



Stretch  
your  
food  
dollars!

**Free** workshops  
help people eat  
healthier for  
less.



- Want to
- Save money on food?
  - Prepare low-cost, tasty meals?
  - Eat healthier and be more active?

**Contact Us**

Name:  
Email:  
Phone: 315.866.7920



Expanded Food and Nutrition Education Program (EFNEP)



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Scan the QR Code or go to  
<http://bit.ly/HCEFNEP>

**Who is eligible for this program?** Parents, guardians, and young adults (ages 18-25 years) who are participating in SNAP, WIC, Medicaid, Head Start, free or reduced price school lunches, and other limited resource benefits.

Cornell Cooperative Extension is an equal opportunity, affirmative action education and employer.

**Lesson series to choose from:**

“**Healthy Cents**” Food resource management ideas

“**Eating Smart Being Active**” Nutrition, food resource management, and physical activity topics

“**Breastfeeding**” Address needs of prenatal or breastfeeding participants

“**Finding a Balance**” Pre-diabetes / Type 2 diabetes focus

“**Healthy Children Healthy Families**” Address parenting in the feeding and active play relationship for 3-11 year olds



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