

Successful Connections



LUNCH & LEARN

Presenter: Lisa J. Martin, County Extension Agent for the Expanded Food and Nutrition Education Program

Expanded Food and Nutrition Education Program (EFNEP) wants to help answer questions about how to Eat Smart and Move More. Their program is hands-on and teaches new skills that everyone 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 their sessions will help participants create their own personal plan to Eat Smart and Move More. The best part? They know it works! Since 2005, 97% of families who participated in the program improved their diet while saving money.



SHOP-Get the Best for Less

With inflation and gas prices, grocery shopping can take a bite out of your budget. Learn how to shop and get the best for less.

In this presentation participants will:

- Learn steps for planning meals and shopping strategically.
- Learn how to stretch food resources and get the best nutrition.
- Learn about the latest apps for shopping smart.

Date & Time:

Thursday, December 1, 2022
12:00 – 12:55 PM

Where:

Online via Zoom
Register in Advance:

<https://bit.ly/December-LunchLearn>

* Following registration, you will receive a confirmation email containing information about joining the meeting.

For questions, please call 785-440-4514