Our Partners

* Head Start
* Prince Georges County Public Schools
* GED and Adult Education Programs
* PG Parks and Recreation
* Community Centers
* Childcare Agencies
* After-school Programs
* Food Pantries
* Health Centers
* Community and Faith-Based Organizations

Cost: None. This program is provided at no cost by EFNEP and the University of Maryland Extension.

CONTACT US to schedule your nutrition classes today!

Our Staff:

Denise Benoit-Moctezuma, EFNEP Supervisor 301-779-2806 x700; dbenoitm@umd.edu

Bettie Wallace, EFNEP Administrative Assistant 301-779-2806 x707; bwallac3@umd.edu

Melissa Baiyewu, EFNEP Adult Educator 301-779-2806 x703; meliyewu@umd.edu

Ellen Howard de Perez, EFNEP Bilingual Adult Educator 301-779-2806 x704; edep@umd.edu

Anam Bhatti, EFNEP Youth Educator 301-779-2806 x709; abhatti1@umd.edu

Shania Covington, EFNEP Youth Educator 301-779-2806 x709; scov8@umd.edu

EFNEP

Expanded Food and Nutrition Education Program
Center for Educational Partnership
6200 Sheridan Street, Riverdale, MD 20737
Phone: 301-779-2806; Fax: 301-277-2804

Website: http://extension.umd.edu/prince-georges-county/food-and-nutrition/expanded-food-and-nutrition-education-program-efnep

Find Us!
Prince Georges County Expanded Food and Nutrition Education Program
Facebook: University of Maryland Prince George’s County
Twitter: @pgcountyefnep
Blog: www.princegeorgesefnep.blogspot.com

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09/13
Expanded Food and Nutrition Education Program

Teaching limited-income families and youth ways to:

- Make nutritious choices at grocery stores, restaurants, and fast food places;
- Plan and prepare simple, tasty, nutritious snacks and meals;
- Understand safe food practices, preparation, and proper storage; and
- Cut food costs and strengthen budgeting skills.

We provide a series of engaging and culturally appropriate nutrition lessons offered by EFNEP Nutrition Educators who work through the University of Maryland Extension - Prince Georges County.

Lesson Topics:

- Increasing intake of a variety of fruits and vegetables and low-fat or non-fat dairy food products
- Smart snacking and choosing healthier beverages
- Reading food labels and making healthier fast food choices
- Decreasing fat, sugar and sodium in the diet
- Becoming more physically active

Program Requirements

When participants enroll, they agree to do the following:

- Participate in 8 to 12 lessons (4 to 6 classes) for adults.
- Participate in at least 4 lessons for kids.
- Complete enrollment forms (one at the beginning of class and one at the end of class).
- Participate in activities and sample different recipes.