

# EFNEP is a Cooperative Extension Nutrition Education Program



This free program assists income-eligible families and youth to improve their health.

## This program provides:

- Nutrient analysis of your diet
- Door prizes
- Healthy recipes to taste
- Loan of a breast pump
- Class celebration with a graduation certificate

## Who's Eligible?

*Families with Children  
& Youth Ages 8-19*

Families participating in:

- WIC
- SNAP
- Free or reduced price school lunches
- Medicaid
- Head Start

Other eligible participants:

- Grandparents raising grandchildren
- Daycare Providers

## Learn how to:

- Buy healthy food with your money and SNAP or WIC benefits.
- Make snacks and recipes your children will love.
- Plan nutritious meals that save time and money.
- Prepare delicious dishes with less salt, sugar, and fat.
- Use food labels to make healthy choices.
- Learn how to breastfeed your baby and introduce new food to children.

**JOIN US**  
for a series of 6 to 8 interactive,  
supportive classes.

Learn with others in a group  
or meet one on one with our staff.  
Call us to schedule classes!

Call today for  
more information

**607-865-6531**



**EFNEP can help you shop smarter and feel better!**

Send us your information and we will contact you:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Best Time To Call: \_\_\_\_\_

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1. I have children 18 years or younger living with me..... **Yes No**
  2. I have children ages 5 or younger receiving WIC benefits. ... **Yes No**
  3. I use an EBT card to purchase food. .... **Yes No**
  4. Do you prefer an individual or group setting?..... **Individual Group**
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**Mail to:**

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34570 St Hwy 10, Suite 2  
Hamden NY 13782  
Phone: 607-865-6531  
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**For more information contact:**

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Hamden NY 13782**

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**What our participants say:**

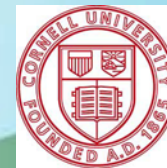
“I understand better how to read a nutrition facts label now.”

“I enjoy preparing some of the healthy recipes that we learned to make during EFNEP classes.”

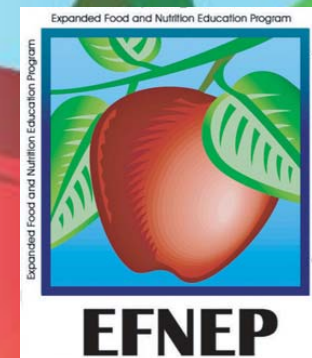
“I eat fewer processed foods as a result of taking nutrition classes .”

“One result of making these changes is that my blood pressure has improved.”

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work..



**Cornell University**  
Cooperative Extension  
of Delaware County



**Expanded Food and Nutrition Education Program**



**Helping Families  
Eat Smart and  
Be Active**