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# Program Development and Implementation for South Carolina Youth through Expanded Food and Nutrition Education Program (EFNEP)

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## Program Development and Implementation for South Carolina Youth through Expanded Food and Nutrition Education Program (EFNEP)

Katherine Cason, PhD; Kattia Blanco, Ms; Joyce Senior, Bs; Jillian Clinton, Matt Francis, Christen King, Ashley Knight, Courtney Lee, Ana-Lisa Patterson, Katherine Smith, Amanda Wells and Griffin Wynkoop.

### Abstract

The Expanded Food Nutrition and Education Program (EFNEP) is a federally funded program that aims at informing and educating limited-resource children, youth, and families in developing and maintaining a nutritionally sound diet, and a physically active lifestyle.

Many of the intervention programs implemented through Youth EFNEP are created to be part of an existing school curriculum or as an after-school program. Currently, few programs exist that allow for easy transferability of these already existing curriculums to a summer camp setting.

Therefore, the purpose of our Creative Inquiry was to develop the students' abilities to design and implement a Nutrition Education program for youth audiences in a community setting. Students' responsibilities comprised the analysis of lesson structure for grades K-12, development of lesson materials, implementation of the nutrition education lessons with youth audiences from surrounding community areas, and the application of Youth EFNEP evaluation tools.

The 8-lesson curriculum is being pilot-tested during the fall of 2014 and spring of 2015 at Littlejohn Community Center in Clemson. The students have taken a leading role in the implementation of the nutrition education activities at the center, acquired the skills to work with low income audiences and have been actively providing the necessary feedback to improve the quality and content of the curriculum, so that one day it becomes a tool that can be used nationwide in summer camps by Youth EFNEP educators.



### Objectives

Design a curriculum that can be applied on a summer camp or after-school program that incorporates the eight core areas of the Expanded Food Nutrition and Education Program (EFNEP) in South Carolina.

Develop the students' abilities to design and implement a Nutrition Education program for youth audiences in a community setting.

### Curriculum topics

1. Nutrition
2. Physical Activity
3. Dietary Quality
4. Gardening
5. Healthy Food Swaps/Nutrition Labels
6. Food Safety
7. Cooking Practices
8. Shopping Practices

