

## Colorado State University - Denver Extension

### Food and Nutrition Education

Extension Nutrition Programs provides classes, demonstrations, and educational activities on nutrition, food choices, food buying and preparation, food resource management, and general diabetes education awareness to Food Stamp recipients and potential applicants. The Expanded Food and Nutrition Program (EFNEP) is offered through Colorado State University Extension Offices.

- **Nutrition and Health**– CSU Denver Extension provides resources and information concerning disease awareness and prevention through healthy food choices and sound nutrition decisions and lifestyle modifications through increased physical activity.
- **Food Safety and Food Preservation** – programs and resources for individual consumers and groups on safe food handling and preparation practices, foodborne illness information, and high altitude food preparation considerations.