



Expanded Food and  
Nutrition Education  
Program



## EFNEP Families Eating Smart, Being Active

**EFNEP** participants learn about healthy eating and being active. Each session lasts about 30-60 minutes. Lessons are taught in groups and some one-on-one.

You'll learn about...

- Healthy eating and cooking for less
- Saving money at the grocery store
- Keeping food safe
- Being active
- Planning meals

And you'll prepare and taste new recipes at most lessons.



**Simple solutions to help families eat smart and move more**

With EFNEP lessons, you will receive nutrition information, recipes and:

- Water bottle
- Coupon holder
- Produce brush
- Measuring cups and spoons
- Food thermometer
- Recipes
- Graduation certificate
- Calendar with recipes

Here's what EFNEP participants are saying:

"I now add more fruits and vegetables to my family's meals because of EFNEP classes."

"Through EFNEP I have learned the importance of Healthy cooking and eating. I have learned the importance of feeding the children healthy."



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**DIVISION OF AGRICULTURE**  
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