

Stretch
your
Dollars
with
EFNEP



**A FREE Program helping families
with children eat better for less.**

Learn how to:

- Save \$\$ on groceries.
- Prepare low-cost, quick & healthy meals.
- Keep your family healthy by staying active & eating right.

Contact:

Cornell Cooperative Extension
Herkimer County
(315) 866-7920 herkimer@cornell.edu

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

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