UMass Extension
Nutrition Education Program

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Overview
-Umass Amherst program which provides disadvantaged individuals, families, and children with the knowledge and skills for healthier eating
-Collaboration with local organizations, schools, and agencies
-Helps low income families and individuals maximize limited food resources
-Field offices throughout Massachusetts

Programs

SNAP-ED (Supplemental Nutrition Assistance Program Education)
-Nutrition education to help adults and children who are eligible to be SNAP participants make healthy food choices on a limited budget as well as increasing physical activity.
-Program activities include workshops, lessons, food demonstrations, newsletters, and interactive displays

EFNEP (Extended Food and Nutrition Education Program)
-Practical, skill based nutrition education to low-income families with young children and youth under the age of 18 from these families
-Educates adults on enhancing the nutritional quality of the meals they serve their families and children on making healthy food and beverage choices as well as increasing physical activity.
-Education sessions often include group discussion and hands on learning

Collaboration Sites

-SNAP-ED
-Middlesex County: Department of Transitional Assistance Offices, South Middlesex Opportunity Council (SMOC) Child Care and Head Start, The Bridge of Central Massachusetts

EFNEP
-Adult Learning Center, Centro Las Americas, Florence House, Friendly House, Girls Inc., Hector Reyes, Interfaith Hospitality Network, North Village, Pernet, Training Resources of America, Worcester Community Housing, Y.O.U. Inc., Youville House, and others

My Summer Work
-Helped SNAP-ED educators deliver lessons at various sites
-Developed an age appropriate lesson plan for Youth Connect on physical activity including the generation of original materials
-Developed a lesson plan and delivered an hour long talk with the men at Hector Reyes house about MyPlate and label reading
-Researched the connection between Autism Spectrum Disorder and selective eating and gave hour long presentation to WIC nutritionists

Examples of Materials

Worksheet for physical activity lesson (Youth Connect)
Handout for presentation on Autism Spectrum Disorders and Selective Eating (WIC)

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