



The Ohio State University Extension in Stark County Expanded Food and Nutrition Education Program (EFNEP)

This free program is offered as a series of eight lessons in a curriculum designed to teach families with children about USDA recommendations using an interactive approach. Each lesson contains research-based nutrition information, stretching food dollars, physical activity, parent tips, food tastings which include recipes and food suggestions. Participants also receive educational enhancements that relate to the lesson of the day.

Lesson 1: Get Moving

- Families enjoy being active
- Participants accurately complete the required entry forms
- Educational Incentive-Beach Ball

Lesson 2: Plan, Shop, Save

- Families plan and shop for meals and snacks that are healthy and within their budget
- Educational Incentive-Pedometer & Grocery Pad

Lesson 3: Vary Your Veggies... Focus On Fruit

- Families increase the amount of vegetables and fruits they eat every day
- Families have more than one kind of vegetable and one kind of fruit every day
- Educational Incentive-Produce Brush

Lesson 4: Make Half Your Grains Whole

- Families choose at least half of their grains as whole grains
- Educational Incentive- Measuring Cups & Measuring Spoons

Lesson 5: Build Strong Bones

- Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium
- Educational Incentive- Exercise Band & Physical Activity Book

Lesson 6: Go Lean With Protein

- Families have lean protein foods and keep all food safe to eat
- Educational Incentive-Food Thermometer

Lesson 7: Make A Change

- Families limit foods high in fat, sugar, and salt
- Educational Incentive-Recipe Book

Lesson 8: Celebrate! Eat Smart & Be Active

- Participants celebrate new knowledge and skills to make healthy food and activity choices
- Participants accurately complete the required exit forms
- Educational Incentive-Graduation Certificate

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**Expanded Food and Nutrition Education Program (EFNEP)
FREQUENTLY ASKED QUESTIONS**

Who qualifies to be a free participant?

Anyone who is primarily responsible for the preparation and meal planning of children qualifies for this nutrition program, such as parents, grandparents, or other extended family members.

When are the classes offered?

Classes are flexible to meet the needs of the participants. Classes can be held in community centers, agencies, churches...just about anywhere.

How long have these nutrition classes been around?

In Ohio, EFNEP has been conducting nutrition classes for over forty years. The Ohio State University Extension provides EFNEP in 18 Ohio counties.

What are the income requirements for participants?

Any family with children and has an income up to 185% of the federal annual poverty level is eligible. The 2010 guidelines are shown below.

Family size 185% of poverty level annually 185% of poverty level monthly

1 (expecting parent)	\$20,036	\$1,670
2	\$26,955	\$2,246
3	\$33,874	\$2,823
4	\$40,793	\$3,399
5	\$47,712	\$3,976
6	\$54,631	\$4,553
7	\$61,550	\$5,129
8	\$68,469	\$5,706

What benefit does this EFNEP program offer to participants?

Primarily, the program teaches participants about nutritional value, food safety and preparation, increasing physical activity, stretching the food resources and addressing parenting issues related to the program topics.