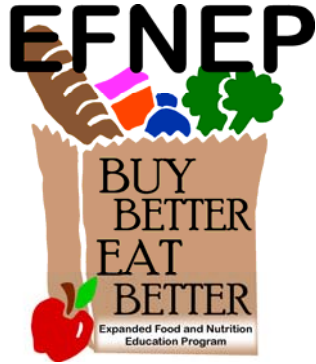


## **Come Join EFNEP! It's Free!**



**The cost of Food is High!**

- **Does your food money stretch until the end of the month?**
- **Would you like to save food dollars every week?**
- **Would you like your family to eat better meals?**
- **Would you like to feel healthier?**

**EFNEP WILL HELP YOU TO LEARN TO DO THESE THINGS:**

**Join more than 125,000 people who have participated in the EFNEP Program and LEARN:**

- \* **To make your food money last all month.**
- \* **Shortcuts to use when doing food shopping.**
- \* **The healthiest foods to feed your family, especially your children.**
- \* **Share low-cost recipes.**
- \* **Do food demonstrations together.**
- \* **Learn ways to feed your family healthier on a limited budget.**

**A Extension Program Professional will work with you and other participants in a group setting. A group can be as little as 3-4 or as large as 10-12. Participation is free. Groups usually meet once a week or every other week for 6-8 weeks.**

**Some of the interesting topics provided in this program are:**

- **The Food Guide Pyramid**
- **Bread, Cereal, Rice, & Pasta**
- **Fruits and Vegetables**
- **Milk, Yogurt, and Cheese**
- **Meat, Poultry, Fish, Eggs, Nuts, and Dried Beans**
- **Tip of the Pyramid**
- **Fresh Produce-From Farm to Table**
- **Reading Labels**
- **Planning for Good Nutrition**
- **Saving Money on Meals**
- **Breakfast: Starting the day the right way**
- **Smart Snacking**
- **Food Safety**
- **Feeding Infants**
- **Feeding Young Children**
- **Eating well during Pregnancy**
- **Health at any size**

**As an EFNEP Participant, you will:**

- **Meet regularly with a group in your neighborhood or Support Group, Church, Friends together having Coffee....etc.....**
- **Try new ideas for feeding your family.**
- **Receive a Certificate of Completion from the University of Florida.**

**If you are interested and have a group together please call:**

**Joyce Tompkins  
EFNEP Program Assistant  
Expanded Foods and Nutrition Education Program  
Polk County Cooperative Extension Service  
1702 Hwy-17-98 S  
PO Box 9005, HS 03  
Bartow, Florida 33831-9005  
j6256@ufl.edu**