

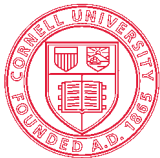
Join EFNEP!

Just give us a call or drop by our office at
Cornell Cooperative Extension Orange County
Located on the Community Campus
at 1 Ashley Avenue, Middletown, NY.

Monday - Friday 8:30 AM - 4:30 PM

845-344-1234

EFNEP Nutrition Teaching Assistant



Cornell University
Cooperative Extension
Orange County

Education Center, Community Campus
1 Ashley Ave., Middletown, NY 10940
www.cce.cornell.edu/orange



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Funding for this resource was provided by the US Department of Agriculture / Food and Nutrition Service and Cornell Cooperative Extension of Orange County. This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, age, sex, handicap, political beliefs or religion, write immediately to the Secretary of Agriculture, Washington, DC 20250.

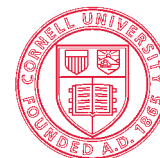
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Learn More About Good Nutrition & Food



EFNEP

The Expanded Food and Nutrition Education Program



Cornell University
Cooperative Extension
Orange County



EFNEP

The Expanded Food and Nutrition Education Program is a federally funded program to help families with children and limited incomes learn more about good nutrition and food.

How Does EFNEP Work?

A trained nutrition assistant will meet with you in your home or with a group of homemakers. The assistant is a homemaker just like you who has been trained to help you learn ways of shopping and cooking, and eating to improve your diet. There is no charge for this program.

How Does EFNEP Help Children Learn?

The EFNEP assistant also works with groups of children. Your child might like to be in a youth group. Children have fun while they're learning about foods that are good for them and that taste good, too. They also have a chance to learn to cook and eat new foods.



Through EFNEP You'll Learn About...

- ◆ Making the most of MyPyramid.gov
- ◆ How to plan and cook nutritious meals
- ◆ How to get the most for your food dollars
- ◆ Easy ways to get more fruits, vegetables and whole grains into your diet
- ◆ How keeping active can help you enjoy better health
- ◆ How to prepare and store foods safely
- ◆ What food labels tell you, and how to read them
- ◆ How to have a healthy pregnancy
- ◆ How to breast-feed your baby
- ◆ What to feed your baby
- ◆ Healthy and easy to make snacks kids will love to eat!

