

Eligibility Guidelines

(Source: [The Expanded Food and Nutrition Program Policies](#))

Eligibility for EFNEP is the primary consideration for enrollment. EFNEP includes programming to a diverse audience of adults, youth, and children with limited-financial resources. The focus should be on families. Specifically, EFNEP audiences include:

- low-income parents and other adult caregivers (such as grandparents and guardians) who have primary responsibility for obtaining and preparing food for their children, with emphasis on families and caregivers of young children;
- low-income pregnant women/teens;
- low-income children and pre-adolescent youth (kindergarten through elementary school—ages 5-12 years); and
- low-income adolescent youth (middle school through high school—ages 13-18 years)

How do I confirm eligibility for adult participants?

Since EFNEP does not require income verification one method of determining eligibility is to recruit from agencies that serve our target audiences (refer to the list below).

At least 90% of your total enrolled adult participants must meet eligibility requirements.

How do I confirm eligibility for youth participants?

Youth educators should recruit from schools where 50% or more of the students receive free or reduced lunch or community/recreation centers that are located in limited resource neighborhoods. You may also partner with other organizations that serve our target audience (refer to the list below - contact those who serve youth groups).

For questions regarding eligibility, consult your RNEA or State Coordinator.

Agencies and Organizations Serving EFNEP Audiences

Participants who receive services or benefits from the agencies or organizations listed below are eligible for EFNEP. This is not an all inclusive list. Consult with your CED, FCS/4-H agent, and/or RNEA for other agencies or organizations in your county.

Department of Social Services (DSS):

- Workforce Training
- TANF (Temporary Assistance for Needy Families)
- SNAP (Supplemental Nutrition Assistance Program formerly Food Stamps)
- Food Commodities/commodity food distribution sites
- Foster Parents (they qualify for program/children receive assistance programs)

Health Department

- WIC-Women, Infants and Children
- Prenatal Clinics
- Healthy Carolinians group (may be called something else in your county)
- Other Outreach type workers who visit in the home
 - Obstetric Care Management (OBCM)
 - Care Coordination for Children (CC4C)
- Child Health Clinics
- Child Birth classes
- Parenting classes
- Adolescent parenting program
- Breastfeeding
- Baby Love (not available in all counties)
- Welcome Baby (not available in all counties)

Health Clinics

- Community non-profit health clinics serving low income families and children
- Federally Qualified Health Centers are generally located in underserved areas
- Hospital outreach programs addressing needs of low income families and children
- Family physicians serving Medicaid eligible clients
- University medical programs serving low income families and children
- In-patient drug rehabilitation clinics serving low income parents

North Carolina Court System

- Family court - adjudicated parents/youth

Public Housing Authority

- Community Centers
- Neighborhood Associations (not available in all public housing communities)

Faith-based Organizations:

- Missions Groups
- Church Men/Women's Groups
- Catholic Social Services
- Food Pantries
- ESL programs offered through the faith organization
- Family Literacy offered through the faith organization
- Emergency shelters

Private/Non-Profit Agencies

- Salvation Army
- Transitional Housing (shelters)
- Recreational Centers
- Boys and Girls Clubs
- Temporary housing for unwed mothers
- Triple P program (triplep.net)
- Partnership for Children (Smart Start parenting and child care provider programs)

Public School System (eligibility based on percentage of Free-Reduced Lunch)

- Afterschool programs
- Summer camp programs (where Summer Food Service Program is offered)
- Parent/Teacher groups
- Family Literacy programs

Child Care

- CEU teacher training
- Parent education
- After-school childcare centers serving youth from low income families

Community Colleges

- ESL or GED program
- TRIO programs (limited resource young adults)
- Upward Bounds (limited resource young adults)