Choose from these interactive series for adults:

Eating Smart Being Active: focuses on healthy eating and physical activity

Finding A Balance: healthy eating with diabetes and pre-diabetes for you or someone in your family

Healthy Cents: making healthy food choices on a limited budget

Breastfeeding: lessons on maternal nutrition, breastfeeding preparation and techniques, dealing with challenges associated with breastfeeding as well as complimentary feeding

Healthy Children Healthy Families:

addresses parenting in the feeding and active play relationship of 3-11 year olds

For more information contact:

CCE Herkimer County
5657 State Route 5
Herkimer, NY 13350
(315) 866-7920
herkimer@cornell.edu



What our participants say:

"I understand better how to read a nutrition facts label now."

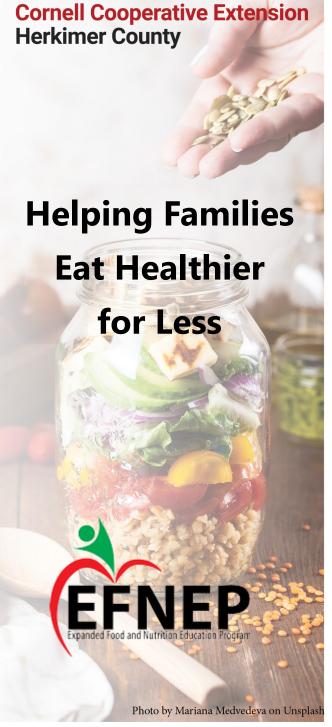
"I enjoy preparing some of the healthy recipes that we learned to make during the classes."

"I eat fewer processed foods as a result of taking nutrition classes."

"I understand unit prices and how using them helps me save money."

"I learned about food resources in my town that I didn't know existed."

"I have learned to budget the money I get to use for food shopping. Also I have learned how to eat a healthier diet."



Expanded Food and Nutrition Education Program

You can eat healthy while saving money at the store!

You Can

Eat more fruits and vegetables

Drink fewer sweetened beverages

Maintain a healthy weight

Be more physically active

Save money on food

Live a Healthier Life!

Are You Eligible for EFNEP?

If you are a parent, or an adult caregiver (a grandparent, aunt, uncle, foster parent, or day-care provider) and receive any of the following:

- ♦ Children attend Head Start
- ◆ HEAP
- SNAP to buy food
- ♦ WIC
- Free or reduced-priced school meals (breakfast and lunch)
- Medicaid
- Child and Adult Care Feeding Program (CACFP)
- Temporary Assistance to Needy Families (TANF)
- Food Distribution Program on Indian Reservations (FDPIR)
- Food from local food pantries (TEFAP - The Emergency Food Assistance Program)

Join Us

For a series of fun, interactive and supportive classes!

Learn with others in a group, or meet one-on-one with our staff. Join us in person, via Zoom or by phone.

Call today for more information 315-866-7920



To sign up for personalized nutrition education, scan this QR code and fill out the form.

Or go to: https://bit.ly/UniteUsEFNEP

Photo by Jakub Kapusnak on Upsplash

EFNEP is a Cornell Cooperative Extension Nutrition Education Program

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO,
Protected Veterans, and Individuals with Disabilities and provides equal programs and opportunities.