

Nutrition Education For All (NEFA)



Our Mission:

NEFA is a non-profit organization with a mission to dismantle systemic and financial barriers to health by ensuring that every child and family, regardless of income or background have access to the fresh food, nutrition education, and support they deserve.

Our Services:

Nutrition Counseling & Education

Our Registered Dietitians meet clients where they are, offering compassionate, practical, and culturally responsive guidance to support real-life change. Sessions are done via telehealth, providing convenience and comfort for clients.

Food Prescription

Boxes of fresh produce, lean protein, and pantry staples customized to the food allergens, cultural and ethnic preferences, and kitchen setups of each client, delivered right to their doorstep.

Home- Delivered Meals

Delicious, prepared meals designed in collaboration with a chef and Dietitian to support optimal nutrition for individuals managing common chronic health conditions.

Our Reach:

Our Dietitians are able and excited to provide NEFA services to ALL counties in the WeLinkCare by FLIPA region including Allegany, Cayuga, Chemung, Genesee, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, Wyoming, & Yates.

A Navigator's Guide to Nutrition Education For All services in FLIPA's FindHelp Platform:



FAQs:

Why does my client's status say "pending"?

In FindHelp, a client's status will remain "Pending" with our organization while they are actively receiving services. This allows us to provide follow-up sessions and weekly food deliveries. Once the client has used all 8 units of available nutrition education/counseling or finished their meal delivery period, their status will be updated to "Got Help."

Why does my client need a Nutrition Education & Counseling referral with their food referral?

While not required, Navigators are strongly encouraged to place a Nutrition Education/Counseling referral alongside food delivery referrals. Nutrition education sessions with our Registered Dietitians empower clients with the knowledge, skills, and confidence to make the most of their food boxes, better manage chronic conditions, and build sustainable, long-term health.

What is the difference between NEFA's Food Prescription and Home Delivered Meals?

While both boxes are delivered directly to the client's home, they are different services. The Food Prescription is available to any member approved for Enhanced Services and is made up of fresh produce, lean protein sources, & pantry staples. The Home Delivered Meals provides 21 prepared, microwaveable meals available only to individuals with qualifying health conditions.

Which health conditions qualify individuals for Medically-Tailored, Home-Delivered Meals?

- Diabetes & Prediabetes
- Congestive Heart Failure (CHF)
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Obesity
- Hypertension
- Cancer
- Asthma
- Sickle Cell Disease
- HIV/AIDS



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