

Our Partners

- * Head Start
- * Baltimore City Public Schools
- * GED and Adult Education Programs
- * Boys and Girls Clubs
- * Community Centers
- * Childcare Agencies
- * After-school programs
- * Food Pantries
- * Health Centers
- * Community and Faith-Based Organizations

Cost: None. This program is provided **at no cost** by the University of Maryland Extension



CONTACT US to schedule your nutrition classes today!

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EFNEP

Expanded Food and Nutrition
Education Program

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Expanded Food and Nutrition Education Program (EFNEP)



Improving Nutrition for Families

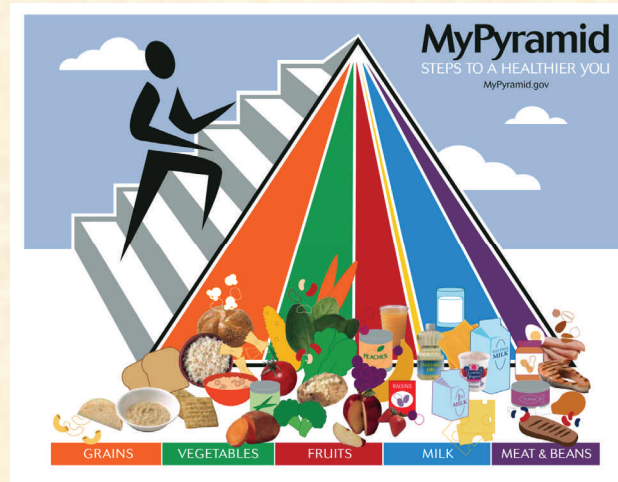
Eat Better · Feel Better · Cut Food Costs

UNIVERSITY OF
MARYLAND
EXTENSION
Solutions in your community

Expanded Food and Nutrition Education Program

Teaching limited-income families ways to:

- Make nutritious choices at grocery stores, restaurants, and fast food places;
- Plan and prepare simple, tasty, nutritious snacks and meals;
- Understand safe food practices, preparation, and proper storage; and
- Cut food costs and strengthen budgeting skills



Program Requirements

When participants enroll, they agree to do the following:

- Participate in 8 to 12 lessons
- Complete enrollment forms (one at the beginning of class and one at the end of class)
- Participate in activities and sample different recipes
- Practice newly-learned skills



We provide a series of engaging and culturally appropriate nutrition lessons offered by EFNEP Nutrition Educators who work through the University of Maryland Extension, Baltimore City.

Lesson Topics:

- Smart snacking
- Increasing intake of a variety of fruits and vegetables and low-fat or non-fat dairy food products
- Increasing knowledge of food labels and healthier fast food choices
- Decreasing fat, sugar and sodium in the diet

