

Free Virtual Nutrition Education Classes

with the Expanded Food and Nutrition Education Program

Are you or someone you know interested in improving you and your family's health, saving money at the store and basic nutrition tips?

- 6 lesson series – led by an EFNEP educator for no more than 30 minutes each
- Taught one on one or with a small group at a convenient time for the participants
- Participants learn about healthy eating (MyPlate), family meal planning, budgeting at the store, food safety and the importance of physical activity
- Classes will be hosted on a virtual platform

Learn more about our distance education class options at efnep.tamu.edu/classoptions

