



EFNEP

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UNIVERSITY OF
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Food Demonstration

Expanded Food and Nutrition Education Program (EFNEP) will present a demonstration workshop on nutritious eating and cost-effective meal planning.



Learn a quick and easy recipe that is both nutritious and delicious. We will discuss trends in nutrition and tips for making healthier food choices.

Please sign up below to reserve your place in the workshop!

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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