



EFNEP

Expanded Food and Nutrition Education Program



Free Nutrition Classes for Parents

The EFNEP program is a series of six to eight classes. Each class lasts 60 to 90 minutes. Families will learn how to:

- Eat healthy on a low cost budget
- Prevent chronic diseases
- Save money on groceries
- Make healthy food choices
- Be more active
- Make new friends and so much more...

Families will also receive lesson materials after each class to put into practice what they just learned.

The best of all EFNEP is FREE for those who are eligible.

Hosted by Title I Family Engagement of Seminole County Public Schools!



CLASS DATES, TIMES & LOCATIONS

Tuesdays - April 10th, 17th, 24th,
May 1st, May 8th, May 15th

Time: 5:30pm - 6:45pm

Location: 1101 S Bay Avenue
Sanford, FL

RSVP: 407-320-0367 or email
SCPSfamily@scps.k12.fl.us

****Childcare & light refreshments will be provided!****

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



CONTACT US!

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