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Hello!

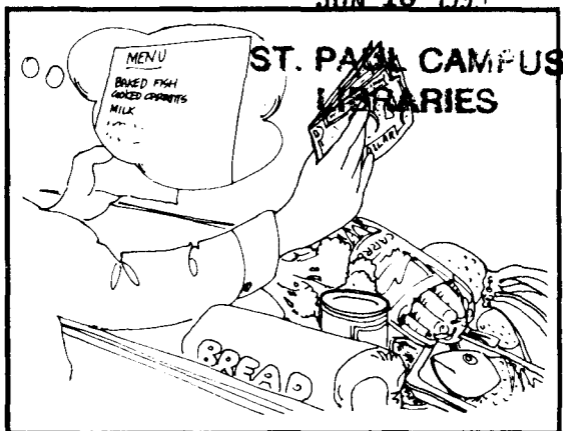
Like to know more about food budgeting and healthy eating for your family?

*I'm a Nutrition Education Assistant. I teach nutrition and food related topics through the **Expanded Food and Nutrition Education Program (EFNEP)**.*

I work with the Minnesota Extension Service, a part of the University of Minnesota. We would like you to be a member of EFNEP.

UNIVERSITY OF MINNESOTA
DOCUMENTS

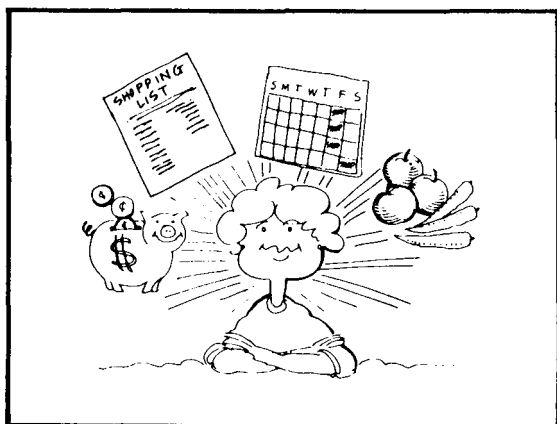
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- helps low/limited income people budget within their incomes
- concentrates on families with young children
- provides nutrition education
- teaches practical food buying skills

This program costs you nothing but your time and willingness to learn.

A Nutrition Education Assistant visits your home or meets with you, as a member of a small group, several times a month. Your questions will be answered and you will be involved in food lessons according to your interests and needs.



Better Nutrition Through Education

Through EFNEP, participants learn many helpful facts about food and nutrition.

They know what to eat for good health, how to plan meals and ways to make dollars last longer.

If you would like to know more about EFNEP, please call your County Extension Office at:

Ask for:
EFNEP Nutrition Education Assistant
or
County Extension Agent,
Home Economics
or
fill out the tear-off section
("Ask Me About EFNEP"),
place a postage stamp on it
and mail. You will be contacted
as soon as possible.

The University of Minnesota, including the Minnesota Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, national origin, handicap, age, veteran status, or sexual orientation.

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Ask Me About EFNEP



For FREE help in food buying, budgeting, fixing and planning better meals for your family, and to learn about food and nutrition.

I am a low/limited income person with young children.

I am interested in information about EFNEP*

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE (_____) _____

*EFNEP means the Expanded Food and Nutrition Education Program. It is sponsored by the Minnesota Extension Service. EFNEP helps low/limited income people with children learn to plan, prepare and eat nutritious meals.



EFNEP Lessons may include the following:

- Making Meals from What's on Hand
- Planning Makes the Difference
- Let's Make Something Simple
- Home Invaders
- Shopping Basics
- Nutrients We Need
- Fruits
- Vegetables
- Milk and Cheese
- Bread, Cereal, and Pasta
- Meat, Poultry, Fish, and Eggs
- Dried Beans and Peas
- Protein Pairs
- Putting It All Together
- Eating Right. . . for Two
- Feeding Your Infant
- Feeding Baby Solid Food
- Feeding Your Preschool Child
- Gardening Basics
- Food Preservation
- Eating Right and Light

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Ask Me About EFNEP