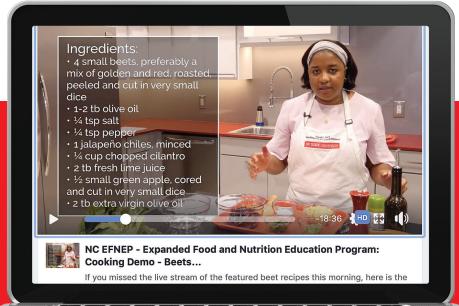


The Expanded Food and Nutrition Education Program (EFNEP) offers simple solutions to help families eat smart and move more.





Whether it's learning a low-cost recipe you can make with your family or an online nutrition lesson for your child, we are here to help. Follow us at **NC_EFNEP** on our social media sites for

live classes, recipes and activity ideas.



For more information, contact us through your local Cooperative Extension office or email: lorelei_jones@ncsu.edu.