

## Eat Smart, Be Active, & Cook Together!

The Expanded Food and Nutrition Education Program (EFNEP) can show you how to eat and cook healthier, and be more active even on a limited budget! By participating in EFNEP lessons you will learn how to make food choices to improve the quality of the meals you serve your family. EFNEP is offering a series of nine, 90-minute workshops in small groups that offer opportunities for cooking, exercise, discussion, and hands-on learning. Graduates of this programing receive a certificate from Ohio State University Extension as well as multiple enhancements for home use.

### JOIN US!

When: Monday afternoons at 1:30pm

Lesson 1: April 30<sup>th</sup>

Lesson 2: May 7<sup>th</sup>

Lesson 3: May 14<sup>th</sup>

Lesson 4: May 21<sup>st</sup>

Lesson 5: June 4<sup>th</sup>

Lesson 6: June 11<sup>th</sup>

Lesson 7: June 18<sup>th</sup>

Lesson 8: June 25<sup>th</sup>

Lesson 9: July 2<sup>nd</sup>

Where: Life Station Toledo

402 South Ave. Toledo Ohio 43609

Phone 419.242.3340

Pantry Support, which is available weekly, can be picked up immediately following each class. This assumes that groceries have not been picked up at a different time.



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



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