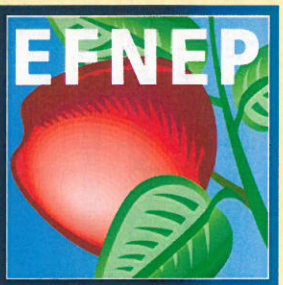


What is EFNEP?

The Expanded Food and Nutrition Education Program (EFNEP) provides hands-on nutrition education through a series of lessons. Each group usually meets once a week, for five to ten weeks. Best of all EFNEP is free to those who are eligible!

Who can attend?

Anyone with limited resources and young children (0 to 18 years old) living at home is qualified. If you are eligible for SNAP (food stamps), WIC, Head Start or free and reduced cost school meals, you are eligible for EFNEP.



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EFNEP

*Expanded Food and
Nutrition Education
Program*



<http://extension.udel.edu>

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