

Be an EFNEP Success Story!

In general, nearly 1000 youth participate in EFNEP in Franklin County on an annual basis. After completing six classes, youth report significant increases in both knowledge and positive behavior changes in diet quality, food safety, food resource management, and physical activity.



Learn more online at:
efnep.osu.edu

Contact your local extension office at:
614-866-6900

Parents and youth can learn together!



EFNEP also provides adult programming for limited income families in counties throughout Ohio! Learn more by finding your local extension office at:
<http://franklin.osu.edu>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



United States Department of Agriculture
National Institute of Food and Agriculture

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OHIO STATE UNIVERSITY EXTENSION

EFNEP

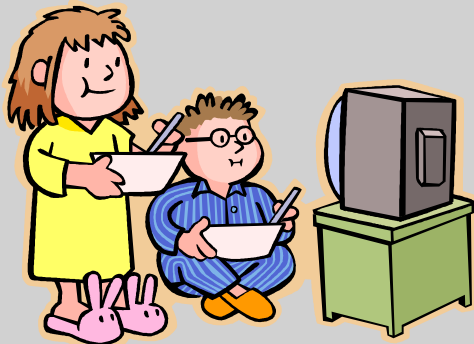
The Youth Expanded Food and Nutrition Education Program



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We Provide Nutrition Education and Fun Activity!



Fact: 27% of Ohio youth are overweight or obese.

Fact: 27% of Ohio youth meet recommended physical activity requirements.

Fact: 14% of Ohio youth report having NO physical activity in a given week.

CDC, Division of Adolescent and School Health. The 2009 Youth Risk Behavior Survey; CDC, Division of Nutrition, Physical Activity, and Obesity. 2010 Pediatric Nutrition Surveillance System.



Hungry to Learn?



What do we teach?

The EFNEP curriculum is a series of 7 lessons that can take place over 7 weeks. Each classroom visit is 45 – 60 minutes.

Lessons include:

Exploring MyPlate and the Five Food Groups

Food Safety Comes First!

Fruits and Vegetables – Make Half Your Plate a Rainbow

Nutrition Facts Label – Read it Before You Eat It!

Limit Screen Time and Get Moving!

Rethink Your Drink

Celebrate Your Health!



EFNEP uses a variety of fun, exciting, and educational activities to promote the topics taught and to reinforce being physically active every day.

Why work with EFNEP?

EFNEP has been successful in collaborating with agencies and organizations to increase its impact on youth. Throughout the state and country, EFNEP has collaborated with school systems, day care centers, boys and girls clubs and other youth-oriented organizations to make a difference in the lives of youth. As a result, youth develop self-esteem, learn new food related skills, and learn how to work as a team.



Contact your Local Extension Office!

Emily Block
EFNEP Youth Program Assistant

614-866-6900 x 228

Or

Block.163@osu.edu

Learn more online at: efnep.osu.edu
Find your local extension office at:
<http://extension.osu.edu/>