

Families with children would you like to learn how to save time, money, & cook low cost healthy recipes! The Expanded Food Nutrition Program invites you to participate in a series of six lessons on basic nutrition on the following dates.

Location: **Casselberry library**

Dates: Tuesday **Oct, 1st, 8th, 15th, 22nd, 29th, Nov 5th**

Time: **10:00 am to 11:30 am**

Fee: *free* for those who qualified

Registration number **(407)-665-5570**



The EFNEP program is fun way to eat healthy & get moving for the whole family. Participants that complete the program will receive a certificate of completion by the University of Florida Extension.

For more information call Wanda Adorno-Lynch EFNEP program assistant at (407) 665-5570 or email at wlynch@seminolecountyfl.gov