NEP is available in 40 counties across Nebraska. If NEP is not in your county, please call 1(877)611-4710 for more information.

EFNEP Counties

Adams ● Douglas ● Hall
Lancaster ● Sarpy

SNAP-Ed Counties

Adams ● Boone ● Box Butte ● Buffalo
Butler ● Cass ● Colfax ● Custer
Dakota ● Dawson ● Dodge ● Douglas
Frontier ● Furnas ● Gage ● Gosper
Hall ● Johnson ● Kearney ● Keith
Lancaster ● Lincoln ● Madison
McPherson ● Morrill ● Nance
Nemaha ● Otoe ● Pawnee ● Phelps
Platte ● Red Willow ● Richardson
Saline ● Sarpy ● Saunders
Scotts Bluff ● Thurston
Washington ● York

Program Director

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NEP
Nutrition Education Program

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

University of Nebraska Lincoln EXTENSION

Know how. Know **now**.

Nutrition Education Program

NEP
Nutrition Education Program

NEP includes the following two programs:

SNAP-Ed
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

EFNEP
Expanded Food & Nutrition Education Program

IANR

Nutrition Education Program

Are you tired of…

- fixing the same foods day after day and week after week?
- running out of grocery money before the end of the month?
- wondering what to feed your family?

If you answered "yes" to any of these questions, NEP can help. NEP is a free nutrition education program that helps families on a limited budget to eat healthier and save money.

Who can enroll?

- Adults with children
- Individuals using an EBT card
- Individuals receiving WIC vouchers
- Individuals whose children receive free or reduced price school lunch
- Pregnant women & teens
- Senior adults

In Nebraska, SNAP-Ed and EFNEP make-up a program called NEP. Adult participants are taught a set number of lessons by a NEP assistant within their community. After completing the lessons, the participant will receive a free cookbook that includes many quick, easy and healthy recipes. NEP is **free** to all participants who meet income guidelines or are receiving SNAP benefits.

SNAP-Ed

The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) provides nutrition education and food budgeting information to help limited resource families be more healthy.

EFNEP

The Expanded Food and Nutrition Education Program is a nutrition education program that targets limited resource families who have one or more children living at home or pregnant women.

NEP assistants teach adults and youth with limited resources how to select and prepare nutritious food.

Lesson topics include:

- Meal Planning and Shopping
- Food Resource Management
- MyPlate Basics
- MyPlate Food Groups
- Food Safety
- Watch your Fats, Sugars, and Salt
- Breakfast
- Healthy Snacking
- Vegetable Group
- Grain Group
- Fruit Group
- Dairy Group
- Protein Group
- Prenatal Nutrition
- Feeding Your Infant/Child

Programs are delivered:

- Individually or in small groups
- At agency, school or community sites
- In the home through mail and internet lessons, or phone visits