

Experience

Family & Consumer Sciences

University of Georgia
Extension



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LaZavia Grier, Fulton County Extension Agent

Education: B.S. Health Science, Columbus State University

Programming focus: Chronic Disease Prevention/Healthy Lifestyles; Positive Development for Individuals, Families, and Communities

The Fulton County Family and Consumer Sciences (FACS) program offers two nutrition education programs to limited resources families in the community.

The Expanded Food and Nutrition Education Program (EFNEP) delivers a holistic educational approach to improve diet quality, physical activity, food resource management, food safety and food security. UGA EFNEP provides interactive educational sessions where participants try new recipes and learn how to improve nutrition practices. This federally funded program provides all teaching materials and recipe ingredients at no cost to our partners or participants.

The University of Georgia Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides free nutrition education classes to SNAP eligible families in Georgia. The goal of SNAP-Ed is to improve the likelihood that persons SNAP-eligible Georgians will make healthy food and lifestyle choices that prevent obesity. With three different ways to learn; Food Talk, Food Talk: Better U, and Food eTalk, there is a class for everyone!

As part of the Fulton County FACS team, LaZavia promotes and provides leadership for the Expanded Food and Nutrition Education Program and the SNAP-Ed programs.

County media: The Atlanta Journal-Constitution, UGA Extension Fulton County - Facebook page