

Choose from five different interactive, hands-on programs offered for adults:

Eating Smart Being Active:

a series focused on healthy eating. Learn quick, easy recipes and ideas for making physical activities a more regular part of your family's life.

Family Nutrition Education

Curriculum: learn common-sense nutrition and smart strategies for your budget and navigating the grocery store in this series.

Finding a Balance: a series focused on healthy eating for those with family history, diagnosed with, or in the early stages of type 2 diabetes.

Healthy Children Healthy Families: a nutrition series for parents and caregivers of children 3-11 years old.

Healthy Cents: a series on how to save money at the grocery store while still buying nutritious food.

Breastfeeding: a series on healthy eating and how-to breastfeed. Overcome breastfeeding challenges and learn about starting your baby on solid food.

For more information:

Cornell Cooperative Extension

Cattaraugus County

716-699-2377

Gayle Patterson

716-699-2377 ext.109

Leann Hodge

716-864-1627

What our participants say:

"I understand better how to read a nutrition facts label now."

"I enjoy preparing some of the healthy recipes that we learned to make during the classes."

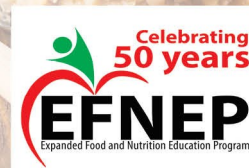
"I eat fewer processed foods as a result of taking nutrition classes."

"One result of making these changes is that my blood pressure has improved."



Cornell University

Expanded Food
and Nutrition
Education Program
EFNEP



Helping Families Eat Better for Less

Cornell Cooperative Extension (CCE) connects campus with communities.

Photo by Mariana Medvedeva on Unsplash

EFNEP is a Cornell Cooperative Extension Nutrition Education Program

You Can

Eat more
fruits and vegetables

Drink fewer
sweetened beverages

Maintain
a healthy weight

Be more
physically active

Save
money on food

Live a Healthier Life!

Are You Eligible for EFNEP?

If you are a parent, or an adult care-giver (like grandparent, aunt, uncle, foster parent, or day-care provider) and receive any of the following:

- SNAP to buy food
- WIC
- Free or reduced-priced school meals (breakfast and lunch)
- Medicaid
- Child and Adult Care Feeding Program (CACFP)
- Temporary Assistance to Needy Families (TANF)
- Food Distribution Program on Indian Reservations (FDPIR)
- Food from local food pantries (TEFAP — The Emergency Food Assistance Program)

If you receive HEAP or your child attends Head Start, you are also likely eligible for EFNEP.

JOIN US

for a series of fun, interactive, and supportive classes!

Learn with others in a group, or meet one-on-one with our staff.

Call to schedule your sessions today!

For more information

Contact:

Gayle Patterson

716-699-2377 ext. 109

Or

Leann Hodge 716-864-1627

EFNEP can help you eat more healthfully while saving money at the store!

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities, and provides equal programs and opportunities.

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