

# EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



## Join us!



Simple solutions  
to help families  
**EAT  
SMART**  
and  
**MOVE  
MORE**

Where:

When:

Contact:

Phone:

Email:

**Classes are free. All are welcome.**

Shawnee County EFNEP, 1740 SW Western, Topeka KS 66604

<https://www.shawnee.k-state.edu/>



**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

**K-STATE**  
Research and Extension

**USDA**  
United States Department of Agriculture  
National Institute of Food and Agriculture

**NC STATE**  
UNIVERSITY

**NCPH**  
North Carolina  
Public Health

**Eat Smart Move More**  
NORTH CAROLINA

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