

# Experience

## Family & Consumer Sciences

University of Georgia  
Extension

DeKalb County Extension  
4380 Memorial Drive, Suite 200  
Decatur, GA 30032

Phone: 404-298-4080  
Fax: 404-298-3084  
Email: vbaker@uga.edu



### Vonsuela Baker, DeKalb County Agent

**Education:** M.S. Family & Consumer Sciences, Alabama A&M University

**Programming focus:** Chronic Disease Prevention/Healthy Lifestyles, Food Safety

The Expanded Food and Nutrition Education Program (EFNEP) in DeKalb and Bibb Counties seeks to identify families with limited resources; thus, encouraging their participation in an 8 week nutrition education program. The nutrition program focuses on reducing sodium, stretching food dollars, reading food labels, comparing unit pricing, increasing low-fat dairy, fruits and vegetables and practicing good food safety habits. While attending the sessions, parents also learn how to prepare quick, nutritious meals in 15 minutes or less. As an added bonus, each participant has an opportunity to sample two or more recipes for a total of 16 throughout the nutrition program.

**County media:** Champion News, DeKalb Neighbor, Crossroads News.



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