**Internship Title:** EFNEP Peer Educator Training Development

**Location:** CSU Campus and Larimer County Extension

**Mentors**

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**Abstract**

EFNEP is a federally funded, nutrition education program utilizing peer educators. The mission of EFNEP is to assist limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sounds diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

*Eating Smart • Being Active* is an evidence-based, healthy eating and active living (HEAL) curriculum originally written by CSU EFNEP in 2005 (updated in 2010, and thoroughly revised in 2017). Curriculum content is based on the latest research findings from the 2015-2020 Dietary Guidelines for Americans, MyPlate,and the Physical Activity Guidelines for Americans. CSU EFNEP is in the process of revising the lessons based on the 2020-2025 Dietary Guidelines.

*Eating Smart • Being Active* lessons feature hands-on recipe preparation to encourage participants to prepare more meals and snacks at home, avoid convenience foods and limit eating out. EFNEP educators need training on kitchen safety, knife skills and instructions for purchasing, washing, and preparing ingredients featured in the curriculum recipes.

EFNEP Extension internship goals and objectives include updating and reformatting curriculum training materials to create an online food preparation resource for *Eating Smart • Being Active*. The Extension intern will also: observe EFNEP adult classes and trainings; contribute to the revision of food preparation training modules; and assist in facilitating the modules for Colorado EFNEP. Traditionally this training has been facilitated in-person by demonstrating the food preparation skills and then coaching the educators as they practice. To improve training efficiency and to create a reference resource for EFNEP educators, this project will combine detailed instructions with step-by-step photos in PowerPoint presentations. Ideally, the intern will have a background in nutrition or public health, food safety knowledge, as well as an affinity for cooking.