Youth Learn About:

- Diet & Nutrition
- My Plate
- Dietary Guidelines
- Fitness/Exercise
- Food Safety
- Food Shopping
- Heart Healthy Eating
- Dietary Supplements
- Fats & Sugars
- Calcium
- Diet & Disease
- Fad Diets

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Visit our website at:
http://extension.umd.edu/allegany-county/
food-nutrition/expanded-food-and-nutrition-
education-program-efnep

For more information about participating in the EFNEP Youth Program, contact:

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What is EFNEP?

EFNEP’s mission is to help limited-income families and youth acquire knowledge, skills, attitudes, and behavior changes necessary to maintain nutritionally sound diets and enhance personal development.

The delivery of EFNEP youth programs takes on various forms. EFNEP provides nutrition education in the following settings:

- In Schools
- After-school programs
- Day & residential camps
- Community centers
- Neighborhood groups
- Summer programs
- Special interest groups

EFNEP is Expanded Food and Nutrition Education Program of the U.S. Department of Agriculture, the University of Maryland Extension at College Park and the University of Maryland Eastern Shore.

What Does EFNEP Do?

The EFNEP mission is to deliver nutrition education to a large, ethnically diverse population. At the same time, it brings personal growth, increases self-esteem, promotes education and encourages career development.

EFNEP teaches youth participants how to:

- Make more nutritious food choices.
- Manage food budgets and resources wisely.
- Practice proper food storage, sanitation, and preparation methods.
- Achieve lasting improvements in nutrition and food safety-related behaviors.
- Improve overall health and fitness through diet and exercise.

EFNEP Collaborators

- Board of Education
- Parks and Recreation
- Day Care Providers
- 4-H Youth
- HRDC
- Other Interested Groups