

Adult Expanded Food and Nutrition Education Program (EFNEP)

This **free** program is offered as a **series of 9 lessons** (60-90 minutes each) in a curriculum designed to teach **families with children** about making healthier choices around nutrition, food preparation, physical activity, meal planning, food safety, and saving money. The lessons are interactive, fun, and family centered. For questions or to schedule classes, contact Amy Habig (habig.13@osu.edu, 937-736-7207).

Lesson 1: Welcome to Eating Smart Being Active

Overview of the series and knife safety skills.
Participants accurately complete the entry forms.
Educational Enhancement – *Cutting board and OSU pen*

Lesson 2: Get Moving!

Families enjoy being active.
Participants accurately complete the 24-hour food recall.
Educational Enhancement – *Beach ball*

Lesson 3: Plan, Shop, \$ave

Families plan and shop for meals and snacks that are healthy and within their budget.
Educational Enhancement – *Grocery list pad*

Lesson 4: Fruits & Veggies: Half Your Plate

Families increase the amount and variety of fruits and vegetables they eat every day.
Families make half their plates fruits and vegetables.
Educational Enhancement – *Produce brush*

Lesson 5: Make Half Your Grains Whole

Families choose at least half of their grains as whole grains.
Educational Enhancement – *Measuring cups and spoons*

Lesson 6: Go Lean with Protein

Families choose lean protein foods and keep all their food safe to eat.
Educational Enhancement – *Food thermometers and safe food temperatures magnet*

Lesson 7: Build Strong Bones

Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
Educational Enhancement – *Liquid measuring cup*

Lesson 8: Make A Change

Families limit foods high in fat, sugar, and salt.
Educational Enhancement – *OSU Water bottle*

Lesson 9: 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 Enhancement – *Cookbook and graduation certificate*

