

# GET INVOLVED

## Join our coalition!

A local coalition of partners and volunteers join together to plan and carry out activities they would not be able to do on their own. Members come from a wide variety of agencies and organizations serving families with limited resources.

## Coalitions help:

- Identify needs
- Prioritize and guide programming
- Reach the audience
- Generate community interest
- Plan and conduct activities

## Benefits include:

- Capacity to make a real impact in the community
- Opportunities to share your own programs
- Learning about resources and activities at other agencies
- Access to UT Extension program resources

Contact your local Extension office for more information. Visit our website:

[TINY.UTK.EDU/CONTACTS](http://TINY.UTK.EDU/CONTACTS)

## About Our Nutrition Education Programs

The University of Tennessee Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources.

[FCS.TENNESSEE.EDU](http://FCS.TENNESSEE.EDU)



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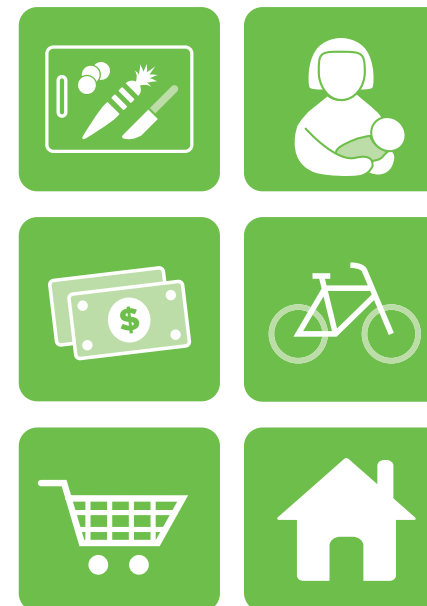
This institution is an equal opportunity provider.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

## Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL



## Partnering for Nutrition Education

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES  
**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

# ABOUT US

The University of Tennessee Extension Department of Family and Consumer Sciences educates families and communities to make healthy choices.

We are located in all 95 counties across the state of Tennessee. We provide nutrition education to those with limited resources through two special programs.

# GOALS

## Our goal is to help participants:

Choose healthy foods and beverages on a budget

Eat more fruits and vegetables

Drink fewer sugar-sweetened beverages

Lead physically active lives

Practice healthy foods skills such as planning meals, shopping, cooking and safe food handling

# THEMES

Food Prep Skills

Healthy Eating

Stretching Food Budgets

Being More Active



# WHAT WE DO

We collaborate with partners to bring about changes in the community to help make the healthy choice the easy choice.

Extension agents and program assistants partner with community agencies, organizations and volunteers to conduct interactive lessons with adults and youth.

Strategies are evidence-based and tailored to meet the needs of families with limited resources.

# WE PROVIDE

Well-trained staff to conduct or coordinate the programs

Equipment and supplies needed for lesson delivery, food preparation and healthy message prompts

Materials to help participants practice new skills at home

Tools to help communities promote healthy living choices

# PARTNERS

Help recruit program participants

Assist in locating meeting facilities for sessions

Agree to provide adequate time for programs

Facilitate agency or community activities to promote healthy living