

## What is EFNEP?

The Expanded Food and Nutrition Education Program (EFNEP) provides hands-on nutrition education through a series of lessons. Each group usually meets once a week, for eight to ten weeks. Best of all, EFNEP is free for those who are eligible!

## Who can attend?

If you are eligible for programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, Head Start, TANF, or qualify for free or reduced price school meals, you are eligible for EFNEP.



**Expanded Food and Nutrition Education Program**  
For more information about the program, contact:

OSU Extension Svc in Lane County  
Nutrition Education Program  
996 Jefferson St.  
Eugene, OR 97402  
**541-344-0249**  
[www.foodhero.org](http://www.foodhero.org)

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# EFNEP

**Expanded Food and  
Nutrition Education  
Program**



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

- ✦ Water bottle
- ✦ Grocery shopping list
- ✦ Produce brush
- ✦ Measuring cups and spoons
- ✦ Stretch band
- ✦ Food thermometer
- ✦ Cookbook
- ✦ Graduation Certificate

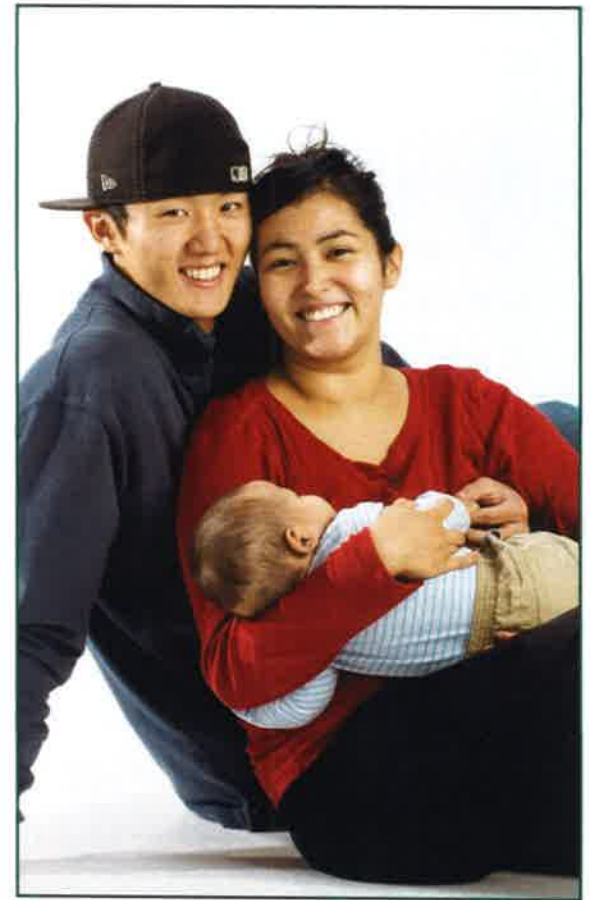


EFNEP participants learn about healthy eating and being active. Each lesson lasts about 1 to 2 hours. Lessons are taught one-on-one or in groups in your community.

### You'll learn how to ...

- ✦ Make healthy food choices
- ✦ Plan meals and menus
- ✦ Shop for less
- ✦ Cook tasty, healthy foods at home
- ✦ Keep food safe
- ✦ Be more active

You'll also create and taste new recipes at each lesson.



### *What participants had to say...*

"I have saved money (in the supermarket) every time I go because I plan my meals."

"Thanks for the opportunity, for helping us learn more about how to feed our families."

"I walk more now. I buy more vegetables for my children, and play more with my son."

"I learned to use the nutrition facts label and plan my meals more often."