

Expanded Food and Nutrition Education Program (EFNEP)

This **free** program is offered as a series of nine 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, and preparation of a healthy recipe. Participants also receive educational enhancements that relate to the lesson of the day.

What are the benefits?

It costs less than \$210 in grant dollars to reach one EFNEP family with 3 to 6 months of intensive, practical nutrition education classes. Preliminary results of a Cost Benefit Analysis in Virginia show that for every \$1 spent on EFNEP, there is a potential health care savings of \$2 to \$17 due to the prevention or delayed onset of nutrition-related chronic diseases and conditions among participants. Thus this is a proven program that clearly works for the benefit of families and the nation.

When are the classes offered?

There are both fixed and flexibly scheduled classes available in the communities. Participants or agencies can organize their own classes with clients, family members and friends. The OSU Program Assistant provides the workshops, educational incentives, materials and food tastings.

Who qualifies to be a participant?

Adults:

1. Anyone who is responsible for the care of children qualifies for this nutrition program, such as grandparents, day care providers, parents, or other extended family member
2. Meet the income guidelines of up to 185% of Federal Poverty Guidelines

Youth:

1. Youth living in a school district with 50% or more free and reduce lunch status qualify for EFNEP. Potential partners include schools, afterschool, Summer Food Service sites, camps, churches and youth groups.

What are the income requirements for participants?

Any family with an income of 185% of the 2016 annual poverty level as shown in the table below is eligible for EFNEP's free nutrition program:

Family Size	185% of poverty level annually	185% of poverty level monthly
1 (expecting parent)	\$21,987	\$1,832
2	\$29,674	\$2,473
3	\$37,370	\$3,114
4	\$45,066	\$3,756
5	\$52,762	\$4,397
6	\$60,458	\$5,038
7	\$68,154	\$5,680
8	\$75,850	\$6,321

