

Cornell Cooperative Extension Herkimer County

5657 State Route 5
Herkimer, NY 13350
t. 315 866-7920
f. 315 866-0870
e. herkimer@cornell.edu
www.cce.cornell.edu/herkimer



Reaching Young Adults (age 18-25) EFNEP Pilot Project

The Expanded Food and Nutrition Education Program (EFNEP) has been helping low income families with children feed their families better for less for over 50 years in Herkimer County.

CCE Herkimer County EFNEP has been selected to participate in a special pilot project to expand our audience to a new demographic:

Target Audience: Young adults (18-25) without children (or pregnant) living independently (or moving towards independence) who are at or below 185% poverty (under or unemployed) who are interested in learning life skills to support living and working in Herkimer County as stable and productive adults.

Curriculum: “Healthy Cents” combines nutrition education and food resource management principles to encourage limited resource persons make healthy food choices on a limited budget through 8 hands on sessions that include easy low cost recipes and fun ways to be physically active.

This curriculum has been used successfully in the Employment Readiness Training Program at the Herkimer County Working Solutions Career Center and Albert O. Nichol’s House through Beacon Center in Herkimer helping participants make positive behavior changes. In the words of a participant who completed this curriculum “I have learned to budget the money I get to use for food shopping. Also, I have learned how to eat a healthier diet.”

We need your help as a partner agency: If you have clients in the “target audience” demographic that you feel could benefit, please contact us. We offer free sessions virtually by Zoom (or phone) during COVID-19; and in person at community sites like libraries, your agency, or homes as things improve. We are happy to work with your clients in small groups or one-on-one.

For more information: contact Linda Robbins at Cornell Cooperative Extension of Herkimer County: email: LLR6@cornell.edu or call 315.866.7920 X 223.

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.