The Expanded
Food and
Nutrition
Education
Program

EFNEP

helping
Delaware
families put
nutrition
knowledge
to work.
**What is EFNEP?**

EFNEP is a Delaware program that provides nutrition education to limited-income families, especially those with young children. Delaware Cooperative Extension provides leadership to EFNEP, and funds are allocated annually from the United States Department of Agriculture (USDA).

EFNEP operates in all 50 states, Washington, D.C., and U.S. territories. The purpose of the program is to promote immediate and long-term changes in food habits.

---

**Adults**

Focus is on education of the individual who is responsible for meal preparation and the nutritional needs of the family. The target audience is families with young children.

**Youth**

Youths between the ages of 5 and 19 participate in nutrition education through after-school enrichment and summer youth programs. Priority is given to youths from families enrolled in the program.

**Families are taught to:**

- Improve their diets and nutritional well-being
- Plan meals to fit the family’s food budget
- Select, buy, and prepare foods that satisfy nutritional needs
- Practice safe food preparation and sanitation procedures
- Manage resources, including Food Stamps and WIC vouchers, to stretch food dollars throughout the month
- Increase their knowledge of good nutrition

Extension professionals train and supervise EFNEP Nutrition Assistants to teach families and youth. Nutrition Assistants teach groups and in one-on-one sessions right in the families’ homes. They work with families who participate in other developmental and nutrition-related programs, such as Head Start; Women, Infants and Children (WIC); emergency shelters; Delaware Food Bank; Delmarva Rural Ministries; and neighborhood community centers and substance abuse programs.

At program entry and exit, a 24-hour dietary food recall is taken to measure nutrition adequacy. A survey is used to determine progress made in related nutrition areas and to identify subject matter areas in which concentrated teaching is needed.

EFNEP is not a handout, but a helping hand.
COUNTY EXTENSION OFFICES

NEW CASTLE COUNTY
910 S. Chapel Street
RT 72
Newark, DE 19716-1303
302-831-1095

KENT COUNTY
University of Delaware
Paradee Center
69 Transportation Circle
Dover, DE 19901
302-697-4000/302-730-4000

SUSSEX COUNTY
University of Delaware
Research and Education Center
RD 6, Box 48
Georgetown, DE 19947
302-886-7303