




EFNEP 50th Anniversary

November: Portion Control Month

Post Text/Image Description <i>Copy text below to preferred social media handle.</i>	Image File <i>Click on image file to save.</i>
<p>University of Florida EFNEP Program Assistant teaches portion sizes in Seminole County.</p> <p>[Image description: Woman pointing at measuring cups.]</p> <p>#EFNEPworks #EFNEP50th #NIFAImpacts</p> <p> Photo Credit: University of Florida, Nicole Owens Duffy</p>	november1.png
<p>Sizes of servings have changed over the years. As cups and plates continue to get larger, it is important to keep portion control in mind. Consider saving part of a meal at a restaurant for later and ordering a small drink. Not only will this help prevent over-eating, but it will also save money as well.</p> <p>[image description: 3 fast food size cups. Large soda, 32oz, 1990; Large soda, 21oz, 1980; Large soda, 7oz, 1955.]</p> <p>#EFNEPworks #EFNEP50th #NIFAImpacts</p> <p> Photo Credit: Texas A&M University</p>	november2.png
<p>Portion control is in your hand! #EFNEPworks #EFNEP50th #NIFAImpacts</p> <p>[Image description: 3 pictures of a palm, thumb, and fist.]</p>	november3.png
<p><i>This post is to be used on November 15th.</i></p> <p>It is National Clean out your Refrigerator Day! Did you know that you should clean out your fridge at least once a week?</p> <p>[image description: Inside fridge with food and text over image.]</p> <p>#foodsafety #efnepworks #efnep50th #NIFAImpacts</p> <p> Photo Credit: Texas A&M University</p>	november4.png