



Simple solutions
to help families

**EAT
SMART**

and

**MOVE
MORE**

All about EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) wants

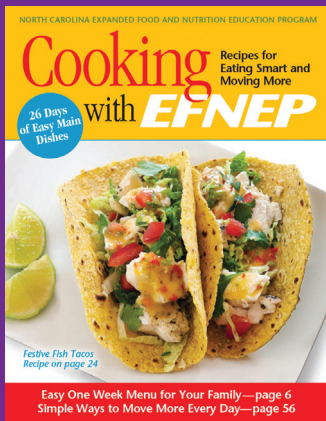


EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

to help you answer questions about how to **Eat Smart and Move More**. Our program is **hands-on** and teaches **new skills** that you can use at home **every day**—from planning, shopping and cooking tips to **Simple Solutions** for healthy eating and daily physical activity.

Developed by food, nutrition and physical activity professionals, our sessions will help you create your own personal plan to **Eat Smart and Move More**. The best part? We know it works! Since 2005, **97% of families** who participated in our program **improved their diet while saving money**.

At **EFNEP** we want you to become a pro at **planning, shopping, and preparing** delicious, nutritious meals for you and your family. Once you have completed the program, you will receive an **EFNEP Cookbook** and a signed **graduation certificate** to show off to your family, friends, and even potential employers!



There is no cost to participate, so come join us!

Through the Expanded Food and Nutrition Education Program you will explore ways that you and your family can:



- Cook and eat more meals and snacks at home
- Eat more fruits and vegetables
- Be more active
- Reach and/or stay at a healthy weight
- Save money on food
- Control portion sizes
- Have more energy
- Keep food safe



Real Stories About Real Success:

"I learned **simple things** that helped me every day. I even **got a job** with the skills I learned at **EFNEP!**"

—Adult, Wayne Co.

"**Before EFNEP** I ate **fast food almost daily**, but now **I've learned** low-fat, low-sugar, low-cost recipes **for me and my baby.**"

—Pregnant Teen, Lenoir Co.

"We formed **a walking club** and we lost a combined total of **40 pounds in 5 weeks!**"

—Adults, Harnett Co.

"I started using **a grocery list** and now I prepare **healthy meals** for my family with **EFNEP recipes.**"

—Adult, Bladen Co.

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EFNEP

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EDUCATION PROGRAM

K-STATE
Research and Extension

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