

There is no cost
to participate,
so come join us!

EFNEP classes are offered free
of charge in your community
by Extension EFNEP nutrition
assistants who are trained and
supervised by county Extension
agents.

K-STATE
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**Kansas State University Agricultural Experiment
Station and Cooperative Extension Service**

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amended. Kansas State University, County Extension Councils,
Extension Districts, and United States Department of Agriculture
Cooperating, John D. Floros, Director.



What am
I going
to fix
for dinner
tonight?

Are my kids
spending too
much time on
the computer?



Simple solutions to help
families eat smart and
move more



All about EFNEP

The Expanded Food and Nutrition Education Program (EFNEP)

wants to help you answer questions about how to **Eat Smart and Move More**. Our program is **hands-on** and teaches **new skills** that you 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

our sessions will help you create your own personal plan to **Eat Smart and Move More**. The best part? We know it works! Since 2005, **97% of families** who participated in our program improved their diet while saving money.

EFNEP wants you to become a pro at **planning, shopping and preparing** delicious, nutritious meals for you and your family. Once you have completed the program, you will receive an **EFNEP Cookbook** and a signed **graduation certificate** to show off to your family, friends and even potential employers!



Through the Expanded Food and Nutrition Education Program you will explore ways that you and your family can:



prepare and eat more meals at home



eat more fruits and vegetables



increase physical activity



make healthy drink choices



limit TV and computer time



control portion sizes



keep food safe