

# EFNEP

Educating Families since 1969

## Expanded Food and Nutrition Education Program

*Through the EFNEP series you will explore how to:*

- |                                       |                         |
|---------------------------------------|-------------------------|
| Cook more meals and snacks at home    | Save money on groceries |
| Eat more fruits and vegetables        | Control portion size    |
| Be more active with your family       | Have more energy        |
| Reach and/or stay at a healthy weight | Keep food safe          |



*There is no charge to participate!*  
*Healthy Bites, Healthy Moves!*

- |                                |                                 |
|--------------------------------|---------------------------------|
| Session #1: Bridge To Success  | Session #5: Less Is More        |
| Session #2: MyPlate, My Family | Session #6: Sharpen Your Skills |
| Session #3: Plan To Save More  | Session #7: Mealtime Miracles   |
| Session #4: Plate It Safe      | Session #8: The Choice Is Yours |



Class Location:

Day of the week:

Start Date:

End Date:

Class Time:

Contact Info:



TEXAS A&M  
AGRI LIFE  
EXTENSION

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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For more information visit [efnep.tamu.edu](http://efnep.tamu.edu)



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