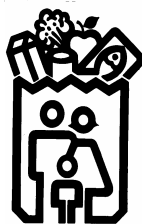


Where Can You Get More Information About EFNEP?

Michigan State University Extension –
Oakland County
Expanded Food and Nutrition
Education Program
1200 North Telegraph Rd. Dept 416
Pontiac, Michigan 48341
248-858-0897

**Sign up now for the
Adult EFNEP Program**



*Michigan State University programs
are open to all people without regard
to race, color, national origin, gender,
gender identity,
religion, age, height, weight, disability,
political beliefs, sexual orientation,
marital status, family status or
veterans status.*

*MSU is an affirmative-action equal
opportunity employer.*

*Michigan State University, U.S.
Department of Agriculture and
Oakland County cooperating.*

Michigan State University Extension Services

*Invites you to get acquainted with
our other Children, Youth
and Family Programs.*

4-H Youth Development
(248) 858-0889

We offer expertise, programs and educational resources for youth and adult volunteers designed to help children, youth and families reach their fullest potential through programs such as Youth Exploration Days, Character Education, Leadership Institute and adult leadership development.

Family Nutrition Program (FNP)
(248) 858-0897

FNP is a food and nutrition education program that targets food stamp eligible senior citizens and at-risk youth, 5-18 years of age, whose families are food stamp eligible.

Breastfeeding Initiative (BFI)
(248) 858-0882

BFI promotes breastfeeding among food stamp eligible Women, Infant and Children (WIC) mothers throughout the first year of the infant's life.

Food Safety & Nutrition
(248) 858-0904

Staff is available for food safety and nutrition education programs. Topics can include: food safety, preservation, nutrition, diet, health and wellness. Consumers should call this number for answers to food safety questions.

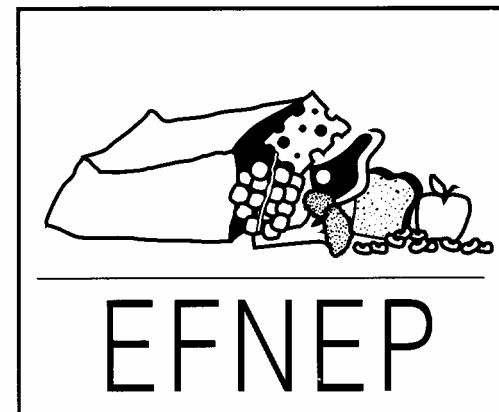
Better Kid Care
(248) 858-0897

BKC is a program providing professional development trainings and workshops for anyone working in a daycare or interested in becoming a state licensed in-home child care provider.

MICHIGAN STATE
UNIVERSITY
EXTENSION

Oakland County

***Expanded
Food and
Nutrition
Education
Program***



<http://www.msue.msu.edu/oakland>

What is EFNEP?

EFNEP is a food and nutrition education program designed to help low income families with young children acquire the knowledge, skills, attitudes and behavior necessary to improve their diets.

Food Guide Pyramid

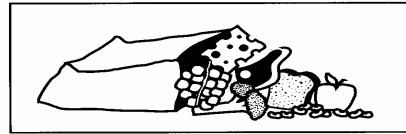


EFNEP is a voluntary program that provides food and nutrition education.

We are a nutrition education program, we **cannot** provide:

- emergency food
- employment
- food stamps

What Can EFNEP Do For You?



Expanded Food and Nutrition Education Program
Michigan State University

EFNEP can help you learn:

Basic Nutrition

- Healthy eating habits
- Nutrients the body needs, their functions, and food sources
- Healthy snacks for children
- Eating for two
- Nutrition facts for the family

Resource Management

- How to stretch the available food dollars and food stamps
- Menu planning
- Use of commodity foods
- Shopping techniques

Food Preparation

- Healthy cooking methods
- Food preservation
- Food safety and storage
- Weight reduction
- Low-cost recipes

Who Qualifies For EFNEP?

- Any Oakland County family with young children on a limited food budget.
- This program is offered to families with limited income at no charge.

EFNEP Highlights:

- Homemakers are taught in small groups or on a one-to-one basis by caring Nutrition Instructors trained by Michigan State University Extension.
- Classes take place in the homemakers home or at a group site.
- After completing the Eating Right Is Basic lessons, homemakers will receive a certificate.

