

# **Welcome to**

## **Michigan State University Extension's**

### ***Nutrition and Cooking Programs***

***Presented by Vanessa Armstrong***



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**mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410, or

**fax:**

(833) 256-1665 or (202) 690-7442;

**email:**

program.intake@usda.gov

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Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en cualquier oficina del USDA, llamando al (800) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

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program.intake@usda.gov

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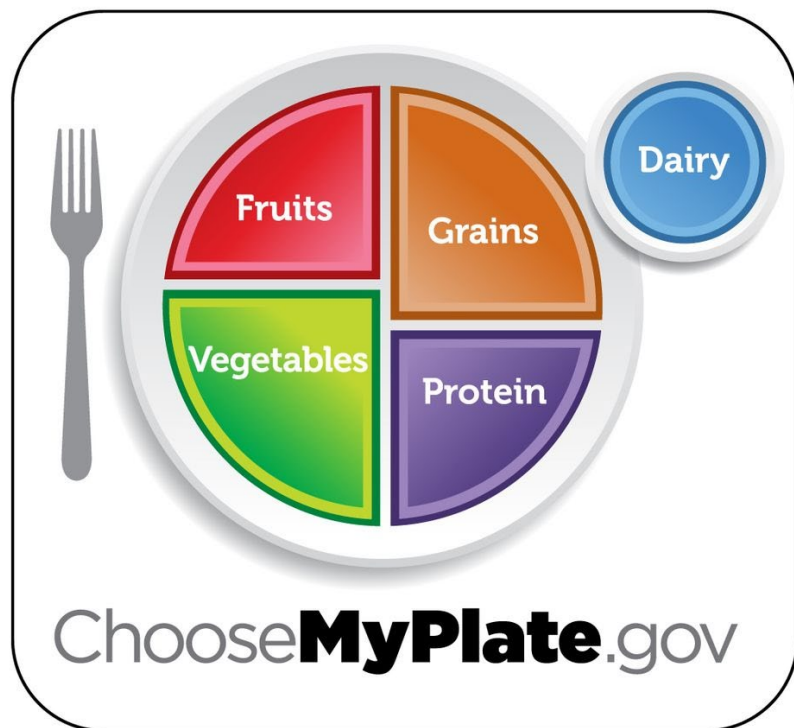
# Our Audience

**The primary audiences for the Expanded Food Nutrition Education Program (EFNEP) are limited food resource:**

- Pregnant women
- Families with young children (under the age of 19) living in either rural or urban areas who are responsible for the planning, purchasing and preparing of the family's food
- Pregnant and Parenting Teens
- School-age youth (5 – 19 years of age)



# Our classes



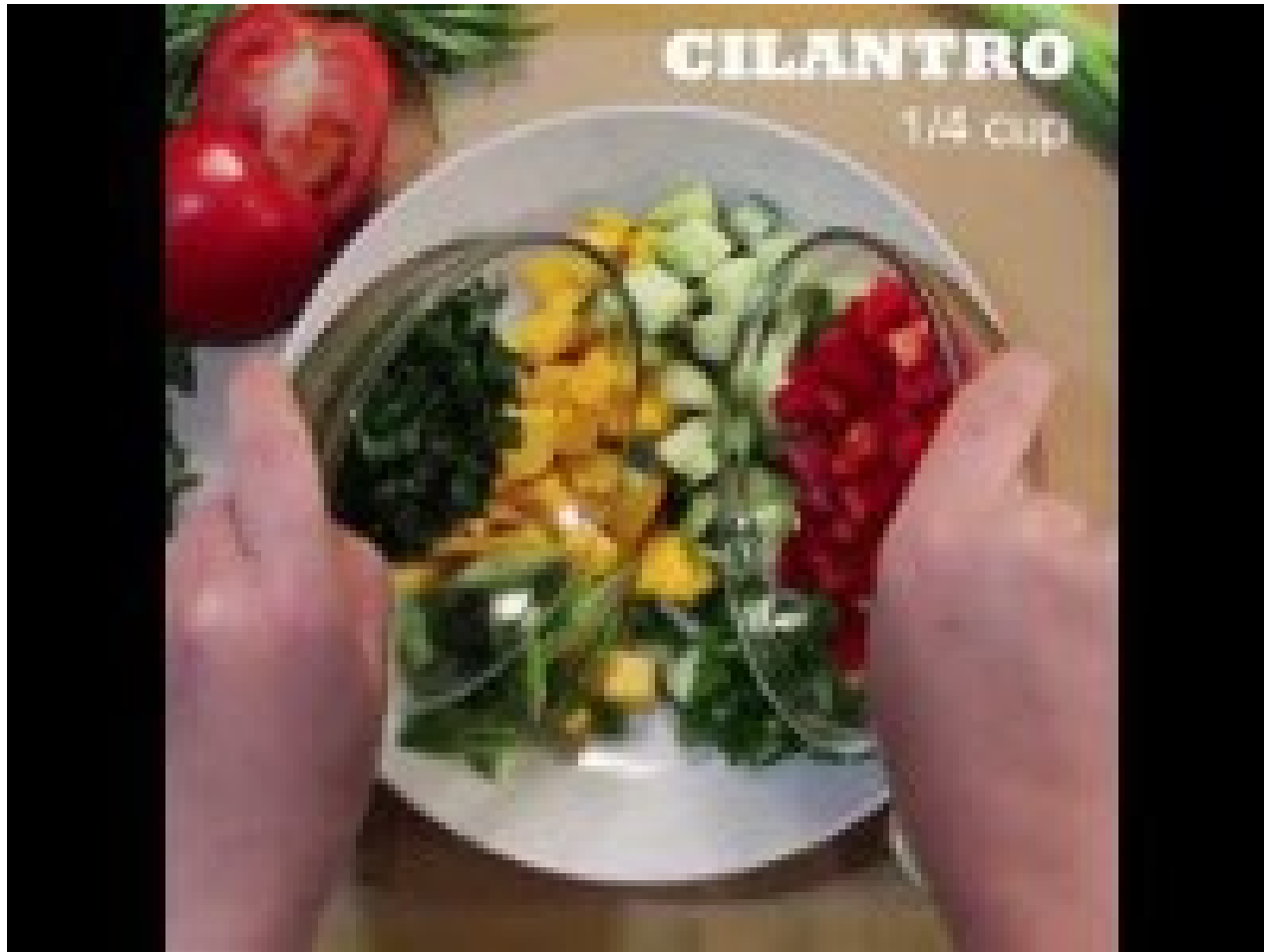
- Six Week Series
- Nutrition lesson based on MyPlate
- Physical Activity
- Food Safety
- Food/Cooking

# Cooking Matters for Parents, Families, or at Home

- Cooking Matters for Parents teaches parents with young children how to prepare and shop sensibly for healthy meals on a budget.
- Cooking Matters for Families engages adults and school-aged youth together to learn about healthy eating, planning meals as a family, and working together in the kitchen.
- The at Home series is a condensed, temporary virtual version of Cooking Matters for Parents.



# Mango Salsa



# Baked Flaked Chicken



# Healthy Foods Healthy Families

Teaches parents how to how to identify different food groups and why our bodies need a variety of foods.

## Topics include:

- How to prepare simple, healthy meals
- How to read food labels
- Learn key messages about each food group
- How to create a food budget
- Keeping the food, you purchase safe for your family
- Physical Activity, recommendations for adults and children



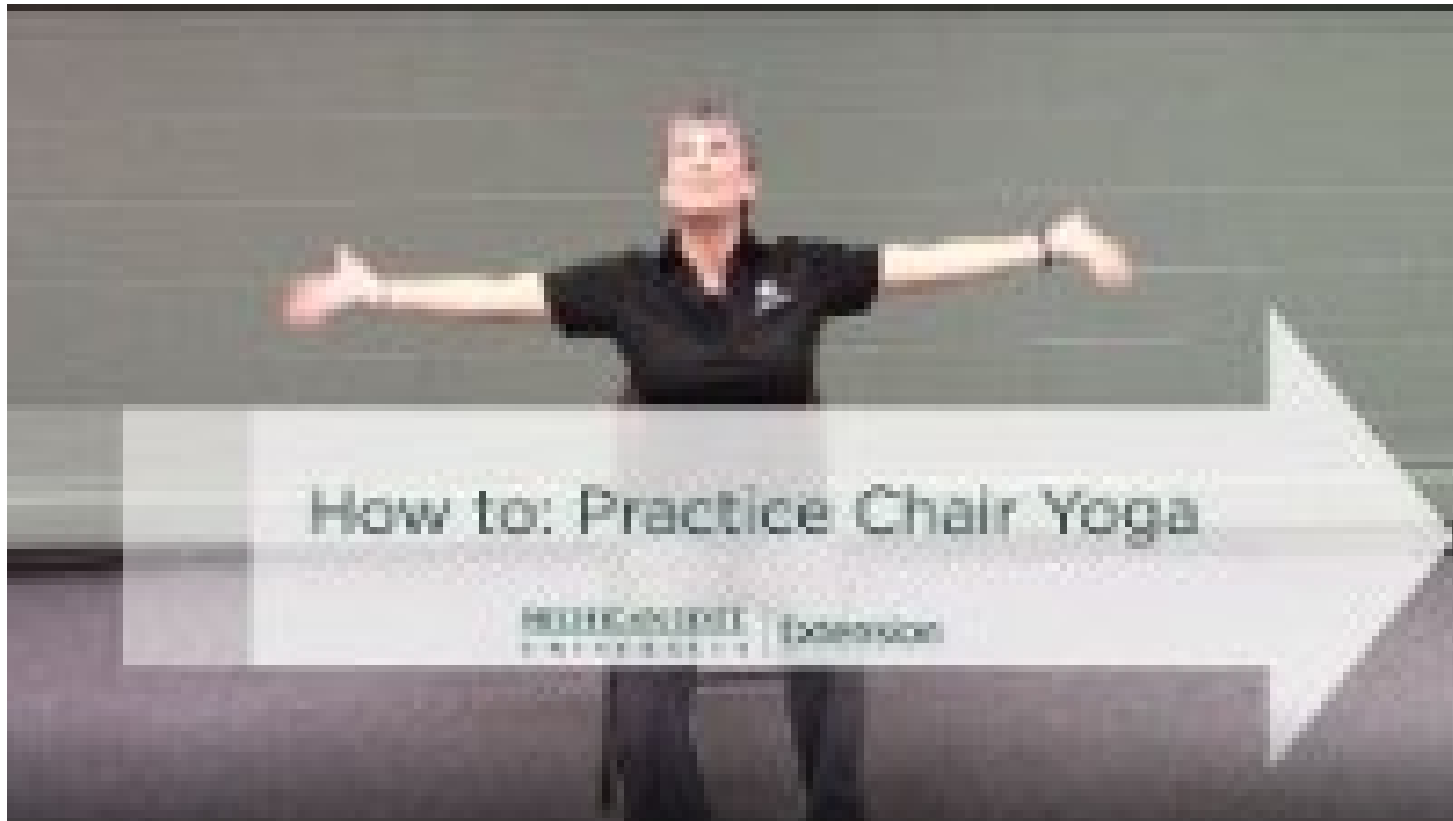


# Today's Mom

- Today's Mom is a six-lesson, interactive class to help moms-to-be learn to make healthy diet and physical activity choices for themselves and their babies. Lessons are sustainable for before, during, and after pregnancy.
- Topics include:
  - relief for common pregnancy discomforts
  - how Baby grows from month to month
  - importance of physical activity when pregnant
  - healthy weight gain during pregnancy
  - importance of relaxation techniques when pregnant/during labor
  - importance of reading food labels
  - special nutrient needs during pregnancy
  - food safety for you and your baby
  - substances that can be harmful, especially during pregnancy
  - easy menu planning
  - making healthy food choices at fast food restaurants



# Chair Yoga



## Other programs offered by MSU Extension

- Master Gardener Hotline
- Early Childhood Development/Parenting Classes
- Social and Emotional Health Programming
- Home preservation for foods
- Youth Development
- Financial Education
- Homebuyers Education
- Mental Health First Aid (Adult & Youth)
- ServSafe



Thank you for joining us today!

If you have other questions, please feel free to email me at [armst393@msu.edu](mailto:armst393@msu.edu)

Visit the Washtenaw MSU Extension Website  
<https://www.canr.msu.edu/washtenaw/index>

You can also sign up for quarterly class updates  
<https://forms.gle/z8boJ7bVZmQn8Wct5>

