



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Empowering Alabama's Families Through Nutrition, Movement, and Lifelong Skills

What Is EFNEP?

The **Expanded Food and Nutrition Education Program (EFNEP)** is a federally funded initiative through the USDA's National Institute of Food and Agriculture (NIFA). EFNEP is proudly delivered by the Alabama Cooperative Extension System, in partnership with Auburn University, connecting communities with trusted educators and life-changing resources across the state for more than 60 years.

EFNEP provides free, research-based nutrition education to families with limited resources—both youth and adults—across Alabama. Participants of EFNEP learn the skills needed to purchase and prepare healthy food options on a limited budget, so they can provide a nutritious meal at home, spending time around the table together.

Through fun, interactive lessons, participants learn to do the following:

- Make healthier food choices
- Save money at the grocery store
- Prepare healthy and tasty meals
- Control food portion sizes
- Learn food safety
- Incorporate physical activity into daily life
- Replace sugary drinks with healthier options
- Improve overall health and well-being

Teen Cuisine

FUEL for LIFE

Youth Nutrition Education

Target Audience: Grades 5–8

Teen Cuisine is an interactive, hands-on nutrition education program designed for youth in 5th through 8th grades. Over 6 weeks, participants learn essential cooking skills, kitchen safety, and how to prepare simple, healthy meals. This interactive curriculum emphasizes the importance of making smart food choices using MyPlate, understanding food labels, and incorporating physical activity into daily routines. Each lesson is designed to build confidence and independence in the kitchen while promoting lifelong healthy habits.

Target Audience: Grades 9–12

Fuel for Life empowers high school students to take charge of their health through a 6-to-8-week program of engaging lessons on nutrition, physical activity, and wellness. This curriculum helps teens understand how the foods they eat affect their energy, focus, and long-term health. Through goal setting, interactive discussions, and real-life applications, students gain the knowledge and motivation to make informed decisions that support a healthy lifestyle now and into adulthood.



EATING SMART
BEING ACTIVE



Expanded Food and Nutrition Education Program
Alabama Cooperative Extension System



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Adult Nutrition Education

Target Audience: Adults Ages 19 and Older

Eating Smart Being Active is a comprehensive nutrition education program for adults that focuses on healthy eating, meal planning, food safety, and physical activity. Participants learn to prepare nutritious meals on a budget, read food labels, and make small changes that, over time, can lead to big improvements. Each of the six lessons includes hands-on activities, food demonstrations, and practical tips that can be immediately applied at home.

Target Audience: Adults ages 19 and up and Families

Families Eating Smart Moving More is designed to help adults and families adopt healthier lifestyles through simple, achievable steps. The curriculum covers topics such as planning balanced meals, shopping smart at the grocery store, and finding fun ways to be active together. This six-week program is interactive and family-focused, making it easier for participants to build healthy habits that benefit everyone in the household. A delicious meal and/or snack idea is prepared and sampled with each lesson.

Target Audience: Pregnant Moms and Dads-To-Be

Today's Mom is a supportive and engaging 6-week nutrition education program designed for moms and dads-to-be with limited resources. The curriculum focuses on improving eating habits, increasing physical activity, and making healthy lifestyle choices that support successful birth outcomes. These habits are taught in ways that are maintainable before, during, and after pregnancy. Each session includes fun, game-like activities and recipe tastings, helping expectant mothers and fathers feel confident, informed, and prepared for a healthy start.

Each year, Auburn University EFNEP partners with approximately **300 local organizations** to provide **hands-on education** to more than **5,600 adults and youth**. Program evaluations consistently support the impact of EFNEP classes by documenting improved nutrition and physical activity knowledge and behaviors.

To learn more or partner with us, contact your local Extension office.
Find an educator near you at auefnep@auburn.edu.



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