



# EFNEP

## Expanded Food and Nutrition Education Program



### What is EFNEP?

#### A Great Way to Learn About Nutrition!

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



### Are you ready to learn about...

- Healthy eating & cooking for less
- Saving money at the grocery store
- Keeping food safe
- Being active
- Portion control
- Planning meals
- New recipes



If you are eligible for programs such as the Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start, you are eligible for EFNEP.



#### CONTACT US!

Seminole County Extension Services  
250 West County Home Road  
Sanford, FL 32773  
407-665-5570 (Se habla español) OR  
407-665-5553  
[wlynch@seminolecountyfl.gov](mailto:wlynch@seminolecountyfl.gov)

#### UPCOMING CLASSES

Florida Department of Health -  
Seminole County  
Auditorium -  
400 West Airport Blvd, Sanford 32773 -

**Dates:** Tuesdays April 22<sup>nd</sup>, 29<sup>th</sup>, May 6<sup>th</sup>,  
13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

**Time:** 12:00 pm

