

With **EFNPEP** lessons, you will receive nutrition information, recipes, and:

- Calendar
- Grocery shopping list
- Analysis of diet
- Measuring cups and spoons
- Food thermometer
- Refrigerator thermometer
- Bag of non-perishable food
- Graduation certificate



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**EFNPEP** participants learn about healthy eating and being active. Each session lasts 60 to 120 minutes depending on participants' needs. Lessons are taught in groups.

You'll learn about ...

- Healthy eating and cooking for less
- Saving money at the grocery store
- Keeping food safe
- Being active
- Preparing tasty foods
- Planning meals

And you'll taste new recipes.



What participants had to say ...

- Helped me change my cooking habits, made my diet more healthful and live longer, and helped me save money.
- Learning about the serving sizes and importance of eating healthy was very helpful.
- The thing that I liked about this program is that it showed me how to cook different foods, how to make healthy foods, and how to prepare foods the right way.

We were taught how to make different foods that I never had before and put them together to taste good. The oatmeal pancakes, fruit, grapes, and pudding and the tofu and the other stuff were so good. I really enjoyed the program.

