




EFNEP 50th Anniversary

August: Kids Eat Right Month

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<p>“The tips we learned [in EFNEP] will lead to a better life, and the food we prepared was easy and very helpful. The [classes were] really hands-on, and I think that’s what I needed to start cooking at home.” - EFNEP Youth Participant</p> <p>[Image description: Young teens are cooking, young girl in front is cutting purple onions on cutting board to make recipe during EFNEP nutrition class]</p> <p>#EFNEPworks #EFNEP50th #NIFAImpacts</p> <p> Photo Credit: Maryland EFNEP</p>	<p>August1.jpg</p>
<p>This is Kids Eat Right Month. And, EFNEP helps kids learn to cook healthy recipes and try new foods that gives them the confidence to do it at home. Contact your local EFNEP office to set-up classes.</p> <p>[Image description: Young teens are using cutting vegetables to help make healthy recipe during EFNEP nutrition class]</p> <p>#EFNEPworks #EFNEP50th #NIFAImpacts</p> <p> Photo Credit: Maryland EFNEP</p>	<p>August2.png</p>
<p>Her first grade EFNEP class assembled a fruit salad. Food sure tastes better when we make it ourselves!</p> <p>[Image description: Young girl eating fruit at table]</p> <p>#EFNEPworks #EFNEP50th #NIFAImpacts</p> <p> Photo Credit: University Of Vermont</p>	<p>August3.png</p>