

# Expanded Food and Nutrition Education Program

This program assists low income families and youth improve health.

The program teaches ways to:

- Eat more fruits and vegetables.
- Drink fewer sweetened beverages.
- Maintain a healthy weight.
- Be physically active.

Lessons are once a week for 6-8 weeks and usually last an hour. We will schedule lessons around the family's needs. Connect with an educator via Zoom to walk through hands-on cooking projects, talk about food safety and the benefits of being active, and learn helpful hints to stretch food dollars.

**For more information contact:**

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