

Send us your information and we will contact you:

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

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

City: \_\_\_\_\_

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

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

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

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

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**

Mail to:

EFNEP Program  
CCE of Herkimer County  
5657 State Route 5  
Herkimer, NY 13350

**For more information contact:**

**CCE Herkimer County  
5657 State Route 5  
Herkimer, NY 13350  
(315)866-7920**

**Web: [www.cce.cornell.edu/herkimer](http://www.cce.cornell.edu/herkimer)  
Email: [herkimer@cornell.edu](mailto:herkimer@cornell.edu)  
Find us on Facebook:  
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Follow us on Twitter: [@CCEHerkimer](https://twitter.com/CCEHerkimer)**

**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 the classes.”

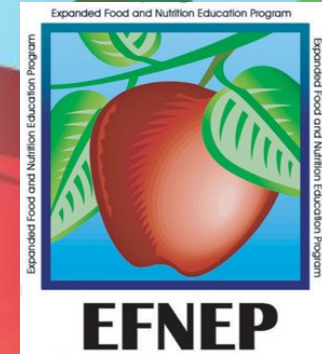
“I eat fewer processed foods as a result of taking nutrition classes .”

“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



**Expanded Food and Nutrition Education Program**



**Helping Families Eat Better for Less**

# EFNEP is a Cooperative Extension Nutrition Education Program



The program assists low income families and youth improve health.

The program teaches ways to:

- Eat more fruits and vegetables.
- Drink fewer sweetened beverages.
- Maintain a healthy weight.
- Be physically active.

## Who's Eligible?

Families working to make ends meet.

Families participating in:

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

## Learn how to:

- Buy healthy food with your money and SNAP or WIC benefits.
- Make 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.

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

315-866-7920



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