

Cornell Cooperative Extension | Ulster County

SNAP-Ed and EFNEP Nutrition Education Programs

Program Type	Occurrence	Audience	SNAP ED	EFNEP
Direct Education	One or more	Low Income Adults < 55 years	X	
Direct Education	One or more	Low Income Seniors	X	
Direct Education Individual or Group	One or More	Low Income Families with children's	X	
Direct Education Individual or Group; in the home	Series 6-8 wks.	Low Income Adults Raising Children		X
Direct Education	Series 6-8 wks.	Daycare Providers		X
Direct Education Youth; Non-School setting	One or more	Low income youth 6-18 years	X	
Direct Education School Youth	One or more	Students K-12 50% or > Free/Reduced Lunch	X	
Direct Education School Youth	Series 6 wks.	Students K-12 50% or > Free/Reduced Lunch	X	X
School Wellness Committee Facilitation/Participation	4-10 times/year	Administrators, Teachers, Food Service, Parents, Students, Community	X	
School Wellness Staff Training	As needed	School Staff/School Population	X	
Smarter Lunchroom Training and Technical Assistance	As needed	Food Service	X	
Community Coalition Facilitation/Participation	Monthly/ Bi-Monthly	Community Agencies targeting low income population	X	
Educational Outreach via PSA's, Billboards, Wraps	Ongoing	Community Residents targeting low income population	X	
Educational Outreach via website, social media, newsletters	Ongoing	Community Residents	X	X

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SNAP-Ed, also known as Eat Smart New York (ESNY), provides community based nutrition education and obesity prevention activities targeted to SNAP and SNAP eligible populations. SNAP-Ed also works on policy, systems and environmental changes to improve access to healthy food. Currently PSE work is focused on School Wellness Policies, Smarter Lunchrooms, and community health and wellness coalition interventions.

Expanded Food and Nutrition Education Program (EFNEP), also known as CCE-Ulster County's Family Wellness Program, provides education to low-income families and youth to increase healthy eating and physical activity practices, while teaching participants budgeting skills. Educators work with individuals, groups, schools, and home daycare providers over an 8 week program.

Both programs utilize a variety of curriculum to meet the needs of their audience. See below:

Curriculum	Audience	SNAP Ed	EFNEP
Breastfeeding	Pregnant and New Mothers		X
CATCH	Youth	X	
CHFFF	Youth Grades 3-8		X
Cooking Matters	Youth	X	
Eat Fit	Youth Grades 6-8	X	
Eat Healthy Be Active	Adults	X	
Eat Smart, Live Strong	Seniors	X	
Eating Smart Being Active	Adults Raising Children (Optional Breastfeeding Unit)		X
Finding a Balance	Adults Raising Children (Pre-Diabetic and Diabetic)		X
Healthy Cents	Adults (Focus on budgeting)		X
MyPlate for My Family	Adults Raising Children	X	
Serving Up MyPlate	Youth Grades 1-6	X	
Sisters in Health	Adults Raising Children (Focus on Healthy cooking)		X
Teen Cuisine	Youth Grades 8-12		X
Rethink Your Drink Events and Outreach	Families, individual's youth and adults.	X	