Discover a New World and Join EFNEP!

Learn:
- How to stretch your food dollar
- How to have a healthy diet
- How to keep food safe to eat
- How to eat the right foods for your unborn baby

Spread the word for EFNEP!

EFNEP is a BLAST!

Learn:
- How to stretch your food dollar
- How to have a healthy diet
- How to keep food safe to eat
- How to eat the right foods for your unborn baby

Spread the word for EFNEP!

Read Up on EFNEP and Become Food Smart!

Learn:
- How to stretch your food dollar
- How to have a healthy diet
- How to keep food safe to eat
- How to eat the right foods for your unborn baby

Spread the word for EFNEP!

The Expanded Food and Nutrition Education Program is part of the Alabama Cooperative Extension System. We help families eat well to have a better life.