Family & Consumer Sciences

Expanded Food and Nutrition Education Program (EFNEP)

EFNEP assists limited income families, pregnant teens and youth by providing free, interactive and culturally-appropriate nutrition workshops. Participants acquire knowledge and skills in nutrition— all fundamental factors for improving and maintaining individual and total family health. Workshops focus on:

- Understanding basic food groups and making smart nutritional choices
- Planning and preparing healthy meals and snacks
- How to safely prepare and store different types of food
- Learning how nutrition affects individual and family well-being

Financial Management

This program provides education and guidance to limited and moderate-income youth and adults. The program focuses on:

- Financial Ed: Budgeting/Savings/Credit
- Middle/High School Economics/Finance
- Rental Eviction Prevention Education
- Job Preparation Training

Urban Agriculture

for Gardeners & Homeowners

This program promotes urban greening initiatives through environmentally friendly horticulture practices designed to help participants contribute to the development and maintenance of a healthier environment.

Working in partnership with various community agencies, the Urban Agriculture program conducts educational activities throughout the city.

The scope of the Urban Agriculture program includes:

- Assisting city residents with the creation of community gardens and parks
- Teaching plant science to city youth while greening school yards
- Training Master Gardeners to volunteer and serve their communities
- Teaching environmentally safe disease and insect control
- Assisting homeowners with lawn and home gardening questions
- Enhancing the city’s green canopy through Urban Forestry

4-H Youth Development Programs

Baltimore City 4-H educational programs provide youth (ages 5-18) with opportunities to enhance their individual gifts, talents, knowledge and skills in a safe and healthy environment. In addition to building an array of essential life skills, youth participants learn to work as part of a team and develop a strong sense of personal and community responsibility.

The program achieves success through:

- Leadership Development
- Youth/Adult Partnerships
- Public Speaking
- Service Learning
- Entrepreneurship
- Volunteer Training
- Science
- Community Gardening
- Gleaning
- Technology/Robotics
- Photography
- Healthy Lifestyles
- Nutrition Education
- Fashion Revue
- Career Exploration
- Workforce/College Readiness
Our Mission

Teaching Baltimore City residents to help themselves — and each other.

At the University of Maryland Extension — Baltimore City, building stronger individuals, families and communities is our mission.

And with assistance from more than 400 area volunteers, our educators extend their knowledge, expertise and technology to make that mission a reality. With their help, we provide community-based programs open to all Baltimore City residents — including workshops, classes, demonstrations, and fairs designed to help participants build the skills they need to live, learn and lead a better life.

The University of Maryland Extension—Baltimore City offers something for everyone — those who want to learn, and those who want to share their talents to create a more vibrant, viable community.

Volunteers serve as 4-H Club organization and project leaders, Master Gardeners, Family and Consumer Sciences assistants and/or Extension Advisory Board members.

Want to share your passion?
Contact us to find out about volunteer opportunities.

"In every workshop I learn something new that helps me and my family."
- EFNEP workshop participant

"Extension’s Urban Agriculture Program has given me the opportunity to enhance my knowledge about composting and how to use it to improve the garden’s soil."
- Forrest St Garden leader

"We will take what we’ve learned and partner to develop ways that the entire youth community can earn service hours, plus help their community to be a vibrant light for all of the State of Maryland to see."
- 4-H Volunteer

University of Maryland Extension - Baltimore City
6615 Reisterstown Road, Suite 201
Baltimore, Maryland 21215
Phone: 410-856-1850
Fax: 410-856-1852
www.Baltimore.umd.edu

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status or national origin.

Teaching city residents to help themselves and each other ...
To live, learn, and earn a better life.