



EFNEP

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UNIVERSITY OF
MARYLAND
EXTENSION
Solutions in your community

Nutrition Workshops

Expanded Food and Nutrition Education Program (EFNEP)

will present six to eight free workshops on nutritious eating and cost-effective meal planning.

Topics include:

- Food Safety and Storage
- Nutrition Labels
- Healthy Snacks
- Physical Activity
- Basic Food Groups
- Breakfast Ideas
- Fast Food Alternatives
- Meal Planning



Learn more about making your meals more nutritious and delicious. Explore the latest trends in nutrition to assist you in making healthier food choices.



Please call contact person below to reserve your place in the workshop!
(Call soon!)

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status or national origin.

Expanded Food and Nutrition Education Program (EFNEP)

Workshop Date and Time: _____

Location: _____

Contact Person: _____

Phone: _____

Nutrition Workshop Sign-Up Sheet

Please print your name and telephone number

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