

EFNEP 50th Anniversary

October: Eat Better, Eat Together 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>This is Eat Better, Eat Together Month! Did you know that when families eat together, they eat more nutritiously and a greater variety of foods? Contact your local EFNEP office to learn more about EFNEP's nutrition classes for you and your family.</p> <p>[Image description: Parent & child making healthy fruit kabobs.]</p> <p>#EFNEPworks #EFNEP50th #NIFAimpacts 📷 Photo Credit: Maryland EFNEP</p>	<p>October1.png</p>
<p>By teaching kids to cook real food, we set them up for a lifetime of good health. Try this delicious and healthy recipe to get your kids to enjoy preparing simple snacks as a family.</p> <p>http://www.chopchopmag.org/recipe/rainbow-kabobs</p> <p>[Image description: colorful fruit on a kabob sticks]</p> <p>#EFNEPworks #EFNEP50th #NIFAimpacts 📷 Photo Credit: ChopChop Magazine</p>	<p>October2.png</p>