



UNIVERSITY OF ILLINOIS
EXTENSION

investing in You

EFNEP is a nutrition education program conducted by University of Illinois Extension for low-income families and youth groups. EFNEP is designed to help families with limited resources make food choices that will improve the diet and health of the family by providing workshops with hands on learning activities, food demonstrations, and discussions. The nutrition education program is planned to help families learn how to:



- Plan and prepare nutritious meals
- Shop wisely
- Handle food safely
- Be more physically active

Classes are designed to be engaging and could include tasting new foods, learning to cook, recipe demonstrations, grocery store tours, and hands on activities.

There is no cost to clients for the program. Classes are delivered at partnering organizations where it is easy for families to attend.



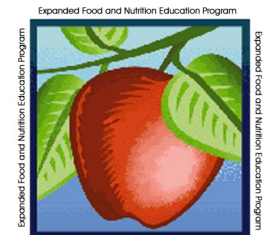
Some of our Partners Include:

- ~ Schools ~ YMCA ~ Shelters ~ Day Care Centers ~
- ~ Libraries ~ Churches ~ Non-Profit Organizations ~
- ~ Park Districts ~ After School Programs ~ Pantries “
- “ Headstart ” Health District “ DHS “ WIC “

For More Information:

**Expanded
Food and Nutrition
Education
Program**

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EFNEP

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