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This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

NEP

NUTRITION
EDUCATION
PROGRAM

For more information about the program,
please visit:

-  UNL Nutrition Education Program
-  UNL Nutrition Education
-  @UNLNutritionEd
-  unlnutritioned.wordpress.com
-  food.unl.edu/nep

Contact

Jean Ann Fischer, MS, RD

jfischer6@unl.edu

*116 Home Economics Building
Lincoln, NE 68583-0808*

Phone: (402) 472-4517

Fax: (402) 472-1587

The Nutrition Education Program's (NEP) efforts are focused on improving the health of Nebraskans by improving the nutrition and physical activity best practices of youth and adults.

The NEP Solution:

With 31% of Nebraska's children and 67% of adults being overweight or obese, NEP is focused on:

- ✓ Teaching youth and adults the importance of nutrition and physical activity.
- ✓ Teaching low-income families how to plan meals and prepare healthy foods.
- ✓ Teaching low-income families to stretch tight budgets and buy healthy foods.
- ✓ Facilitating positive health behavior change through policy, system and environmental strategies.

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What Is NEP?

NEP is the umbrella term for the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program – Education (SNAP-Ed) in Nebraska.

Both programs receive federal funding from the United States Department of Agriculture: EFNEP is part of the National Institute of Food and Agriculture and SNAP-Ed is funded by Food and Nutrition Services.

Nebraska Extension manages the program and NEP team members in local Extension offices deliver the program to residents in 32 counties in Nebraska.

Who Is Eligible?

Individuals who are eligible for assistance programs, such as Supplemental Nutrition Assistance Program (SNAP), Nebraska Supplemental Nutrition Program for Women, Infants and Children (WIC) or Head Start are also eligible for NEP.



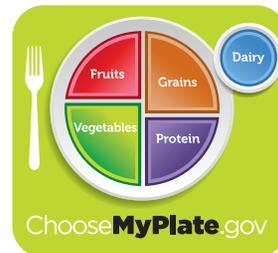
Youth Classes

Youth NEP classes take place at a variety of community sites including preschools, childcare centers, after-school programs and summer youth camps. NEP youth learn about healthy snacks, healthy beverages, MyPlate, physical activity, breakfast, food preparation, kitchen safety, hand-washing, and food safety.

Adult Classes

NEP classes are comprised of a series of lessons. Each lesson includes hands-on learning activities to help participants apply what they learn in class to their daily life. All participants complete the following lessons:

- ✓ Meal Planning
- ✓ Grocery Shopping
- ✓ Shop for Value, Check the Facts
- ✓ MyPlate
- ✓ Physical Activity
- ✓ Smart-Size your Portions
- ✓ Food Safety



What Participants Say...

“Just from the tips you gave me at class we have cut our monthly grocery bill by \$65.00. We are able to put that money toward paying other bills and it has made life simpler.”

—SNAP-Ed Participant

“Thank you for teaching us about germs; it inspired us to learn why we need to wash our hands. Your machine was cool – or what I like to call it, THE GERMINATOR!”

—Lakeview Elementary 4th Grader

“A participant said that since she has been eating more fruits or fresh vegetables for snacks, she has noticed that her children are also. She attributes part of this to the children watching her and part to the fact that she is more aware of the importance of eating healthy most of the time. She watches more closely what they are eating instead of just letting them “find their own” snack. She stated that since our lesson she has actually been purchasing less “junk” food and more fruits.”

—NEP Extension Assistant

