



EAT SMART, BE ACTIVE

**NEW! ONLINE LEARNING OPPORTUNITY
in SPANISH, SOMALI OR ENGLISH**

Join us via phone, tablet, or computer!

The Expanded Food and Nutrition Education Program (EFNEP) can show you how to eat healthier and be more active even on a limited budget.

Limited-income parents and caregivers who participate in EFNEP learn how to make food choices to improve the quality of the meals they serve their family. EFNEP offers a series of nine, 30 to 45-minute workshops via live online Zoom meetings that offer opportunities for discussion, being physically active, and building food resource management skills.

To receive program access, advance registration is required.
To register, contact EFNEP in FRANKLIN county:

Contact: Nora Hesse

Email: hesse.1@osu.edu

Phone: 614-292-7551



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

—We Sustain Life—

efnep.osu.edu

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