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Nutrition Programs: Topics include:

- Healthy Food Choices & Physical Activity
- Food Safety
- Food Security
- Wise Resource Management
- Exhibits for Health and Career Fairs

Priscilla Eddins
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- Family financial management
- Family life
- Clothing and parenting,
- Chapter 13 Bankruptcy Financial Management
- “On My Own” simulations.
- Health and Food nutrition

Cymone Merritt
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- Tennessee Nutrition Consumer Education Program (TNCEP)
- Expanded Food and Nutrition Education Program (EFNEP)
- Shelby County Health Equity Collective.
- Exhibits for Health and Career Fairs

Olivia Cantrell
Community Health Agent
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- Community Coalition
- Shelby County Health Equity Collective
- Physical Activity and Nutrition Skills for youth and adults
- “Learn, Grow, Eat and Go” youth programs
- Community workshops for adults
- Helps Shelby County SNAP employment participants navigate for job markets

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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.

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Real. Life. Solutions.

Youth Programs (TNCEP)



Kindergarten

“Discover My Plate”- TNCEP

Nutrition based education that fosters healthy food choices and physical activity. (5 lessons)

Pre-School (Ages 4 and 5)

“Color Me Healthy”- TNCEP

Classes based on the exploration of the sense to teach healthy foods and physical activity through colors and music. (12 Lessons)

Grades 1st-3rd

“Making Tracks with Rudy Raccoon”- TNCEP

35-45 minute units to promote healthy eating, food safety, and physical activity. (6 lessons; Includes parent newsletter)

Grades 4th-6th

“Adventures in the Kitchen for Youth”- TNCEP

1.5 hour programs that provides cooking skills, kitchen safety, nutrition, and physical activity. (6 lessons; Includes parent newsletters)

“Power U”- SNAPED/ TNCEP

30 minute classes that promotes age-appropriate activities for healthy eating combined with daily physical activity. (5 Lessons; Includes parent newsletter)

Grades 7th-8th

“Nutrition Voyage”- TNCEP

Standards based curriculum to apply critical thinking skills to promote healthy eating choices and increase physical activity. (3 lessons)

All grades

“Learn, Grow, Eat, and Go”-TNCEP

Ten week curriculum that teaches and promotes gardening and nutrition. (2 lessons per week)

“Serving Up My Plate”- TNCEP

Standards-based nutrition curricula available for educators, and provides three different levels based on grade. (Each level consists of three courses.)

“C.H.E.F Youth Camp”- TNCEP

The Cooking Healthy Enjoyable Foods curriculum designed for youth to learn the importance of eating healthier meals and snacks while participating in fun, hands-on cooking experiences.

Youth

“Cooking Matters for Teens”-TNCEP/SNAP-ED

Hands-on lessons to promote behavior change through online training and reporting by the “Share Our Strength” partnership coordinated by TNCEP/EFNEP office.

“Media Smart Youth” -SNAP-ED/TNCEP

Interactive afterschool program for 11-13 year students, that combines media literacy and youth development principles and practices about nutrition research and physical activity.

SNAP-ED & EFNEP



ADULTS

“Eating Smart, Moving More (NC)”-SNAP-ED/ EFNEP/TNCEP

Curriculum that uses hands-on preparation activities to incorporate physical activity and challenges participants to achieve good nutrition health and physical activity.

“Eating Smart, Being Active (CO)” - SNAP-ED

Evidence based nutrition and obesity prevention curriculum to teach paraprofessionals nutrition educators and low-income families with young children to learn healthy lifestyles.

“Choose My Plate”- ALL AGES—TNCEP

Interactive class to help assess food choices.

“Cooking Matters for Adults” -SNAP-ED—TNCEP

Curriculum that teaches basic meal preparation with hands on experiences.

“Faithful Families (NC)”- SNAP-ED/ EFNEP/TNCEP

Promotes healthy eating and physical activities in communities of faith. (9 sessions)

“Money for Food (WI)” -SNAP-ED

Curriculum about planning for and spending family food dollars.

SENIORS

“To Your Health! Food Safety for Seniors”-

Food safety and safe food handling

“Eat Smart, Live Strong”-

Nutrition education for older adults.

OTHER PROGRAMS

“Eat Healthy, Be Active Community Workshops”-

Workshops for community educators, health promoters, dietitians/ nutritionists and extension agents to teach other adults in community settings.

“Don’t Wing It! Practice Safe Poultry Handling”-

Development and evaluation of science-based messages to improve consumers’ storage, handling, and preparation of poultry and products.

“Fight Bac!”-

Food safety and Safe Food Handling education.

“My Plate for My Family”-SNAP-ED

Class that supports SNAPED and obesity prevention. This program targets parents and caregivers who are SNAP eligible or are participants to play a key role in planning, purchasing, and food preparation.

“Team Nutrition Resources”-

Classes to improve children’s lifelong eating and physical activity by using the principles of Dietary Guidelines for Americans.

Adult Family Programs



Financial Management

“Balancing Your Checkbook”

“Building an Emergency Fund”

“Building Wealth”

“Credit Card Management”

“Give Yourself A Raise”

“Money Personalities”

“Pay-day Loans& You”

“Re-building Your Credit Score”

“Tennessee Saves”

“What to do When Your Income Drops”

Health, Food Nutrition

“Cholesterol & You”

“Food Preservation”

“Healthy Snacks For Children”

“Re-think Your Drink”

“Sugar”

“Weight Management”

Other Programs

Are You In Clutter Trouble?”

“Assertiveness Training”

“Healthy Aging”

“Eating as We Become Older”

“Living to Be 100”

“Who Get’s Grandmas Yellow Pie Plate?”