



Cooperative Extension Service
Department of Family & Consumer Sciences
Department of Human Nutrition, Food & Animal Sciences
College of Tropical Agriculture and Human Resources
University of Hawaii at Manoa

EFNEP—EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM & SNAP-Ed—SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION

EFNEP & SNAP-Ed are designed to assist limited income populations to acquire knowledge and skills to:

- Improve nutrition intake.
- Be able to select and purchase healthy foods.
- Improve their practices on food preparation, storage, safety, and sanitation practices.
- Be able to manage their food budgets.
- Choose physically active lifestyles.

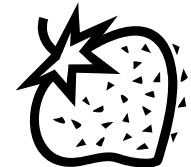
An EFNEP & SNAP-Ed program assistant will:

- Arrange 6-10 lessons, in 4-6 sessions, each 1-2 hours in length.
- Present information and ideas about planning, shopping, preparing nutritious foods, and food safety.
- Provide recipes and demonstrate food preparation activities (if requested).
- Award a certificate of participation and cookbook to those completing a minimum of 6 lessons.



**EFNEP & SNAP-Ed welcomes you to learn more
about food and nutrition!**

— IT'S FREE! —



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new
Nutrition Education for Wellness



MILK SMOOTHIE #2

Number of servings: 4 cups

Ingredients:

- 1 cup 100% frozen juice concentrate
- 1/2 cup nonfat powdered milk
- 1 cup of fresh fruit
- 2 cups ice



Directions:

1. In blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Use fresh, frozen or canned fruits.

Use only 100% fresh, frozen, or canned juices.

The more ice used, the more frosty the drink becomes.

Liquid/fluid milk may be used (1 cup) in place of powdered milk and water.

Reduce ice to 1 cup.