
Collaboration Agreement

In collaboration with community agencies, Cooperative Extension Service offers group consumer nutrition lifeskills education for limited income clientele. Focus skill areas are for practical, everyday survival, including basic nutrition (a food guide), physical activity, safe food handling, food preparation methods, food budgeting and shopping, meal planning and recipe ideas.

LIFE-II Collaborates By:

Signature: _____

Date: _____

- Arranging with the agency, group 6 – 10 lesson series
- Sharing materials and ideas about basic nutrition, physical activity, food safety, recipes and preparing meals through activities that enhance but do not replace existing educational activities
- Maintaining confidentiality of all participants' personal information
- Awarding 'certificates of participation' to participants who fully complete a lesson series
- Providing distance measuring tool for "Measured Mile Map"
- Providing two examples of physical activity demonstrations per meeting
- Providing two food demonstrations (ranch-style dip and milk smoothie #2) at no cost to agencies during the 6 – 10 lesson series (*see below for provisions), or equipment to prepare other recipes selected by agency.

Agencies Collaborate By:

Signature: _____

Date: _____

- Recruiting participants
- Providing a place to meet
- *Providing food and supplies to prepare selected recipes (except no cost recipes above)
- *Providing running water, and electrical outlet for food demonstrations
- Facilitating needed eligibility, specific needs, and progress information

LIFESKILLS IN FOOD EDUCATION

In collaboration with community agencies, LIFE-II: Lifeskills in Food Education – Integrated and Intergenerational offers group consumer nutrition life skills education for limited-income clientele at no cost. LIFE-II is an integrated and intergenerational project consisting of the Expanded Food and Nutrition Education Program (EFNEP) and UH-CES Supplemental Nutrition Assistance Program - Education (SNAP-Ed). Focus skilled areas for practical, everyday survival include a food guide, physical activity, safe food handling, managing food budgets and resources, meal planning, food shopping, food preparation methods, and recipe basics.

Collaborative Group Nutrition Education Series

EFNEP collaborates with agencies and organizations to present the **Food and Money Basics** series of lessons on consumer education and includes:

- ❖ A Food Guide
- ❖ Safe Food Handling
- ❖ Spending Less, Eating Better
- ❖ Mirrors
- ❖ Goal Setting
- ❖ Balancing Act
- ❖ Examples of physical movement to encourage activity

Additional lessons are also available and include:

- ❖ Meal Planning/ Meal Appeal
- ❖ Winning Ways in the Kitchen
- ❖ Microwave Cooking
- ❖ Food Keeper
- ❖ Making Healthy Choices
- ❖ Vegetables and Fruits
- ❖ Herbs