

# EFNEP

Educating Families since 1969

## Expanded Food and Nutrition Education Program

Through the EFNEP series you will explore how to:

- Cook more meals and snacks at home
- Eat more fruits and vegetables
- Be more active with your family
- Reach and/or stay at a healthy weight
- Save money on groceries
- Control portion size
- Have more energy
- Keep food safe

**There is no charge to participate!**

**Click on link to join in our Zoom virtual series!!**

<https://agrilife.zoom.us/j/93080514462?pwd=MFpVT2lWVFVzSEErant2eE9TV3VmUT09>

## Healthy Bites, Healthy Moves

Date: 1/13- Session 1- Bridge to Success

Date: 1/20-Session 2-MyPlate, My Family

Date: 1/27- Session 3- Plan to Save More

Date: 2/03- Session 4: Plate It Safe & Less Is More

Date: 2/10- Session 5: Mealtime Miracles

Date: 2/17 - The Choice is Yours

**We will meet every Wednesday @ 9:00 a.m.**

Educator: Judy Guzman

Judy.Guzman@ag.tamu.edu

For more information contact Inez Hernandez at 915.308.3724



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## Expanded Food and Nutrition Education Program

Por medio de las series de EFNEP usted podra explorar cómo:

- Cocinar más comidas y bocadillos en casa
- Comer más frutas y verduras
- Ser más activo con su familia
- Alcanzar y / o mantener el peso saludable
- Ahorrar dinero en comestibles
- Controlar porciones en comidas
- Tener más energía
- Mantener la comida segura

**¡No hay ningun costo por participar!**

**Haga clic en el enlace para unirse a la clase virtual en Zoom:**

<https://agrilife.zoom.us/j/93080514462?pwd=MFpVT2lWVFVzSEErant2eE9TV3VmUT09>

## Alimentación y Movimientos Saludables

Fecha: 1/13: Sesión 1- Puente hacia el éxito

Fecha: 1/20: Sesión 2 - MiPlato Para Mi Familia

Fecha: 1/27: Sesión 3 - Planea Para Ahorrar Mas

Fecha: 2/03: Sesión 4 - Sirva Paltos Seguros & Menos es Mas

Fecha: 2/10: Sesión 5: Milagros a la Hora de Comer

Fecha: 2/17: La Decisión es Suya!

**Nos reuniremos cada miércoles a las 9:00 a.m.**

Educadora: Judy Guzman [Judy.Guzman@ag.tamu.edu](mailto:Judy.Guzman@ag.tamu.edu)

Para más información comuníquese con Inez Hernandez 915.236.8600



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. The Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

For more information visit [efnep.tamu.edu](http://efnep.tamu.edu).



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