

2015 NATIONAL COORDINATOR'S CONFERENCE

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



HYATT REGENCY CRYSTAL CITY
2799 JEFFERSON DAVIS HWY, ARLINGTON, VA
MARCH 16-19, 2015



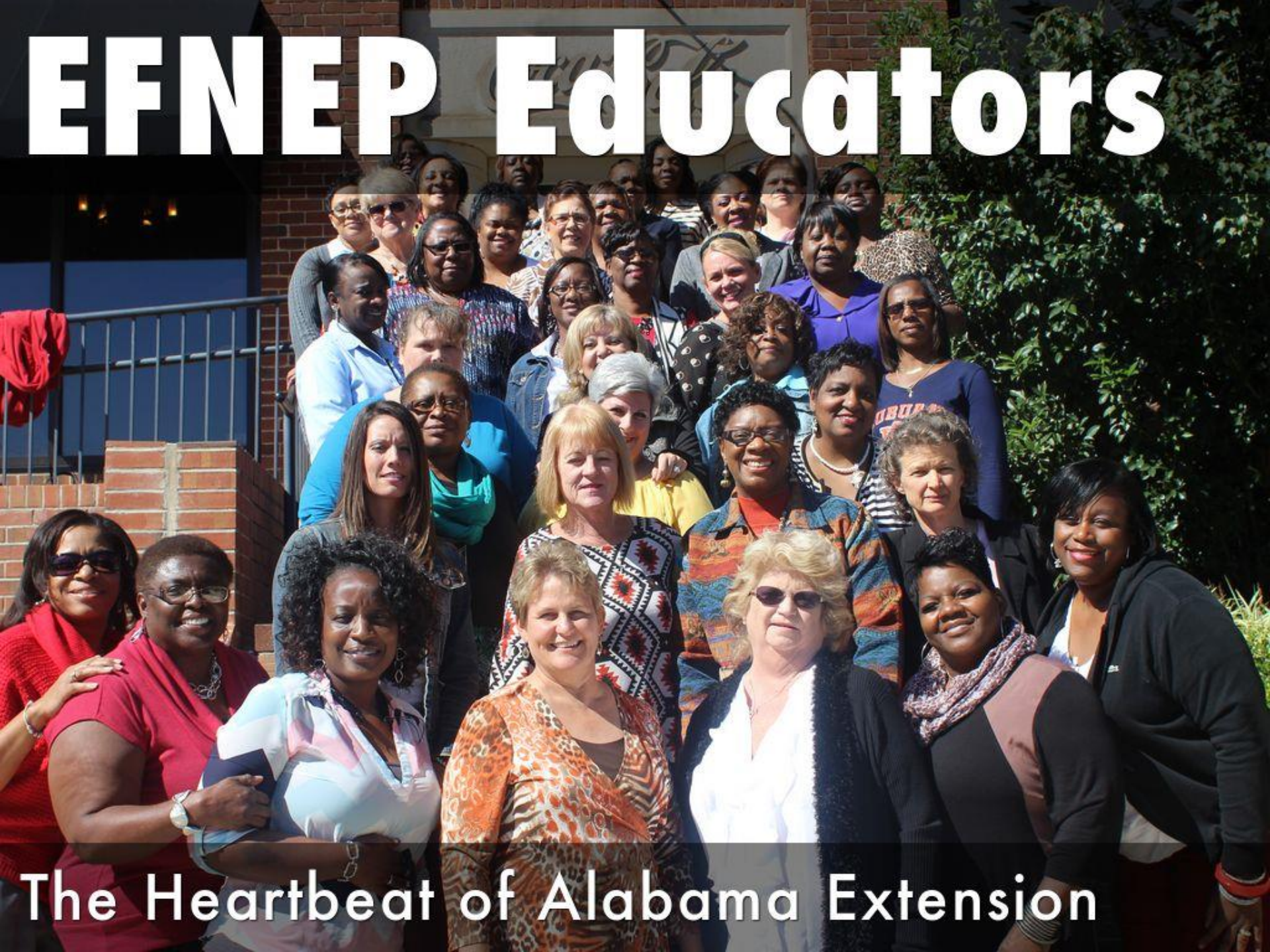
EFNEP
Expanded Food and Nutrition Education

Inspiring Educator Performance

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EFNEP Educators

The Heartbeat of Alabama Extension

EFNEP Educators



Milk - Which do you buy?

Read the label on milk
Is Vitamin A added?
Is Vitamin D added?



Check milk prices for the best buy.

Compare the cost of fresh milk

- 1 gallon costs **1.60**
- 1/2 gallon costs **.80**
- 1 quart costs **.40**



Compare the cost of nonfat dry milk

- 1 large box costs **1.15**
- 1 small box costs **.21**
- 10 packets of packets costs **2.10**



1 large box of nonfat dry milk costs **1.15**
It makes **40** quarts when mixed with water.
1 quart costs **.21**

1 small box of nonfat dry milk costs **.21**
It makes **3** quarts when mixed with water.
1 quart costs **.21**

1 box of instant nonfat dry milk costs **2.10**
It makes **10** quarts when mixed with water.
1 quart costs **.21**

Compare the cost of fresh milk
and nonfat dry milk - Which is the better buy?



Test Ways To Reach Limited-Resource Families

EFNEP Educators



Invaluable To Success of Pilot Project

EFNEP Educators



50 Years of Reaching and Teaching

October

Educator Appreciation Month

A Very Special Month for Alabama EFNEP

Letter



ALABAMA A&M & AUBURN UNIVERSITIES

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September 25, 2014

Dear County Extension Coordinator:

With excitement, the state staff team of the Expanded Food and Nutrition Education Program (EFNEP) of the Alabama Cooperative Extension System designates October as “**EFNEP Educator Appreciation Month**”. The EFNEP State staff team has set aside this month to remind educators that their commitment and dedication to EFNEP is appreciated.

As you know, EFNEP educators sometimes encounter rejection, little interest, and very few thank yous from clientele. Amid the economic downturn, single parent homes, an alarming obesity rate and the like, the call to help the limited-resource client is even greater. That's why it is only fitting that we set aside this time to express appreciation. The positive attitudes, warm relationships, and excellent teaching by EFNEP educators helps limited-resource families incorporate nutrition education strategies to make dietary gains, combat obesity, and use resources wisely. Without EFNEP education, many limited-resource families would not be able to identify ways to feed themselves and their families better. We applaud their efforts to recruit, enroll, and teach eligible families and extend wishes for continued success.

Enclosed is an *Appreciation Packet* for the EFNEP educator housed in your respective county. As you prepare for your Monday morning office conferences in October, we ask that you make presentations from the *Appreciation Packet*, as noted below, where possible.

*Monday, October 6, 2014

Present EFNEP Thank You Card

(The EFNEP Thank You Card, signed by members of the state staff team, expresses gratitude to the EFNEP educator for contributions made to EFNEP.)

*Monday, October 13, 2014

Present EFNEP Logo Shirt

Directions For Supervisors

Cutline

Date:
Contact:

2014 Educator Appreciation Month Cutline

The Expanded Food and Nutrition Education Program (EFNEP) is an integral part of the Family and Consumer Sciences Unit of the Alabama Cooperative Extension System. This year, EFNEP celebrates 50 years of programmatic success in Alabama, and proclaims October as "EFNEP Educator Appreciation Month". EFNEP Educators, the heartbeat of the program, teach limited-resource individuals how to improve their dietary practices and become more effective managers of available resources. Pictured above, on left or right, _____, County Extension Coordinator, _____ County, recognizes _____, EFNEP Educator, for her efforts to teach, help, and serve families in _____ County.

Ideal for Photo for Local Newspaper

Appreciation Packet

To make food choices
like this, talk to an
EFNEP educator!

Take a Hand, Open a Mind, and Touch a Heart!

Exceptional educators of the Expanded Food and Nutrition Education Program are a cause for celebration!

EFNEP Creed

All who volunteer to serve as EFNEP educators are committed to the following:

I believe in Expanded Food and Nutrition Education
Programs as part of the National Cooperative Extension
System, improving knowledge, skills, and attitudes about
food and nutrition as well as the quality of life for its clientele.

I believe it is a privilege to help EFNEP clientele
change behaviors that are necessary for consistently sound diets.

I believe my success as a volunteer educator depends
on my individual attitude, preparation, life experiences, behavior,
and good spirit in serving the community and clientele.

I believe in the words "It can and should be different"
as a motto for the world to follow in facing various challenges.

Because I believe these things, I believe in the
Expanded Food and Nutrition Education Program. (2/1/2007)



Four Unique Components

EFNEP Thank You Card



An Expression of Gratitude

EFNEP Logo Shirt



Easy Staff Identification

EFNEP Banner



To make food choices
like this, talk to an
EFNEP educator!

EFNEP educators...

Take a Hand, Open a Mind, and Touch a Heart!

Exceptional educators of the Expanded Food and Nutrition Education Program are a cause for celebration!



An Attention-Grabber

EFNEP Creed

As a nutrition educator, my prime concern is limited-resource families.

I believe the Expanded Food and Nutrition Education Program, a part of the Alabama Cooperative Extension System, improves knowledge, skills, and attitudes about foods and nutrition as well as the quality of life for its families.

I believe it is my privilege to help EFNEP families change behaviors that are necessary for nutritionally sound diets.

I believe my success as a nutrition educator depends on my unbiased attitude, preparation for curriculum lessons, and good rapport among my co-workers and clientele.

I believe in the work that I do and accept the opportunity to make my life useful to limited-resource families.

Because **I believe** these things, I believe in the Expanded Food and Nutrition Education Program (EFNEP).



Originally written on July 18, 1996, by then Supervising Agents Kimberly Burgess and Jovita J. Lewis. The EFNEP Creed provides guiding principles and beliefs for EFNEP educators. It is reprinted on the 50th Anniversary Celebration of Alabama EFNEP, to inspire EFNEP educators to continually teach, serve, and help limited-resource families.

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. FCS-2013

Guiding Principles and Beliefs

County-Based Newsletters

DeIores Lewis, Agent Assistant

Expanded Food and Nutrition Education Program



The Expanded Food and Nutrition Education Program Turns 50!



her community and lives in her county. Look closely. The educator's arms are loaded with visuals, tasting experiences or recipe ingredients, Extension publications, lesson reinforcements, and a research-based curriculum. For approximately 45 minutes, the

Imagine this. For six weeks, an educator, usually a head of household, works directly with another head of household to demonstrate ways to make more informed choices on feeding themselves and their family. The educator meets with the head of household in the home, at a worksite, or maybe even at a church. The educator is warm, caring, and works to build strong ties and relationships. After all, the person she is teaching is a part of

in government costs spent on health care, increases in physical activity, fewer low-birth weight babies born to mothers with improved nutrition, and reductions in food storage and food preparation practices that cause foodborne illness. It is my privilege to stand on their legacy today, continually providing nutrition education and insuring that heads of households stretch their food dollars and enhance their family's well-being and ability to make informed dietary choices.

A celebration of EFNEP's treasured past, its influential current status, and its dynamic future, will be held October 22-24, 2014 in Opelika, Alabama. The theme of the EFNEP 50th Anniversary Conference is "EFNEP Turns 50!" with emphasis on the dedication and commitment of EFNEP educators who teach, serve, and help limited-resource families at the grassroots level in Alabama. The EFNEP 50th Anniversary Conference will offer interactive and engaging professional development for nutrition educators who work with EFNEP. A culminating event of the EFNEP 50th Anniversary Conference is a celebration luncheon. Highlights of the celebration luncheon include special presentations by Auburn University and Legislative dignitaries, as well as a keynote address by Liz Huntley, an Auburn University Board of Trustee Member. For more information about the EFNEP 50th Anniversary Conference and Celebration Luncheon, please contact your local County Extension Office at 205-349-4630 or visit www.aces.edu/efnep50.

EFNEP Educator Appreciation Month Publicity

Newspaper Photos



EFNEP Educator Appreciation Month Publicity

EFNEP Educator Feedback

- Im glad that we have a month to recognize EFNEP and the work we do in the counties. Our programs make a difference in the community and the lives of our clients (friends). . . :)

EFNEP Educator Feedback

- EFNEP Educator Appreciation Month was genuinely appreciated. As an EFNEP educator, I feel that it was a great honor to be recognized for a job which seems like a hobby. While it is the principle responsibility of my job to go out and teach nutrition education, I feel that it is more like having a conversation rather than a class session.

EFNEP Educator Appreciation Month



One Way To Inspire Educator Performance