000 for a family of four and $18,130 for an individual.

**EFNEP is a nutrition education program for you.** EFNEP agent assistants with the Alabama Cooperative Extension System will work with you and tell you about the following:
- Making healthy food choices
- Using MyPyramid
- Understanding the USDA Dietary Guidelines
- Maintaining a healthy weight and balancing your food with physical activity
- Understanding food labels
- Choosing fast food and snacks
- Managing your food dollars
- Buying and preparing vegetables and fruits
- Eating a healthy breakfast