Appendix D: The EFNEP Brochure
The EFNEP Program Will Give YOU the Opportunity to LEARN MORE About . . .

**MAKING YOUR MONEY GO FURTHER**
- Meal planning
- Making a grocery list
- Grocery shopping
- Healthy food choices
- Budgeting

**FEEDING YOUR BABY**
- Breast feeding
- Bottle feeding
- Nutritious choices
- Making baby food
- Developing healthy eating habits

**HAVING HEALTHY FOOD CHOICES**
- Support
- Encouragement
- Advice
- Friendship
- Answers to questions

**FEEDING SMALL CHILDREN**
- Food needs
- Dealing with picky eaters
- Healthy snacks
- Developing healthy eating habits

**PREPARING DELICIOUS AND SAFE FOOD**
- Recipes
- New food ideas
- Cooking skills
- Nutritious snacks
- Food Safety and Storage

You can do it all with an EFNEP friend . . . Call Today!
Come join the fun and . . .

• Make new friends
• Play fun games & learn nutrition
• Choose healthy foods that taste good
• Make delicious snacks
• Feel good about yourself

The purposes of EFNEP are to teach nutrition knowledge and food related skills, to encourage limited-resource families and youth to adopt healthy eating habits, and to contribute to the personal development of homemakers and youth.

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There is no charge to participants

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