



"I learned that you can eat healthier, even with a small income. I now plan my meals and make a list before shopping. This has helped me save money and get more food."

EFNEP can help you shop smarter, eat healthier, be more active, and feel good!
AND IT'S FREE!



FOR MORE INFORMATION, CONTACT:

**Mississippi State University
Extension Service
Office of Nutrition Education
662-325-1340**

Or the Extension office in your county:

<http://extension.msstate.edu/food-and-health/nutrition/efnep>

Copyright 2018 by Mississippi State University. All rights reserved. This publication may be copied and distributed without alteration for nonprofit educational purposes provided that credit is given to the Mississippi State University Extension Service.

Produced by Agricultural Communications.

Mississippi State University is an equal opportunity institution. For disability accommodation for a specific event, please contact your local county MSU Extension office (<http://extension.msstate.edu/county-offices>).

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director **M2225 (08-18)**



**MISSISSIPPI STATE UNIVERSITY™
EXTENSION**



EFNEP
**Expanded Food and Nutrition
Education Program**

*Make eating smart and being active
the easy choice for your family!*



"My entire mindset has changed. Now, I focus on being strong and healthy!"

EFNEP

Expanded Food and Nutrition Education Program

To sign up, contact your county office of the Mississippi State University Extension Service.

WWW.HAPPYHEALTHY.MS

JOIN US FOR A SERIES OF HANDS-ON ACTIVITIES.

THESE ACTIVITIES ARE LED BY AN EDUCATOR WHO

- lives in your community.
- knows what it is like to live there.
- cares about your success.

YOU WILL RECEIVE

- nutrition tips.
- healthy recipes to taste.
- a class celebration.
- a graduation certificate.
- and other items to take home after each activity to practice what you learned.

LEARN HOW TO

- cook healthy foods that taste good and that your kids will love.
- plan meals that save time and money.
- shop wisely to save money.
- use food labels to make healthy choices.
- keep food safe to eat.
- be more active.
- keep your family healthy and feeling good!



"Before, I didn't know many ways to prepare fruits and vegetables. Now, I have fallen in love with fruits and vegetables and have to eat some every day!"

WHO CAN PARTICIPATE IN EFNEP?

- Families eligible for, or participating in, any assistance programs (WIC, SNAP, Head Start, Free or Reduced-Price School Meals, or Medicaid).
- Families with kids and teens.
- Grandparents raising grandchildren.