

**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](mailto: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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Scan the QR Code or go to <http://bit.ly/HCEFNEP>

**Who is eligible for this program?** Families with children ages 19 and under (or pregnant) who are eligible for WIC, SNAP, Head Start, free or reduced price school lunches.

**Lesson series to choose from:**

“**Healthy Cents**” Food resource management ideas

“**Eating Smart Being Active**” Nutrition, food resource management, and physical activity topics

“**Breastfeeding**” Address needs of prenatal or breastfeeding participants

“**Finding a Balance**” Pre-diabetes / Type 2 diabetes focus

“**Healthy Children Healthy Families**” Address parenting in the feeding and active play relationship for 3-11 year olds



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