

40 Ways to Celebrate the 40th Anniversary of the Expanded Food and Nutrition Education Program (EFNEP)

Check off each one of the suggestions below as you complete it. How many can you complete by September, 2009?

1	Locate retired EFNEP PAs and invite them to a Staff Lunch honoring their service to EFNEP.
2	Find old photos of EFNEP and begin a county historical library of the program.
3	Challenge every person in your county office to save 40 cents a week to donate to the EFNEP Endowment. Make a special contribution during your August EFNEP celebration.
4	Make a new program partner for EFNEP to reach a new audience.
5	Set aside 40 minutes each day for personal physical activity.
6	Feature EFNEP in a Health Fair or County Fair exhibit.
7	Recruit a committee and plan a local celebration for EFNEP's 40 th Anniversary in your county during the month of August.
8	Write a nomination for someone you feel is an "EFNEP Champion."
9	Make a 40 th Anniversary banner and hang it outside your office or on an overpass in town.
10	Schedule a television interview to promote EFNEP.
11	Schedule a series of sessions with your local cable network to demonstrate EFNEP recipes or physical activity ideas to a wider audience. Close by inviting the audience to join an EFNEP class.
12	Ask your FCS and 4-H Agents to feature EFNEP in their newsletters.
13	Collect 40 nonperishable food items from colleagues and friends. Donate to a local food pantry.
14	Enroll 40 individuals more than your target in your program for 2009.
15	Recruit and train 40 new volunteers.
16	Promote EFNEP through at least 4 newspaper articles during 2009.
17	Submit an application for a team award.
18	Nominate a partnering agency for a Golden Star award.
19	Devote at least 40 minutes a week to learning something new in nutrition.
20	Make a special 40 th anniversary bookmark and distribute to local libraries, schools and collaborating agencies.
21	Ask your CED to host a volunteer recognition ceremony to honor

		EFNEP volunteers.
	22	Think of 40 ways to save money at the grocery store and share your list during a unit meeting.
	23	Talk about EFNEP to 40 agency/organization representatives who have never heard of the program.
	24	Set up an EFNEP display in your local library, food bank, shelter, grocery store, WIC office or other location.
	25	Save \$1 for 40 weeks and then go buy something you have wanted for a while.
	26	Ask your ECA to hold a kitchen shower to support kitchen equipment needs for your program.
	27	Collect 40 stories of how your program made a difference in someone's life. Video tape the stories directly from participants if you can. Share this with your CED during your performance appraisal and ask that your CED share with your County Commissioners.
	28	Connect 40 of your EFNEP participants with another Extension program.
	29	Think of 40 accomplishments you have made. List these and share with your CED during your performance appraisal.
	30	Spend 40 minutes to organize the materials in your car.
	31	Ask your CED to feature EFNEP on the county website.
	32	Tell your EA 40 things they have done that have helped you.
	33	Find a program graduate that you were particularly fond of and find out how they are doing. Invite them to your local 40 th Anniversary celebration.
	34	Make a list of 40 ways to include more physical activity in your day.
	35	Make a list of 7 meals that can be prepared in 40 minutes or less.
	36	Work with the colleagues in your unit to come up with 40 effective icebreakers to get participants involved in a fun way.
	37	Challenge your FCS and/or 4-H Agent to connect you with 40 new participants.
	38	Collect 40 letters from participants describing what EFNEP has meant to them. Ask if you can take their photo and exhibit their letter and picture to promote your program. If they agree, have them sign a waiver.
	39	Participate in the Tri-State Nutrition Assistants' Conference celebration of EFNEP's 40 th Anniversary.
	40	Become a member of the "40 in 40" club by completing each of the 40 suggestions on this list.