

Purdue Extension programs for limited resources audiences

Food and Health

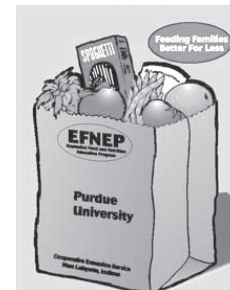
Title: *Expanded Food and Nutrition Education Program*

Audience: limited-resource households with pregnant women and pre-teen children

Brief description: The Expanded Food and Nutrition Education Program (EFNEP) is aimed at improving the skills and motivation needed to choose and prepare healthy and safe meals through hands-on learning in client homes. In Indiana, EFNEP is currently taught in two counties, Lake and Marion.

Cost: Free

Website: www.cfs.purdue.edu/extension/food_health/nutrition/efnep.html



Title: *Have a Healthy Baby*

Audience: pregnant teens and adults

Brief description: The Have a Healthy Baby (HHB) program is a nutrition education program for pregnant teens and adults. Informal lessons in client homes and in the community will provide information on:

- The importance of a balanced diet and an active lifestyle during pregnancy
- The consequences of smoking, drinking, and drugs during pregnancy
- How to achieve a healthy pregnancy weight gain
- The dangers and strategies to protect against food-borne illnesses during pregnancy
- The best methods for feeding the baby

The Have a Healthy Baby program is a research-based curriculum taught by trained, caring educators across Indiana. These educators deliver behavior-focused nutrition education to bring about lifestyle changes promoting a healthy pregnancy. The program includes an interactive and highly visual series of lessons.

Cost: Free

Website: www.cfs.purdue.edu/extension/food_health/nutrition/have_healthy_baby.html

PURDUE EXTENSION

*Have a
Healthy Baby*

Title: *Family Nutrition Program*

Audience: limited resource individuals and families

Brief description: The Family Nutrition Program (FNP) is directed toward improving limited resource audience utilization of food dollars and to provide a safe meal environment. Through free, informal, and easily accessible educational programs in the home and community, participants can develop knowledge and skill related to:

- nutrition and meal planning
- food purchasing and preparation
- food safety
- resource management

FNP assistants deliver behavior focused nutrition education, helping individuals and families to select nutritious foods that fit within their budget through live cooking demonstrations and hands-on activities in 90 Indiana counties.

Website: www.cfs.purdue.edu/extension/food_health/nutrition/family_nutrition_program/fnp.html



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Home and Money

Title: *Making Your Money Work*

Audience: adults

Brief description: Making Your Money Work increases the financial stability of program participants by offering a seven-week program in a classroom-type setting or through a home study video kit.

Cost: \$3.50 for workbook

Website: www.cfs.purdue.edu/extension/home_money/daily_needs.html

Title: *Where Does Your Money Go?*

Audience: adults

Brief description: Where Does Your Money Go? offers basic personal finance education for adults including goal setting, priority training, and creating a spending plan. Participants of this program have consistently reported strong intentions of using the tools and strategies introduced through this program.

Cost: Contact your local county Extension office to attend a Where Does Your Money Go? class.

Website: www.cfs.purdue.edu/extension/home_money/daily_needs.html

Title: *Captain Cash Says*

Audience: 3rd and 4th grade children

Brief description: “Captain Cash” is an interactive educational program designed to teach basic financial management skills to students. The curriculum addresses:

- The impact that money behaviors learned in childhood may have on adult behaviors.
- The impact that money management messages may have on children and how these messages may shape their values, attitudes, and future money habits.
- The impact that critical money management concepts and skills have on individual and family economic disruptions.

Along with learning basic financial concepts, students will learn and practice important life skills to foster self-sufficiency such as communication, decision-making, problem-solving, managing resources, planning, and organizing.

Cost: Free to students in school where program is available.

Website: www.cfs.purdue.edu/extension/children_families/school_programs/Captain_Cash.html



On-line publications and websites involving money management can be found at:
www.cfs.purdue.edu/extension/home_money/daily_needs.html#Income Drops