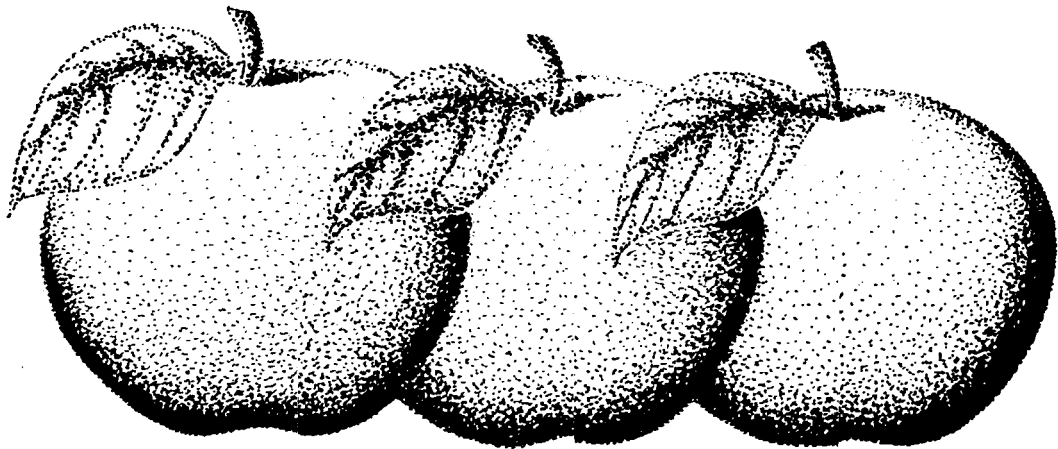


**MAGR**  
**GOVS**  
**MN 2500 HEMI-2631**  
**Can an apple**  
**each day**  
**keep the doctor**  
**away?**

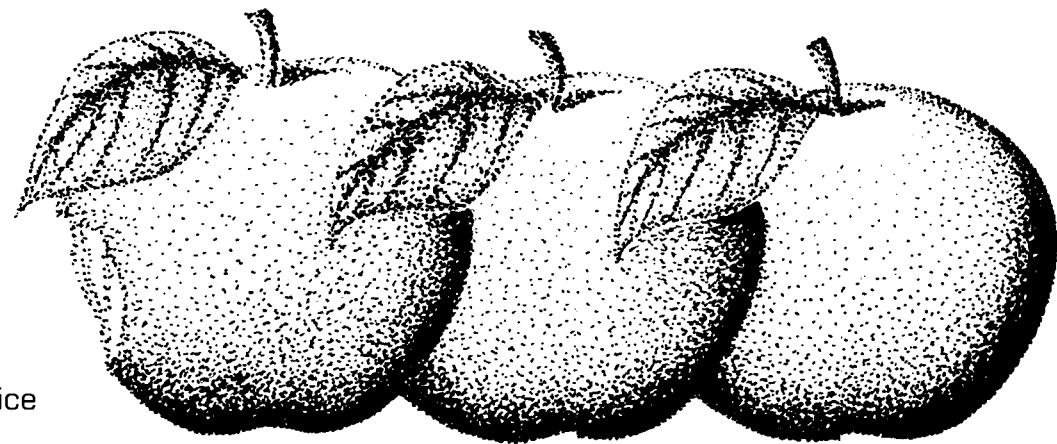


The **E**xpanded **F**ood  
and **N**utrition **E**ducation **P**rogram  
has your answer...

**...EFNEP is free nutrition education**

**What is EFNEP?**

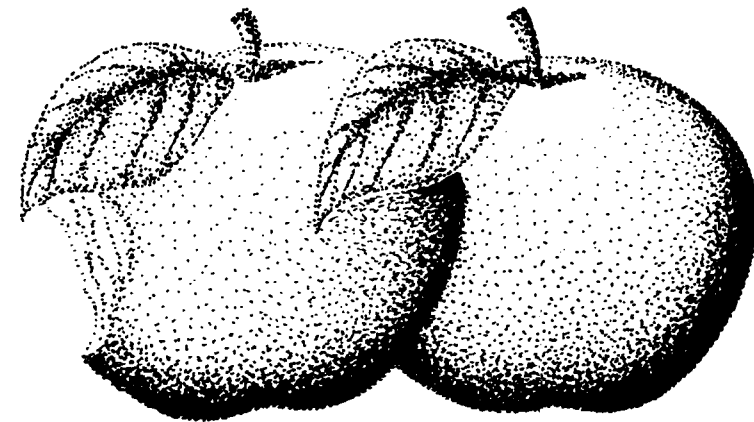
EFNEP  
is a free  
Nutrition  
Education  
Program  
for  
Families with  
Limited Income  
and is part of the  
Agricultural Extension Service



**The best part is that EFNEP is free nutrition education**

**How does EFNEP work?**

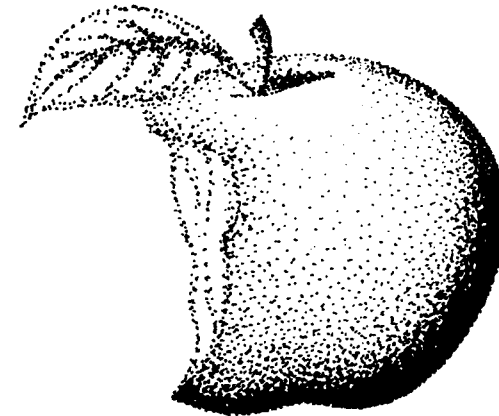
Nutrition Education Assistants help people learn more about nutrition by working with families on a one-to-one basis or in small groups in the home



**Improve your health through nutrition education**

**If you want to learn more about:**

- buying more nutritious foods to fit your budget
- meal planning to improve your diet
- preparing food in a more nutritious way
- storing foods
- gardening and canning
- food additives
- facts and fallacies about nutrition
- improving the overall health of your entire family

**Call Today**

**Learning about food is fun as well as an education**

## County Extension Offices

### **Anoka County Extension Office**

Anoka County Activity Center  
550 Bunker Lake Blvd.  
Anoka, MN 55304  
(612) 755-1280

### **Clearwater County Extension Office**

Box 100  
Bagley, MN 56621  
(218) 694-6151

### **Crow Wing County Extension Office**

Crow Wing Service Bldg.  
Brainerd, MN 56401  
(218) 829-1497

### **Dakota County Extension Office**

Fairgrounds  
4100-220th St. W.  
Farmington, MN 55024  
(612) 463-3302

### **Goodhue County Extension Office**

Courthouse  
Red Wing, MN 55066  
(612) 388-8261

### **Hennepin County Extension Office**

2344 Nicollet Ave. S.-#100  
Minneapolis, MN 55404  
(612) 871-2555

### **Itasca County Extension Office**

Courthouse  
Grand Rapids, MN 55744  
(218) 327-2849

### **Lake County Extension Office**

Old Depot Bldg.  
520 South Ave.  
Two Harbors, MN 55616  
(218) 834-5681

### **Morrison County Extension Office**

Administrative Bldg.  
Little Falls, MN 56345  
(612) 632-2941

### **Ramsey County Extension Office**

2020 White Bear Ave.  
St. Paul, MN 55109  
(612) 777-8156

### **St. Louis County Extension Office**

Washburn Hall-Room 109  
2305 East 5th St.  
Duluth, MN 55812  
(218) 726-7512

### **Stearns County Extension Office**

2700-1st St. North  
St. Cloud, MN 56301  
(612) 255-6169

### **Wright County Extension Office**

Courthouse  
Buffalo, MN 55313  
(612) 339-6881

### **EFNEP Program Office**

**Home Economics  
Family Living**  
48 McNeal Hall  
University of  
Minnesota  
1985 Buford Ave.  
St. Paul, MN 55108  
(612) 373-8525

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