

# EFNEP | 40

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

**EFNEP 40th Anniversary Celebration**

**MONDAY, MARCH 9, 2009**



THE UNIVERSITY OF CALIFORNIA WASHINGTON CENTER  
1608 RHODE ISLAND AVENUE NW, WASHINGTON, DC

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## WELCOME TO EFNEP'S 40TH ANNIVERSARY CELEBRATION

On behalf of the Expanded Food and Nutrition Education Program (EFNEP) Annual Conference Committee, we welcome you to the 40th anniversary celebration and 2009 EFNEP annual conference.

It is fitting that we acknowledge the 40th anniversary of EFNEP. Like the ruby that is traditionally given to acknowledge such a milestone, EFNEP stands the test of time, grows in stature, and shines brightly in leading to improved family diets and nutritional well-being. Operating in every state and U.S. territory, EFNEP reaches more than a half million limited-resource families each year. Peer educators, some of whom we will recognize during this event for their efforts, are integral to the program's success, as are supervisors and state program leaders.

EFNEP directly addresses national priorities, such as hunger, health, and obesity. More recently, the nation's economic downturn has taken center stage. EFNEP, which directly helps people improve the quality of their diets, even with limited financial resources, has never been more important. EFNEP uses an interactive approach and applies research-based information to achieve consistently strong results. You know the numbers; you know the stories... and you know how lives have been changed. You know the possibilities, too. You, your colleagues, and program staff in your respective states and territories are to be congratulated, encouraged, and celebrated.

Thank you for your efforts. Take time to reflect, connect with colleagues, and renew our shared purpose. Please make use of the logo, materials, and resources that you receive this week as you recognize staff and continue to strengthen programming in your respective states and territories.



**HELEN CHIPMAN**

NATIONAL PROGRAM LEADER



40TH ANNIVERSARY CELEBRATION  
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

UC Washington Center  
1608 Rhode Island Avenue, NW, Washington, DC 20036  
March 9, 2009

5:00 PM	REGISTRATION GRAND FOYER	
5:15 PM	<b>WELCOME &amp; INTRODUCTIONS</b>	<b>Helen Chipman</b> <i>National Program Leader, Food and Nutrition Education Cooperative State Research, Education, and Extension Service (CSREES)</i>
	<b>ALPHABET SOUP: EFNEP, CSREES, AND NIFA</b>	<b>Ralph Otto</b> <i>Associate Administrator, CSREES</i>
	<b>THE PAST IS A PROLOGUE TO THE FUTURE</b>	<b>Evelyn Crayton</b> <i>Director, Family and Consumer Sciences Auburn University</i>
	<b>THE CHANGING FACE OF EFNEP</b>	<b>Lawrence Carter</b> <i>Director, Special Outreach Activities Cooperative Extension Program Florida A&amp;M University</i>
	<b>PRESENTATION OF REGIONAL AWARDS</b>	<b>Ralph Otto and Helen Chipman</b>
	<b>PARTICIPANT CATEGORY</b>	Sylvia Harris and Jeannine Knepper
	<b>CHAMPION CATEGORY</b>	Sister Marie Sullivan
	<b>PARAPROFESSIONAL CATEGORY</b>	Bertha Silva
	<b>ACKNOWLEDGEMENT OF STATE WINNERS</b>	All
6:00 PM	RECEPTION	Enjoy EFNEP recipes prepared by MK Catering

## 2009 EFNEP National Awards

In celebrating the 40th Anniversary of the Expanded Food and Nutrition Education Program (EFNEP), this national awards program honors the remarkable contributions of selected EFNEP staff, participants who have significantly enriched their lives through EFNEP opportunities, and champions who have been instrumental in the success of EFNEP.

Specifically, the awards program

*promotes awareness of EFNEP's link to the Land-Grant University System of research and extension and its uniqueness as a nutrition education program for low-income families;*

*advances appreciation for the multidimensional opportunities available through EFNEP (e.g., improving health, building self-esteem, furthering education, preparing the workforce, and developing leaders);*

*highlights numerous cost-effective benefits to the public delivered via EFNEP; and*

*expresses appreciation and honors selected individuals for their notable contributions to the success of EFNEP.*

Over the course of 2009, we encourage each state and territory to schedule an event or meeting at which they honor their award recipient(s) and/or celebrate the improvements in health and nutrition that EFNEP families have achieved at the state and local levels. Inviting stakeholders to these events increases the visibility of our program.

## EFNEP 40<sup>th</sup> Anniversary Nominations—Participants Category

### Regional Winners

#### Sylvia Harris

AGENT ASSISTANT | ALABAMA | SOUTHERN REGION

Sylvia was first recognized as a potential candidate for EFNEP nutrition programs, which revealed her hands-on recipe demonstrations, nutrition information, newfound knowledge, and encouragement toward teaching others about a healthy diet. Being a diabetic, she understands how the components of the daily diet, as well as how her food choices, affect her diabetes, weight, and general health. She learned ways to put foods with more nutritive value on the table and identified shopping tips and recipes that allowed her to stretch her food dollars. Known throughout her community as the “cooking lady,” Sylvia serves as a role model for others to eat healthier and try new foods. She teaches classes on nutrition and its value in her church ministry. In the course of her EFNEP career, she has transformed the lives of nearly 5,000 limited-resource youth and over 200 limited-resource adults with a proven method that EFNEP programs carries.

#### Jeannine Knepper

PARALEGAL | PENNSYLVANIA | NORTH EAST REGION

Jeannine is a young mom in the EFNEP Super Cupboard program who stood out from the rest and had a thirst for information for the “why,” “what if,” and “how about.” Her mission is to mentor young welfare moms, helping them see all the opportunities they have for education and, as always, spreading the word about EFNEP.

#### Mohammed Musleh

CASHIER | OHIO | NORTH CENTRAL REGION

As a participant in the EFNEP program, Mohammed eagerly attends all classes. His eating patterns, food intake, and physical activity all improved tremendously due to his adopting better eating habits. With good eating habits he was able to start controlling his diabetes without taking as much medicine as he once did. The impact of Mohammed adjusting to better eating habits has spread within his household as drinking more water has taken precedent over drinking sodas. Mohammed joined EFNEP classes to make a change once and for all because he didn’t want to continue this unhealthy lifestyle that affected his whole family.

NO NOMINATIONS WERE SUBMITTED FROM THE WESTERN REGION

## EFNEP 40<sup>th</sup> Anniversary Nominations—Champions Category

### Regional Winners

#### Sheila Austin

DIRECTOR, PROGRAM SERVICES FOR MARCH OF DIMES | TEXAS | SOUTHERN REGION

Sheila became involved with EFNEP in 2004-05 when the Bexar County EFNEP unit entered into a collaborative agreement with the March of Dimes and the San Antonio Metro Health District. The goal of the “Learn, Eat, and Enjoy” project was to address high rates of preterm and low birth weight babies with EFNEP providing food and nutrition educational materials and information to pregnant women—specifically at-risk pregnant women and teens—teaching them the importance of prenatal care and nutrition before, during, and after pregnancy. Sheila helped to assure a strong and effective collaboration between the March of Dimes and EFNEP and served as an advocate to other agencies and potential partners for Bexar County EFNEP. In fact, her efforts assisted the EFNEP extension agent in securing additional funding from the March of Dimes for the program, therefore enriching experiences of low-income pregnant women. Sheila also serves a key role on the Bexar County EFNEP Advisory Committee.

#### Cindi Boston

EXECUTIVE DIRECTOR, PREGNANCY CARE CENTER (PCC) | MISSOURI | NORTH CENTRAL REGION

Hosted nutritional classes for pregnant women; collaborated with state legislators for support and benefits to clients, including increased funding for the program; encouraged EFNEP participation to the center and clients by communicating information about PCC programs and services via brochures, newsletters, and other literature.

#### Fred A. Cholick

DIRECTOR, KANSAS STATE RESEARCH AND EXTENSION, DEAN OF THE COLLEGE OF AGRICULTURE, AND IMMEDIATE PAST CHAIR OF THE NATIONAL ASSOCIATION OF STATE COLLEGES AND LAND-GRANT UNIVERSITIES' BOARD ON AGRICULTURE ASSEMBLY | KANSAS | NORTH CENTRAL REGION

Advanced EFNEP as a priority request, reaching threshold funding for the first time during his tenure; funding levels requested for 2009 are higher than the reduction requested in the FY2009 President’s budget; set the wheels in motion to increase program funding and expand reach and impact.

#### Jeanne Downes

DIRECTOR | COLORADO | WESTERN REGION

Formed Kids Cafe’ (part of the Food Bank of the Rockies Nutrition Network), which provides a meal program designed specially for children at risk of hunger; formed a strong partnership to provide EFNEP nutrition education at each Kids Café site for young participants, some parents, and care providers; helped provide 187,000 meals in metro Denver’s poorest neighborhoods; fostered collaboration, involvement and cooperation from her staff and from the staff at the Kids Café sites to work with EFNEP educators to ensure success, full participation, and promote a learning atmosphere for each of the youth EFNEP classes.

## Linda Kirk Fox

ASSOCIATE VICE PRESIDENT AND DEAN, WASHINGTON STATE UNIVERSITY EXTENSION | WASHINGTON  
WESTERN REGION

Oversees the funding for EFNEP and assigns state leadership; provides additional state dollars to support the program; co-chairs the EFNEP Task Force appointed by the Extension Committee on Organization and Policy (ECOP) and Board of Human Services. Through the leadership of the task force, and commitment of coordinators and others nationwide, EFNEP received increased funding for 4 years in a row. When the task force concluded its work in 2008, EFNEP funding was at \$65,135,272, which represents the highest level of funding EFNEP has received in its 40-year history.

## Sandra Gil

NEIGHBORHOOD AIDE FOR HEALTHY SERVICES | NEW YORK | NORTH EASTERN REGION

Completed EFNEP training for “Mentoring Mothers”; translated to the surrounding Hispanic population to bring classes to these families when EFNEP did not have Spanish-speaking educators; her experience led to county legislators granting a bilingual educator for 2 years—the first Cooperative Extension System bilingual educator in Suffolk County; initiated the Mothers’ Groups (which is rural with severe transportation problems in eastern Suffolk County); motivated and recruited Hispanic women who have been hard to reach due to language and cultural barriers; involves EFNEP in all county health department-sponsored health fairs designed especially for minorities.

## Cheryl Kobel

EXECUTIVE DIRECTOR, ST. MARTIN CENTER | PENNSYLVANIA | NORTH EASTERN REGION

Provided bus transportation for all the board members to St. Martin Center for a Super Cupboard experience; secured grants and donations to fund facility’s supplies, equipment, foods, transportation, and child care and incentives, which allowed total focus on teaching the EFNEP curriculum; met the unique needs of special groups, such as teen parents, the homeless transitioning from shelters, and a Parent as Teacher program; seeks new and different opportunities for EFNEP programs to partner together.

## Sister Marie N. Sullivan, O.P.

EXECUTIVE DIRECTOR, THE SULLIVAN CENTER | GEORGIA | SOUTHERN REGION

The center is named in her honor for her years of dedicated service to preventing homelessness and hunger in Atlanta; oversees a nutrition program for hunger prevention with the assistance of volunteers who operate the food pantry on a daily basis; solicits vendors to donate incentives to encourage family participation in EFNEP. The Sullivan Center’s outreach has expanded to include all of Fulton County instead of just the neighborhoods surrounding the center.

## EFNEP 40th Anniversary Nominations—Paraprofessional Category Regional Winners

## Omega Barcenas

NUTRITION ADVISOR | NEBRASKA | NORTH CENTRAL REGION

Omega is always looking for opportunities to improve her English-language skills; her goal is to become a registered dietitian; represents EFNEP and extension at statewide nutrition partnership meetings; being a pastor’s wife and a role model for people from her church, she provides healthy food and promotes good food safety practices.

## Janie Garner

PROGRAM ASSISTANT | ARKANSAS | SOUTHERN REGION

Through Janie’s efforts, EFNEP enrollment in her county is 100 percent; the graduation goal for each program assistant is 75 per year, through Janie’s collaborative efforts, she enrolled 177 participants and graduated 152 this past year. She works and collaborates with other agencies in her county; consistently produces high quality, accurate work; has served on numerous statewide and regional training teams; adjusts her time in order to meet with the clientele; and uses produce that she grows in her garden for food demos.

## Betty Ringo Greear

CENTSIBLE NUTRITION PROGRAM ASSOCIATE, NEW/NONTRADITIONAL AUDIENCES | WYOMING | WESTERN REGION

Men in crisis—some are broke or addicted to drugs and alcohol; one particular former member of a biker gang reluctantly went to class and became her best student, he returned to school and completed his degree. Stretching food dollar—one client and father always ran out of food because of his smoking; when shown how much money he was spending in a year he agreed to quit smoking; now they have more money for food. Professional development—has learned from in-service training and volunteered to teach lessons for a “live” filming of the series of lessons. EFNEP concepts and passion—she and office colleagues sponsored a hunger awareness and program promotional event, where she was in charge of recipe preparation and coordinated the work of multiple cooks; she helps clients realize self worth.

## Sandra Harris

EFNEP ASSISTANT | KENTUCKY | SOUTHERN REGION

Sandra is sought after to provide services at the agencies and organizations in her county and has an outstanding relationship with the school system; she collaborates with many block grant agencies, which allows her to meet and exceed EFNEP program requirements in a more efficient manner by giving her access to participants in group settings. In partnership with Community Action, Sandra conducted 6 budgeting classes with 13 participants that focused on stretching food dollars—due to Sandra’s innovative incentive structure, participants who attended each of the 6 classes earned “budget bucks” that they were allowed to “spend” on the kitchen/food preparation related incentive items of their choice at the end of the final class. All participants were enrolled homemakers in EFNEP and all 13 were graduated.

## Ruby Nancy

PROGRAM ASSISTANT | IOWA | NORTH CENTRAL REGION

Collaborates with the Safer Foundation Youth Empowerment Program to provide nutrition education as part of a life skills class for youth who were previously incarcerated—the kids were taught about label reading, which helped them realize just how little nutrition was available from the snacks they typically chose; they practiced choosing snacks that represented two or more of the food groups from MyPyramid; and learned about issues such as cross-contamination and the proper way to wash their hands. Ruby earned her master's degree in Public Administration and completed additional graduate coursework in Adult Learning; she co-wrote a grant for conversational Spanish lessons and completed the lesson series; after graduating from EFNEP, she became an advocate for the program, including speaking at forums for state legislators and state staff.

## Robin Peters

EDUCATION PROGRAM COORDINATOR | NEW HAMPSHIRE | NORTH EAST REGION

With an office in the family resource center, Robin partners with agencies to refer her participants and to get referrals; she holds some of her classes at the center so the participants can take advantage of other resources there, such as the food pantry; she involves university students in her programming by providing direct teaching opportunities with adult and youth interventions; she invites local legislators to her programs to showcase EFNEP.

## Bertha Silva

NUTRITION EDUCATOR | NEW MEXICO | WESTERN REGION

Implemented USDA's "Eat Smart, Play Hard" curriculum in an area with a poverty level at or below 185 percent of the U.S. government poverty guidelines; during the 6-week implementation, her EFNEP youth classes competed for bragging rights of becoming healthier—what began as a small idea to motivate students has turned into community-wide awareness of the benefits of physical activity; she has completed the Child and Adult Care Food Program certification so that she can include specific child care nutrition lessons, along with her EFNEP lessons, for child care providers; through her work with Engaging Latino Communities in Education, Bertha has built partnerships in the county that benefit EFNEP outreach programs.

## Ronda Stiles

NUTRITION EDUCATION ADVISOR | PENNSYLVANIA | NORTH EAST REGION

Collaborative partnerships—Central Intermediate Unit's Adult Development programs: New Choices/ New Options and Even Start. Nutrition lessons are an ongoing part of both programs, with lessons tailored to meet needs, pregnancy, feeding infants, or preschoolers; graduates now in the workforce continue to use lessons learned to stretch monies; hand-washing practices continue to be a part of many families' routines, resulting in fewer reports of colds; food preparation taught at a women's shelter influenced participants to not thaw food at room temperature. Professional development—participated in 18 activities, earning over 100 hours; classes taken include diversity training, obesity prevention, Transitioning out of Poverty, Healthy Eating During Pregnancy and Breastfeeding; attended Nutrition Links Annual Conference and Strengthening the Food Resource Safety Net Conference; completed Penn State's Institutional Review Board training, completed ServSafe course, and has piloted two new curriculums.

# Tofu Pumpkin Pie

SERVES: 8 SERVING SIZE: 1/8 of the pie



### INGREDIENTS:

- 10 oz. silken tofu, blended in a food processor or blender until shiny and smooth
- 1 (15 oz.) can pureed pumpkin
- 3/4 cup granulated sugar
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 1 (9-inch) unbaked pie shell

### DIRECTIONS:

1. Preheat oven to 425°F.
2. Cream together pumpkin and sugar. Add salt and blended tofu, mixing until everything is well blended together.
3. Pour into pie shell and bake at 425°F for 15 minutes.
4. Lower the heat to 350°F and bake an additional 40 minutes.
5. Pie is finished when a toothpick inserted in the center comes out clean.

FROM: University of Maine Cooperative Extension

# Sweet Potatoes and Apples

SERVES: 6 SERVING SIZE: 1/2 cup



### INGREDIENTS:

- Non-stick cooking spray
- 1 (16 oz.) can sweet potatoes (may use 3 fresh sweet potatoes)
- 2 large apples
- 1/4 cup raisins
- 1/3 cup pineapple or orange juice
- 2 tsp packed brown sugar or 2 Tbsp regular sugar
- 2 Tbsp margarine
- 1 tsp cinnamon

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Lightly spray a baking dish with non-stick cooking spray.
3. Wash, peel, and slice apples (and fresh sweet potatoes if using).
4. Drain canned sweet potatoes.
5. Layer sweet potatoes and apples in the sprayed baking dish.
6. Sprinkle sweet potatoes and apples with raisins.

*continued on back >>*

FROM: North Carolina Cooperative Extension

## Tofu Pumpkin Pie

### Nutrition Facts

Serving Size (131g)		Servings Per Container	
Amount Per Serving			
<b>Calories 210</b>	<b>Calories from Fat 80</b>		
	% Daily Value*		
<b>Total Fat 9g</b>		<b>14%</b>	
Saturated Fat 2g		<b>10%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 270mg</b>		<b>11%</b>	
<b>Total Carbohydrate 30g</b>		<b>10%</b>	
Dietary Fiber 2g		<b>8%</b>	
Sugars 15g			
<b>Protein 3g</b>			
Vitamin A 160% • Vitamin C 0%			
Calcium 4% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Sweet Potatoes and Apples

### DIRECTIONS (CONTINUED):

- In a separate cup, mix juice and sugar. Pour juice mixture over sweet potatoes, apples, and raisins.
- Cut margarine into small bits and distribute evenly across the top of the casserole. Sprinkle cinnamon over fruit.
- Cover with aluminum foil and bake for 20 minutes. Remove foil and bake for 10 minutes longer. Potatoes should be tender and cooked through.

### Nutrition Facts

Serving Size (167g)		Servings Per Container	
Amount Per Serving			
<b>Calories 160</b>	<b>Calories from Fat 40</b>		
	% Daily Value*		
<b>Total Fat 4.5g</b>		<b>7%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 80mg</b>		<b>3%</b>	
<b>Total Carbohydrate 30g</b>		<b>10%</b>	
Dietary Fiber 4g		<b>16%</b>	
Sugars 19g			
<b>Protein 2g</b>			
Vitamin A 60% • Vitamin C 30%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Baked Shrimp Patty

SERVES: 16 SERVING SIZE: 1 muffin patty



### INGREDIENTS:

- 2½ cups mixed vegetables
- 16 small shrimp
- 6 fl. oz. evaporated low fat milk
- 2 cups flour
- 1 Tbsp baking powder
- 2 eggs
- ½ tsp salt
- ¼ cup water

### DIRECTIONS:

- Mix flour, evaporated milk, baking powder, eggs, salt, and water in a bowl. Consistency of batter should be similar to a pancake batter.
- Add the mixed vegetables and shrimp into the batter.
- Pour 1/8 cup of batter into muffin pan, making sure there is one shrimp in each round.
- Bake at 350°F for 12-15 minutes

FROM: University of Guam (CNAS/CES)

## Cabbage Meat Skillet Dish

SERVES: 10 SERVING SIZE: 1 cup



### INGREDIENTS:

- 1 lb. lean ground beef
- 1 medium onion, finely chopped
- 1 (8 oz.) can tomato sauce, low sodium
- 1½ cups water
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- ¼ tsp oregano (optional)
- 1 medium head cabbage, about 2 lbs., cut into strips
- 1½ cups cooked rice, medium grain white rice

### DIRECTIONS:

- Saute meat and onions about 10 minutes. Drain excess fat.
- Add tomato sauce, water, and seasoning. Cover and simmer for about 10 minutes.
- Add cabbage and rice.
- Stir together, mixing well. Cover; continue to cook 18-20 minutes.

FROM: Louisiana State University Ag Center

## Baked Shrimp Patty

### Nutrition Facts

Serving Size (59g)		Servings Per Container	
Amount Per Serving			
<b>Calories 90</b>	Calories from Fat 10		
% Daily Value*			
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 35mg</b>			<b>12%</b>
<b>Sodium 210mg</b>			<b>9%</b>
<b>Total Carbohydrate 15g</b>			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein 4g</b>			
Vitamin A 8%		Vitamin C 2%	
Calcium 8%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Cabbage Meat Skillet Dish

### Nutrition Facts

Serving Size (208g)		Servings Per Container	
Amount Per Serving			
<b>Calories 180</b>	Calories from Fat 70		
% Daily Value*			
<b>Total Fat 7g</b>			<b>11%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0.5g			
<b>Cholesterol 40mg</b>			<b>13%</b>
<b>Sodium 65mg</b>			<b>3%</b>
<b>Total Carbohydrate 16g</b>			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 4g			
<b>Protein 13g</b>			
Vitamin A 4%		Vitamin C 90%	
Calcium 6%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Fried Rice

SERVES: 6 SERVING SIZE: 1 cup



### INGREDIENTS:

- 2 Tbsp vegetable oil
- 3 cups cooked brown rice, cooled
- 1 carrot, cut into ¼-inch slices
- ½ green pepper, chopped
- ½ cup onion, chopped
- ½ cup broccoli, chopped
- 2 Tbsp soy sauce, low sodium
- ½ tsp black pepper
- ½ tsp garlic powder
- 2 eggs, beaten
- ¾ cup chicken, cooked, bite size pieces

### DIRECTIONS:

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, green pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan. Pour eggs into pan and scramble.
5. Put vegetable mix and rice back in pan and mix with scrambled eggs.
6. Add chicken and cook until hot.
7. Refrigerate leftovers

FROM: Colorado State University

## Copper Penny Salad

SERVES: 8 SERVING SIZE: ½ cup



### INGREDIENTS:

- 2 lbs. carrots, cut in ¼-inch slices, cooked (or 2 cans 14.5 oz. sliced carrots)
- 1 raw onion, sliced thin
- 1 raw green pepper, diced
- 1 (10.5 oz.) can tomato soup, reduced sodium
- 2 Tbsp salad oil
- ½ tsp black pepper
- ½ cup sugar
- ¼ cup vinegar
- 1 tsp dry mustard

### DIRECTIONS:

1. Mix and bring to a boil: tomato soup, salad oil, black pepper, sugar, vinegar, and mustard.
2. Slice/dice vegetables as directed.
3. After soup mixture begins to boil, mix all ingredients together. Refrigerate. This salad can be stored in the refrigerator for up to 2 weeks.
4. Enjoy!

FROM: Iowa State University Extension

## Fried Rice

### Nutrition Facts

Serving Size (186g)		Servings Per Container	
Amount Per Serving			
<b>Calories 220</b>	<b>Calories from Fat 70</b>		
% Daily Value*			
<b>Total Fat 8g</b>			<b>12%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol 85mg</b>			<b>28%</b>
<b>Sodium 230mg</b>			<b>10%</b>
<b>Total Carbohydrate 27g</b>			<b>9%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 2g			
<b>Protein 11g</b>			
Vitamin A 50%		Vitamin C 30%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Copper Penny Salad

### Nutrition Facts

Serving Size (200g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 35</b>		
% Daily Value*			
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 65mg</b>			<b>3%</b>
<b>Total Carbohydrate 25g</b>			<b>8%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 18g			
<b>Protein 2g</b>			
Vitamin A 390%		Vitamin C 50%	
Calcium 4%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

## Festive Tuna Salad

SERVES: 3 SERVING SIZE: ½ cup



### INGREDIENTS:

- 2 Tbsp fat-free mayonnaise
- 2 Tbsp plain nonfat yogurt
- ½ tsp dry tarragon leaves (optional)
- 1 (6-9 oz.) can white tuna packed in water, drained
- ¾ cup red seedless grapes (about 30 grapes)
- ½ cup celery (about 2 stalks), chopped
- 2 Tbsp pecans, chopped
- 2 cups lettuce, chopped or 2-3 large lettuce leaves

### DIRECTIONS:

1. Combine light mayonnaise and yogurt in a one quart bowl.
2. Add tarragon and tuna. Break up tuna into small pieces with a fork.
3. Rinse grapes and cut in half on clean cutting board. Add to tuna.
4. Rinse celery to remove dirt. Cut off ends. Chop into small pieces. Add to tuna.
5. Add chopped pecans to tuna.
6. Mix all ingredients well with a spoon.
7. Serve on a bed of chopped lettuce or lettuce leaves.

FROM: University of Georgia

## 2009 Recipe for Success

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



### PROVEN INGREDIENTS:

- 51 Programs in United States and the District of Columbia (D.C.)
- 6 U.S. Territories
- CSREES
- Land-Grant Universities
- 40 Years of Service
- Limited-Resource Families
- Educators + Volunteers
- Proven Curriculum
- Hands-On Approach

### DIRECTIONS:

1. EFNEP operates in a 50 states, DC, and the territories as part of CSREES.
2. Limited-resource families are recruited to learn ways to eat better for less money.
3. Trained peer educators and volunteers facilitate hands-on, experiential learning.
4. Learners practice making food choices to improve nutritional quality.
5. Results include saving money and new skills in food production, preparation, storage, safety and sanitation.

TIP: Federal, state, and local partners connect families to resources for better health.

# Festive Tuna Salad

Nutrition Facts	
Serving Size (216g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 2g	8%
Sugars 11g	
<b>Protein 15g</b>	
Vitamin A 10%	Vitamin C 15%
Calcium 6%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## EFNEP 40th Anniversary Nominations—Paraprofessional Category State Winners

### Annabell Anderson

AGENT ASSISTANT | ALABAMA

An advocate for the Bridge, Inc., a residential provider for substance abuse treatment and behavioral rehabilitation program of adolescents ages 12-18; agency success came when she discussed with administrators the need to reduce the number of classes because of the need to reduce “supply expense” of suppling all food products as a part of the class; the administrators agreed that food demos were a positive part of the learning process. Following the 2005 Hurricane Katrina disaster in New Orleans, many residents fled to Gadsden, AL, where Annabell’s church adopted 20 families; although most grateful for the church’s kindness, their major complaint was about Alabama foods; seeing this opportunity, Annabell recruited many of the adults to attend EFNEP nutrition education classes; participants were pleased with the classes and continue to use many of the recipes offered to them. Her attendance of many training sessions and use of the MyPyramid.gov Web site allows her to keep current with nutrition information and to gain ideas for keeping classes updated and interesting; she has used the information she teaches to help her lose 35 lbs.

### Phyllis Cain

PROGRAM ASSISTANT | GEORGIA

Partners with other agencies in Fulton County to deliver EFNEP classes and to teach general nutrition; one agency she partners with is The Sullivan Center, a non-profit organization that assists families in need with food and short-term financial assistance; another of her partnerships is with the Fulton County Drug Courts Program that serves first-time convicted drug offenders, many of whom have children, where Phyllis conducts the EFNEP series of nutrition classes with every new group of offenders; she stays informed about nutrition topics by attending workshops and seminars and by reading materials about health and nutrition; she attended the 2007 Society for Nutrition Education Conference as one of four EFNEP program assistants selected to attend from Georgia. Like a sponge, she soaked up all of the information presented. Her love for learning, and the conference, inspired her to consider returning to college to complete her degree; she uses EFNEP concepts when planning her menus, shopping for groceries, and preparing meals. She is a class ambassador for EFNEP.

### Connie Castor

WASHINGTON

Connie is gifted at working with people who have been incarcerated and are transitioning back into local communities. She understands the needs of her clientele and the challenges of living a healthy life under these circumstances. Her classes offer sound nutrition education, food preparation, and meal planning strategies. She tailors the nutrition education programming to meet the needs of the very migratory and unsettled population based on their living circumstances. Her goal is always to provide skills that enable the participants to find the food sources necessary for a healthy meal.

*continued next page >>*

PLACE  
STAMP  
HERE



>> CONNIE CASTOR *continued*

She is committed to learning new and innovative ways to reach new clientele, but also bringing fresh approaches to those she has been serving for many years. She is always eager to accept new ideas and concepts that might better work with her unique clientele; she shares what she knows with others. Connie knows and understands how to stretch her food dollars and is an excellent example to her clientele. She is enthusiastic about what her community has to offer and she has turned her enthusiasm and personal knowledge into a dynamic approach to teaching nutrition education to criminal justice clientele. She has expanded what she does to other criminal justice programs and is well known throughout the community for her work. She brings a fresh and thoughtful approach to nutrition education that translates directly to better daily living for her clients and those who work with her.

## Leslie Choate

YOUTH NUTRITION EDUCATION ASSISTANT | OKLAHOMA

Collaborative partnerships include the health department on a Coordinated Approach to Child Health (CATCH) Grant, which reaches 8-10 year-old low income youth. Students enjoy her healthy snack demonstrations and pass such comments to parents as “Never lick the spoon when cooking” and “get the cold stuff last.” Leslie runs daily and practices food balance in food choices.

## Martina Curry

PROGRAM ASSISTANT | ILLINOIS

All Martina’s success stories included testimonials of how much she inspired people to change their lives; her quiet passion is evident in her work and in the response we get from all of her sites and clients.

## Norma C. Dorta

PROGRAM ASSISTANT | FLORIDA

Produced an innovative delivery method to use technology to provide much-needed information to the students of Hillsborough County; after recognizing that her students are more into “YouTube,” Norma used this tool as a means to teach sound methods about nutrition education; using the concepts of fun and innovation, she retooled her nutrition education teaching techniques to not only talk about the importance of physical education, she developed running relay games that emphasize the food groups, and developed a game from the popular TV show “Deal or No Deal” to get the youth moving; when her family has reunions, Norma is always the one who is requested to prepare the foods, emphasizing portion control and food safety.

## Gloria Greiner

NUTRITION EDUCATION ASSOCIATE | TEXAS

Collaborative partnership with WIC, sites expanded because of ability of educator, partnerships established with Better Living for Texans Program. Gloria gives great attention and detail to food demonstrations, tests all recipes, and instructs on ways to use commodity foods. She has completed her high school diploma, earned an associates degree in sociology, and participates in EFNEP staff training. Gloria was a single parent when she went to work for EFNEP; she has raised four children, sent them to Catholic school, purchased a home, and cared for her elderly father.

## Irene Hackworth

PROGRAM ASSOCIATE | MICHIGAN

Resource management is a key element in all of Irene’s EFNEP lessons. Her sincere and unfailing dedication to helping struggling families goes beyond her job as EFNEP associate extraordinaire, she is constantly looking for community programs and services with which to connect her clients. Irene’s professionalism and insight into problem solving and project planning was and is evident in her community outreach involvement.

## Ramona Hamilton

NUTRITION PROGRAM ASSISTANT | MISSOURI

Ramona was a single mom with three children when she began working with EFNEP, living the life of our “typical” target participant. She knows how to survive on limited resources and she shows others how to do the same; she believes that she can teach best what she lives.

## Mary Jane Hearon

PROGRAM ASSISTANT | NORTH CAROLINA

During her tenure as an extension EFNEP program assistant, Mary Jane has exhibited excellence in programming and dedication to the mission and goals of EFNEP. She has been innovative, stepping up and learning new skills for EFNEP special projects, such as the In-Home Breastfeeding Support Program. This program delivery is a shining example of EFNEP excellence in North Carolina; she is a magician when it comes to stretching a dollar; she is knowledgeable of every strategy and utilizes money-saving strategies in her personal food purchases, just as she does when purchasing foods for EFNEP classes.

## Ese Misaiata

EFNEP AGENT | AMERICAN SAMOA

She enjoys collaborating with various government agencies, such as public health, the U.S. Department of Agriculture (WIC, food stamps), the U.S. Department of Education, health care clinics, and daycare programs, to promote nutrition education and food demonstration programs; her dedication to her work strongly reflects the success and impact that EFNEP has made on the low-income and at-risk population of her island country; she continually updates her subject knowledge through training, workshops, and conferences offered off-island; she promotes different aspects of EFNEP through her work with agencies and the community on health activities, to overcome the problems of obesity and overweight, and to live a more healthy lifestyle.

## Jean Noland

NUTRITION EDUCATION AGENT | NORTH DAKOTA

Uses games to show innovative programming; dresses in costume; uses appealing lesson titles—“Hitting a Home Plate,” “D is for Dairy,” “Soup-er Bowl;” has grown professionally by attending regional or national development, leadership professional development training, and joined Toastmasters to improve speaking skills; she assisted one of her participants to get a table to encourage family meals.

## Flora Popenoe

PROGRAM ASSISTANT | OHIO

Flora has worked with refugee populations—she has translated lessons into Swahili, assisted with teaching some English, gives recipes in both English and Swahili, and explains the use of American food and how to prepare it. She participates in Navigating for Success, computer classes, and taking classes in diversity planning; Flora grows a garden and uses produce in meal planning; she is an advocate of good hydration.

## Maria Pilar Rosario

PROGRAM AIDE | NEW YORK

Maria is a model for collaborating partnership within and outside of extension; she accepted the challenge of leading two special EFNEP projects: Project Bridge and Project CHANCE. She believes that partnering is the key to program success. Her love for workshops in food preparation hit at an all time high when 98 percent of her enrolled participants graduated; she embraces change and translates that into job performance improvement; she has mastered skills in facilitation and taken full advantage of training opportunities related to subject matter or skills development.

## Joann Smith

EDUCATOR | LOUISIANA

Having been very successful in establishing a collaborative partnership with the Richland Parish School System, Joann began presenting monthly nutrition education programs to all 5<sup>th</sup> grade students at Delhi Middle School; due to the effectiveness of her programming efforts, the school principal and teachers requested that she continue to serve their students on a monthly basis for the third consecutive school year; she presents monthly educational programs for approximately 60 middle school students; she begins with a nutrition lesson and completes with physical activity; she is a true professional who constantly strives to strengthen her skills as an EFNEP nutritional educator.

## Charlene Trujillo

EFNEP EDUCATOR | COLORADO

Partners with EFNEP to reach not only the goals of the EFNEP program, but also the goals of the grant (food safety education for low-income pregnant women); from building her relationships with agencies that have aided in the success of both EFNEP and the grant projects, Charlene provides the educational intervention piece of the grant by utilizing the EFNEP model and an EFNEP curriculum to reach and teach participants; she enjoys the physical activities she has with the participants, not only to improve health but to also decrease stress; she is very conscientious and is well respected by the agencies that serve low-income families in her county; she is extremely passionate about EFNEP and “sells” the program to everyone she meets.

## Lizzie S. Walker

NUTRITION EDUCATION ASSISTANT | SOUTH CAROLINA

Lizzie works with housing authority complexes and after-school programs; she teaches nutrition to the kids who come, but she incorporates master gardeners to teach about field-to-plate and 4-H volunteers to teach sewing skills; at graduation, students must show off their skills and present some form of thank you. Lizzie teaches using coupons, a grocery list, and cooking at home to save money; two sisters who were participants never had extra money from their low-wage jobs, but after taking the class they were able to plan a Christmas party and serve food from recipes they learned in class; they felt his could have never been done without the EFNEP class. Lizzie searches for new ways to learn and give back, and is motivated by EFNEP to keep herself healthy and to “practice what I teach.”

## Vickie Wasoski

FAMILY NUTRITION PROGRAM ASSISTANT | VIRGINIA

By reaching out to new/nontraditional audiences, Vickie worked with a Hispanic mother, which led to her reaching other Hispanic families; she is a member of the Patrick County Extension Council. She taught the father of child with spina bifida to cook in such a way as to lose 60 pounds. Vickie has taken classes at Patrick Henry Community College, learned to use PowerPoint, and is a member of Patrick County staff, which was recognized statewide as an outstanding unit. She plants a garden and home cans, is physically active, and teaches clients the same.

## Charlotte Wilson

NUTRITION ASSOCIATE | MAINE

One example of Charlotte's work is with the Family Investment Center, which works with families living in Housing and Urban Development projects. Her dedication to this particular collaboration earned her a special award of recognition from housing authority directors; she shows empathy for the clients she serves.

## Nimo A. Yusuf

NUTRITION EDUCATION ASSISTANT | MINNESOTA

Reaching out to the large Somali community, Nimo helps families work through the challenges of Muslim dietary restrictions in the context of American diets. She is a tireless outreach worker, going to housing sites, to community centers, schools, and mosques—anywhere she can find people to talk to about the importance of nutrition to good health. Her degree is in child development; she continues to take classes in child development and psychology, attends workshops, and maintains relationships with early childhood professionals.

# EFNEP 40th Anniversary Nominations

## Paraprofessionals

### ALABAMA

Annabell Anderson  
Linda Fluker

### ARKANSAS

Janie Garner  
Sandra Guzman

### AMERICAN SAMOA

Ese Misaiita

### COLORADO

Charlene Trujillo

### FLORIDA

Deloynx Cortez  
Norma C. Dorta  
Betty J. Jones  
Mirian Nunez  
Chinesa Sunday  
Linda Joyce Thompkins  
Lynne Vainberg

### GEORGIA

Phyllis Cain  
Alesia Mays  
Beffie Morse

### ILLINOIS

Martina Curry

### IOWA

Julieta Garcia  
Ruby Nancy

### KENTUCKY

Sandra Harris

### LOUISIANA

Thelma Fleming  
Joann Smith

### MAINE

Ruth Cyr  
Susan Henner  
Charlotte Wilson

### MICHIGAN

Norma Bermudez  
Irene Hackworth  
Jacqueline Marks  
Freda McNair

### MINNESOTA

Debra Applebee  
Rita Colchin  
Micky Feyder  
Rachel Stafford  
Nimo A. Yusuf

### MISSOURI

Ramona Hamilton

### NEBRASKA

Omega Barcenas

### NEW HAMPSHIRE

Robin Peters

### NEW MEXICO

Grace Cardona  
Joyce Cisneros  
Christina Devereaux  
Bertha Silva

### NEW YORK

Wanda Collins  
Victoria Guadron  
Sandra Guzman  
Sandra Oranvil

### SOUTH CAROLINA

Maria Pilar Rosario  
Jan Ryder  
Lynn Shulthesis  
Marilyn Waters-  
Courtney

### NORTH CAROLINA

Ruth Denton  
Mary Jane Hearon  
Marion Johnson  
Hazel McPhatter

### NORTH DAKOTA

Jean Noland

### OHIO

Flora Popene

### OKLAHOMA

Leslie Choate  
Eleanor Laskey

### PENNSYLVANIA

Mary Belanchik  
Memie Christie  
Carol Fisher  
Shawna Jones  
Terri Rentzel  
Helen Sangrey  
Ronda Stiles  
Susanne VanBlargan

### SOUTH CAROLINA

Lizzie S. Walker

### TEXAS

Gloria Greiner  
Celia Mauricio  
Edubina Molina

### VIRGINIA

J. Adam Pearson  
Vickie Wasoski

### WASHINGTON

Connie Castor

### WYOMING

Betty Ringo Greear

## Champions

### COLORADO

Kristin Dodge  
Jeanne Downes

### CONNECTICUT

Rosa DeLauro

### GEORGIA

Ozie Jackie Adams  
Rhonda Green-Barnes  
Gwendolyn M. Russell  
Sister Marie N. Sullivan

### ILLINOIS

Marjorie Lafont

### INDIANA

Priscilla Engle

### IOWA

Linda Drzycimski  
Penny Reimer

### KANSAS

Fred A. Cholick

### KENTUCKY

Ellen Louise Banks

### MAINE

WIC Staff

### MISSOURI

Cindi Boston

### NEW MEXICO

Adrianna Antillon

### NEW YORK

Sandra Gil  
K. T. Wilson

### NORTH CAROLINA

Carolyn Dunn  
Ngairé Van Eck  
Robert Jones  
Miriam Peterson  
Cathy Thomas  
Jessica Tice

### OHIO

Lori Porter

### PENNSYLVANIA

Christy E. Bartley  
Cheryl Kobel  
Dee Martin-Spallone  
Michael J. Sobjowski

### SOUTH CAROLINA

Veronica Hodge  
Evelyn Johnson

### TEXAS

Sheila Austin

### WASHINGTON

Linda Kirk Fox

## Participants

### ALABAMA

Sylvia Harris  
Sarah Thomas

### ARKANSAS

Estala Saenz

### MINNESOTA

Fay McLain

### NORTH CAROLINA

Vicki Night

### NORTH DAKOTA

Natalie White Lightning

### OHIO

Mohammed Musleh

### OKLAHOMA

Kenna Davis  
Elizabeth Smith

### PENNSYLVANIA

Cherie Fedora  
Jeannine Knepper

### SOUTH CAROLINA

Evelyn Johnson  
Cynthia Vaughn

**EFNEP 40th Anniversary  
Committee Members**

Kari Bachman, *New Mexico State*  
Evelyn Crayton, *Auburn*  
Debbie Luppold, *New Hampshire*  
Peggy Martin, *Iowa State*  
Carolyn Nobles, *Prairie View*  
Barbara Sutherland, *UC-Davis*  
Mary Kay Wardlaw, *Wyoming*  
Brent Elrod, *CSREES*  
Sylvia Montgomery, *CSREES*

**National Panel of Judges**

Kari Bachman, *New Mexico State*  
Evelyn Crayton, *Auburn*  
Aggie Gagnon, *Paraprofessional*  
James Grady, *New Hampshire*  
Peggy Martin, *Iowa State*  
Judy Wilson, *SNAP-ED*



**United States Department of Agriculture**  
Cooperative State Research,  
Education, and Extension Service

**TAKING IT TO THE STATES:**

Reaching Stakeholders, Highlighting Impact & Recognizing EFNEP's 40th Anniversary  
in the United States and Territories

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[www.extension.purdue.edu/cfs/topics/efnep/national\\_efnep/anniversary.htm](http://www.extension.purdue.edu/cfs/topics/efnep/national_efnep/anniversary.htm)