

**There is no cost
to participate,
so come join us!**

EFNEP classes are offered free of charge in your community by **Extension EFNEP nutrition assistants** who are **trained and supervised** by county Extension agents.

Lauren Cooper
EFNEP Nutrition Assistant
913-299-9300 ext. 121
lacooper@ksu.edu

K-State Research and
Extension, Wyandotte County
1216 N 79th St.
Kansas City, KS 66112
913-299-9300

FAX: 913-299-5108
www.wyandotte.k-state.edu
www.facebook.com/KSREWyco

K-STATE
Research and Extension
Wyandotte County



What am I going to fix for dinner tonight?

Are my kids spending too much time on the computer?



**Simple solutions to help
families eat smart and
move more**

K-STATE
Research and Extension
USDA
United States Department of Agriculture
National Institute of Food and Agriculture



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All about EFNEP

The Expanded Food and Nutrition Education Program (EFNEP)

wants to help you answer questions about how to **Eat Smart and Move More**. Our program is **hands-on** and teaches **new skills** that you can use at home **every day**—from planning, shopping and cooking tips to **Simple Solutions** for healthy eating and daily physical activity.

Developed by food, nutrition and physical activity professionals

our sessions will help you create your own personal plan to **Eat Smart and Move More**. The best part? We know it works! Since 2005, **97% of families** who participated in our program improved their diet while **saving money**.

EFNEP wants you to become a pro at **planning, shopping and preparing** delicious, nutritious meals for you and your family. Once you have completed the program, you will receive an **EFNEP Cookbook** and a signed **graduation certificate** to show off to your family, friends and even potential employers!



Through the Expanded Food and Nutrition Education Program you will explore ways that you and your family can:



prepare and eat more meals at home



eat more fruits and vegetables



increase physical activity



make healthy drink choices



limit TV and computer time



control portion sizes



keep food safe