In collaboration with community agencies, LIFE-II: Lifeskills in Food Education – Integrated and Intergenerational offers group consumer nutrition lifeskills education for limited-income clientele. 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, safe food handling, managing food budgets and resources, meal planning, food shopping, food preparation methods, and recipe basics.

**Collaborative Group Nutrition Education Series**

**Food and Money Basics**
- A Food Guide
- Safe Food Handling
- Spending Less, Eating Better
- Mirrors
- Goal Setting
- Balancing Act

**Planning Meals and Food Shopping**
- A Food Guide
- Safe Food Handling
- Meal Planning/ Meal Appeal
- Spending Less, Eating Better

**Food Preparation and Methods**
- A Food Guide
- Safe Food Handling
- Winning Ways in the Kitchen
- Microwave Cooking
- Food Keeper

**Food Choices**
- A Food Guide
- Safe Food Handling
- Making Healthy Choices
- Vegetables and Fruits
- Herbs

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