

Expanded Food and Nutrition Education Program

The program assists low income families and youth improve health.

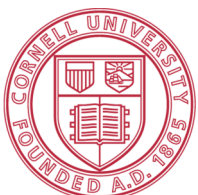
These programs are:

- Get Moving!
- Vary Your Veggies, Focus on Fruit
- Building Strong Bones
- Making a Change:
Smart Fats, Sugars, Salts
- Plan, Shop & Save
- Make Half Your Grains Whole
- Go Lean with Protein
- Celebrate!
Share Your Progress

Lessons are once a week for 6-8 weeks and usually last an hour. We will schedule lessons around the family's needs. An educator comes to the family's home and can do hands-on cooking projects, will talk about food safety and the benefits of being active, and offer helpful hints to stretch food dollars.

Families can invite a friend to participate with them, and classes can be one on one or in a group setting.

For more information contact:



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