

# Order Form



### EFNEP's Families Eating Smart and Moving More

challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques. The curriculum uses video, dialogue, hands-on and experiential learning to engage participants.

Each lesson includes a PowerPoint presentation with speaker notes, lesson plan and participant handout. The PowerPoint presentations and participants handouts are also available in Spanish. Following is a list of the 21 lessons in the curriculum:

#### Introduction to EFNEP

#### Eating Smart at Home

- Fix it Safe
- Choosing More Fruits and Vegetables
- Plan: Know What's for Dinner
- Shop: Get the Best for Less
- Shop for Value, Check the Facts

- Fix it Fast, Eat at Home
- Smart-size Your Portions and Right-size You

#### Eating Smart throughout the Lifecycle

- MyPlate
- Pregnancy
- Breastfeeding
- Infants
- Children

#### Eating Smart on the Run

- Making Smart Breakfast Choices
- Making Smart Lunch Choices
- Making Smart Choices When Eating Out
- Making Smart Choices When Eating Fast Food
- Making Smart Drink Choices

#### Moving More, Every Day, Everywhere, Watching Less

- Choosing to Move More Throughout the Day
- Choose, Plan, and Do for a Healthier You
- Choosing a Healthier You for Life

Please send me **EFNEP's Families Eating Smart and Moving More** curriculum flash drive. (Flash drive and its contents may be duplicated.)

**First-Time Purchase: Complete this information.**  
**Total Cost: \$525**

Name \_\_\_\_\_

Email \_\_\_\_\_

Organization \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

PO number \_\_\_\_\_ (if applicable)

**Current Users: Complete this information.**  
**\$25 Update**

Name \_\_\_\_\_

Email \_\_\_\_\_

Organization \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

PO number \_\_\_\_\_ (if applicable)

**Include EFNEP Teaching Kit, with supplemental games and activities for an additional \$150.**  
**Total Cost with first-time purchase: \$675**

**Include EFNEP Teaching Kit, with supplemental games and activities for an additional \$150.**  
**Total Cost with update purchase: \$175**

Make checks payable to **NC State University**. Mail order form and payment to **Box 7605, NCSU, NC Cooperative Extension Service, Raleigh, NC 27695, ATTN: EFNEP**. If you have questions please email: [lorelei\\_jones@ncsu.edu](mailto:lorelei_jones@ncsu.edu). Unfortunately, we do not accept credit cards. Please allow 2-4 weeks for delivery.